



Barry-Eaton District Health Department

Be Active • Be Safe • Be Healthy

COMMUNITY HIGHLIGHTS

January 2017

YOU'RE INVITED!

Monthly Coalition Schedule

- B. Healthy Coalition, special meeting on Jan. 30th, 2:00–4:00 pm, BEDHD, Hastings (see page 2)
- Eaton Rapids Health Alliance, Jan. 17th, 3:30–5:00 pm, Basement Conference Room, Eaton Rapids Medical Center, Eaton Rapids
- Barry County Tobacco Reduction Coalition, Jan. 19th, 12:30–1:30 pm, BEDHD, Hastings
- Grand Ledge Building Healthy Communities Coalition, Jan. 25th, 12:00–1:00 pm, Chamber of Commerce, Grand Ledge
- Eaton County Oral Health Coalition, Jan. 5th, 1:00–2:00 pm, BEDHD, Charlotte

GET A FREE RADON TEST THIS MONTH

High levels of radon, a naturally occurring radioactive gas that increases your risk of lung cancer, are expected in 1 in 8 homes in Michigan. January is Radon Action Month, and BEDHD is offering free do-it-yourself radon test kits to residents of Barry and Eaton counties. See the <http://bit.ly/2iEjF6c> for a list of locations throughout the counties where you can get yours!



PREVENT THE SPREAD OF NOROVIRUS

Norovirus, which is also called the “stomach bug,” “stomach flu” (even though it is not influenza!), and “winter vomiting illness,” is most common in the winter months. Norovirus spreads quickly and easily—it is very contagious. Take the following steps to help prevent the spread of norovirus. For more information on norovirus and preventing it, visit <http://www.cdc.gov/norovirus/downloads/keyfacts.pdf>.



- **Practice proper hand hygiene.** Wash your hands well and often with soap and water, especially after using the restroom and changing diapers and before touching, eating, or preparing food.
- **Do not make food or care for others if you are sick.** You should wait for at least 72 hours after symptoms end to make food. You can still spread norovirus after you feel better.
- **Clean and disinfect contaminated surfaces.** After throwing up or having diarrhea, immediately clean and disinfect contaminated surfaces with a chlorine bleach solution (5–25 tablespoons per gallon of water). In the case of vomit, clean within a 25-foot radius—vomiting can spread the virus through the air to surfaces where it can survive for at least three weeks.
- **Do not return to school or work until symptoms have stopped.** Preferably wait to return until 48 hours after last vomiting or having diarrhea in order to prevent spreading the virus.
- **Wash laundry thoroughly.** Laundry that might be contaminated with vomit or stool (feces) should be washed with detergent at the maximum cycle length and then machine dried.

Healthy Michigan Plan

You shouldn't have to choose between taking care of your health and taking care of your bills. That's why the Healthy Michigan Plan provides health care benefits to Michigan residents at a low cost so that more people can have health care coverage. Individuals are eligible for the Healthy Michigan Plan if they are 19–64 years old; have an income at or below 133% of the federal poverty level; and do not qualify for or are not enrolled in Medicare or other Medicaid programs. Contact BEDHD at (517) 541-2696 for questions or help enrolling.

BARRY COUNTY POVERTY SIMULATION WORKSHOP

Could a few hours in poverty change your life? Could a few hours in poverty change your community? Experience the struggle of a typical low-income family living in Barry County and trying to survive from week to week. This workshop moves people to think about the harsh realities of poverty and to talk about how we as a community can address the problems of poverty. Most importantly, it is the hope that participants will have a deeper understanding of poverty and be inspired to make a difference and get involved. The workshops are on January 20th, 9am–1pm and 1pm–4pm, at the Barry Community Enrichment Center. There is a \$5 fee to participate, and registration is required at <http://mibarry.chambermaster.com/events/>.



EATON COUNTY PROJECT RESOURCE CONNECT EVENT

Project Resource Connect will take place on January 24th, 10am–4:30pm, at the First Lutheran Church at 550 E. Shepherd St. in Charlotte. This event provides services for homeless individuals and families and those at risk of becoming homeless. It includes on-site help and information on housing, healthcare, employment, and benefits. There will be free food, childcare, personal care items, and cleaning supplies at the event. There will also be Community Service Focus Groups at 11am and 1pm, with a free gift given to the first 40 attendees. Eatran is providing free rides to the event. If you are interested in volunteering or in making a donation of goods, services, or money, please contact Mikayla Bower at Housing Services Mid Michigan at (517) 541-1180. Requested donations include personal care items, cleaning supplies, and gas cards and financial assistance for the free Eatran transportation and meals provided to the participants.



B. HEALTHY COALITION PLANNING MEETING

The B. Healthy Coalition has been working towards improving the health of Barry County residents since 2012. With a vision of making Barry County the healthiest rural county in Michigan, these efforts will continue into 2017. If you have an interest in the health and wellness of Barry County residents, please join our two-hour planning meeting scheduled for January 30th, 2pm–4pm at the Barry-Eaton District Health Department in Hastings. Your input and commitment to the group is greatly appreciated! For more information about the coalition, please contact Lauren Cibor at lcibor@bedhd.org and be sure to follow the B. Healthy Coalition on Facebook at www.facebook.com/B.HealthyCoalition.

Contact Us

For more information on items in this newsletter, contact Abigail Lynch, Community Health Promotion Specialist, at (517) 541-2644 or alynch@bedhd.org.

DO 1 THING: MONTHLY EMERGENCY PREPAREDNESS ACTIVITY

Make a plan. Disasters change things. When an emergency happens, you may have to decide what to do very quickly while you are worrying about what might happen. Planning ahead will make it easier to make the right decisions if the worst happens. Plan what to do if you have to evacuate your home—agree on meeting places and plans for pets. Learn what you can do to help prevent damage to your home. Identify what disasters are common in your areas discuss what you would do if one occurred. For more information, visit <http://do1thing.com>.

BARRY COMMUNITY INPUT NEEDED!

The Barry-Eaton District Health Department and Spectrum Health Pennock have partnered together to develop a Community Health Needs Assessment (CHNA) for Barry County. CHNAs help local health professionals determine key problems and strengths in a community. The information can be used to help improve health. Tell us what you think about Barry County's CHNA! A feedback survey, along with a web link to the Barry CHNA, is located at <https://www.surveymonkey.com/r/BarryCHNA>.