

THE TUSCOLA TRACKER

Tuscola County Health Department

October, November, December 2008

S.A.F.E.

- *Victim will be able to obtain a forensic exam without reporting to police*
- *The S.A.F.E. Response Program will reimburse providers*
- *The victim will not be billed for any costs*

S.A.F.E. (Sexual Assault Forensic Exam) Response Program

Effective December 29, 2008, victims of sexual assault will be able to obtain a forensic examination without reporting the incident to the police or cooperating with law enforcement.

The S.A.F.E. Response Program will reimburse providers for the cost of the forensic exam not to exceed \$600.00. The breakdown of these costs are as follows:

Use of an emergency room, clinic or examination room; medical forensic examination and related procedures up to a maximum of \$400.

Laboratory services up to a maximum of \$125.

Dispensing pharmaceutical items related to the sexual assault up to a maximum of \$75.

Providers must utilize the victim's insurance, which could include HMO, PPO, federally or state funded insurance programs, such as Medicare or Medicaid, before applying to SAFE Response program, unless the victim believes that submitting a claim to the insurance carrier would substantially interfere with his or her personal privacy or safety.

A health care provider shall not submit a bill for any portion of the costs of a sexual assault medical forensic examination to the victim of the sexual assault, including any insurance deductible or

co-pay, denial of claim by an insurer, or any other out of pocket expense.

If a sexual assault victim sustains a personal physical injury that needs to be treated other than the forensic exam, they may be eligible for assistance with medical bills through the CVSC compensation program. The victim would have to submit a compensation claim application, report the incident to the police, cooperate with the investigation and utilize their medical insurance, including Medicaid, Medicare, or any other resource available for payment.



Payment of the victim's sexual assault examination does not guarantee that they will be eligible for compensation benefits.

The applicant must complete all sections of the SAFE Response claim form, include an itemized medical bill that is HCFA compliant and include the Current Procedural Terminology (CPT) codes. A claim must be submitted within one year of the examination to:

Crime Victim Services Commission
SAFE Response, 320 S. Walnut, Lansing, MI, 48913. (517) 334-SAFE (7233).

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January is National Cervical Cancer Awareness Month

In recognition of National Cervical Cancer Awareness Month, the Michigan Department of Community Health (MDCH) is urging women to get screened, regularly, for cervical cancer.

"A Pap test is an important part of a woman's routine health care because it can detect cancer or abnormalities that may lead to cancer of the cervix," said MDCH Director Janet Olszewski. "Regular Pap tests are so important because most cervical cancers are slow-growing and develop over a long period of time. During this time, abnormal cervical tissue can be detected easily by a Pap test and then removed by a health care provider before the abnormal tissue develops into cancer."

Three hundred and sixty-nine Michigan women were diagnosed with invasive cervical cancer in 2005. In 2006, 101 women in Michigan died from cervical cancer. Experts believe that virtually all cervical cancer deaths could be prevented by a combination of safe sex practices, routine Pap tests, and appropriate follow-up of abnormal Pap test results.

The primary cause of cervical cancer is the Human Papillomavirus (HPV), the most common sexually transmitted virus in the United States. Women who have had unprotected sex, intercourse at a young age, and/or many sexual partners are at an increased risk for HPV infection. In 2006, the FDA approved a vaccine that prevents against two strains of HPV that are responsible for 70 percent of all cervical cancers. This vaccine is recommended for females aged 9 to 26. Another, similar vaccine is currently pending FDA ap-

proval.

The Michigan Cancer Consortium recommends regular Pap testing and speculum exams for women beginning at age 21 or three years after the onset of sexual activity, whichever occurs first.

Women under age 40 may obtain Pap testing through their health care provider or at the family planning clinic. Tuscola County Health Department's Family Planning Program can be reached at 989-673-8114, ext. 103. Most insurances are accepted and those uninsured or underinsured will be charged according to a sliding fee scale.

Women ages 40 to 64 who are uninsured or underinsured and whose incomes are at or below 250 percent of the federal poverty level may be eligible to obtain free Pap tests through the Michigan Breast and Cervical Cancer Control Program (BCCCP). Women diagnosed with cervical cancer or pre-cancerous conditions through the BCCCP may apply for Medicaid to pay for their needed treatment.

Since the BCCCP began in 1991, over 1,100 Michigan women have been diagnosed with cervical cancer. For more information on the BCCCP or to schedule an appointment, call 989-269-9721 and request to be seen at the Tuscola County Health Department site, or visit www.michigancancer.org/bcccp.

Influenza Sentinel Surveillance



90 Michigan health care providers participate in the Centers for Disease Control and Prevention (CDC) U.S. Influenza Sentinel Provider Surveillance Network. These Michigan clinicians have volunteered to provide the CDC and the Michigan Department of Community Health (MDCH) with information about visits to their practices due to influenza-like illness (ILI). For surveillance purposes, ILI is defined as a fever of 100° or higher accompanied by a cough, sore throat, or both.

During the week ending January 3, 2009, the proportion of visits due to influenza-like illness remained at a low level, 0.3% overall; 22 patient visits due to ILI were reported out of 6,329 office visits. This level of ILI activity is slightly below that reported at this time during prior years' surveillance. Activity remains low in three of the four

Michigan surveillance regions: Central (0.5%), North (0.3%), Southeast (0.2%) and Southwest (0.3%).

It is important to note that ILI data provided from the Influenza Sentinel Providers can be used to determine **where** influenza-like illness activity is occurring, but not the total number of ILI or influenza cases statewide.

Compact Fluorescent Light Bulbs

What is a compact fluorescent light (CFL) bulb?

A CFL bulb is a type of light bulb that screws into a standard light socket, such as a lamp or ceiling light fixture. CFLs use much less energy and last up to 10 times longer than standard light bulbs.

What is in a CFL bulb?

A CFL bulb is made of glass, a ceramic and metal base, a powder called phosphor, and a small amount of mercury.

How much mercury is there in a CFL bulb?



The amount of mercury in a CFL bulb is very, very small. The mercury in the bulb is in the form of an invisible vapor or a mercury bead. The bead is about the size of the period at the end of this sentence. A mercury fever thermometer has about 100 times more mercury than a CFL bulb.

Should I use regular light bulbs instead of CFLs?

CFLs are safe to use. The risk of harm from a broken CFL bulb is very small. And these bulbs use a lot less energy than regular light bulbs. Using CFLs cuts way down on the amount of mercury put into the air from coal-burning power plants.

Is it harmful to be in the room where a CFL bulb has broken?

The amount of mercury vapor that is released from one broken bulb is not enough to make anyone sick. However, it is best to avoid any exposure to mercury. We recommend that you ventilate the room air to the outdoors by opening a window or a door. Leave the room for at least 15 minutes before cleaning up the broken bulb.

How should I clean up a broken CFL bulb?

It is **not** necessary to hire a professional. By following the directions below, you can safely do the cleanup yourself.

- **Open a window or door** and leave the room for at least 15 minutes. Any mercury vapor that is in the room will ventilate to the outdoors.
- **Do not vacuum yet.** Vacuuming will spread any mercury vapor that is in the room to other areas. Ventilating the room first should get rid of any vapor from the bulb.
- **For a break on a hard surface** - Collect the pieces as you would any broken bulb using a broom and two pieces of cardboard or stiff paper. Do not use a metal dustpan because the mercury will stick to it. Place the broken pieces in a re-closable plastic bag. A damp disposable rag or paper towel should be used to do a final wipe of the area. Place the rag or

paper towel in the bag with the broken bulb pieces, seal the bag and throw it away in your household trash.

- **For a break on carpeting or other soft items like furniture, toys, bedding or clothes** - Collect and bag the broken parts using the above steps. Use the sticky side of duct tape or packaging tape to pick any remaining powder and pieces of glass. Put the tape in the bag. Seal the bag and throw it away in your household trash.

Carpeting will trap more mercury than hard surfaces. Keep people and pets off the carpeting for a couple of weeks in case there are any small pieces of glass left. By then, any mercury vapor should be gone and the carpeting can be safely vacuumed. (Raising the room temperature while ventilating the air to the outdoors will make this process go faster.) Change the vacuum cleaner bag or empty its dust cup after vacuuming the area. Other soft surface items can be placed in a garage for a few days or outside on a sunny day to get rid of any remaining mercury vapor.

You may want to consider using standard light bulbs in carpeted bedrooms or playrooms where children or pregnant women spend a lot of time.

What if I broke a CFL bulb awhile ago?

If it's been a few days or longer since the bulb broke and you cleaned it up as described above, there's little to no risk to your health. If you still have questions, call the Michigan Department of Community Health at 1-800-648-6942.

What should I do with my CFL bulb when it burns out?

The best way to get rid of unbroken bulbs is to recycle them. Check with your local home supply store or the store where you bought your bulb to see if they recycle CFLs. You can also call the health department at 989-673-8114, ext 129, local recycling center, or go to <http://www.earth911.org> to find recyclers. If you need to throw a CFL bulb out, seal it in two plastic bags, one inside the other, and throw it in the outside trash. Never burn a CFL bulb.

Where can I get more information?

For more information on this and other environmental health issues, please contact the Michigan Department of Community Health at 1-800-648-6942. You can also find information on these websites, <http://www.michigan.gov/mdch-toxic> or <http://www.michigan.gov/mercury>.



HEALTH DEPARTMENT INFORMATION

FLU CLINICS



The Tuscola County Health Department is offering flu vaccinations on a walk-in basis Monday through Friday for **adults**.

The health department will administer **children's** flu shots by appointment only. Please call 989-673-8114, ext. 110 or 102 for an appointment.

Immunization Update:

During October, November, and December, 2008, 787 children received 1830 vaccinations at the health department.

Visit
our
Website

www.tchd.us

for the latest information on our programs, hours, clinic schedules, etc.

TUSCOLA COUNTY HEALTH DEPARTMENT

1309 Cleaver Road, Suite B
Caro, MI 48723
www.tchd.us

Phone: 989-673-8114
Fax: 989-673-7490

The Tuscola Tracker is a quarterly newsletter providing local health department reports and information about communicable diseases and community health issues. Our resources include publications by the Centers for Disease Control and Prevention (CDC), such as the Morbidity and Mortality Weekly Report (MMWR) and other sources. If you'd like more information, or have questions regarding the above topics or other public health issues, please contact Ann Hepfer at 989-673-8114, ext. 117.

Communicable Disease Reports

Disease	October-November-December 2008	October-November-December 2007
Campylobacter	0	5
Cryptosporidiosis	2	0
Giardiasis	1	0
Salmonellosis	1	5
Pneumonia, Invasive	0	1
Coccidioidomycosis	2	0
Bacterial Meningitis	2	2
MRSA	1	3
Varicella	4	5
Pertussis	1	0
Hepatitis A	1	0
Hepatitis B, Acute	0	0
Hepatitis B, Chronic	1	0
Hepatitis C, Chronic	6	3
Hepatitis C, Unknown	0	0

Rabies Investigations	Oct-Nov-Dec 2008	Oct-Nov-Dec 2007
Reports received and investigated	8	9
Tested positive for rabies	0	0

School Reports October-November-December 2008

Bronchitis	2	Flu-like illness	106
Hand, Foot, & Mouth	2	Head Lice	30
Impetigo	1	MRSA	1
Pink Eye	19	Scarlet Fever	2
Shingles	1	Strep	46
Varicella	4		

Please note: Diagnosis is not always made by a health care professional.

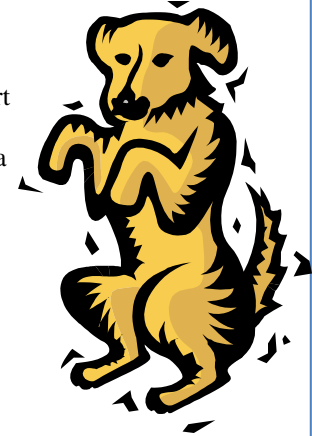
Fleas on Dogs and Cats

The leading cause of skin problems in dogs and cats is the ordinary flea. Fleas can occur year round in warm weather or on pets that live indoors. In colder climates, fleas are usually seen only in warm weather.

Adult female fleas survive by feeding on blood. The preferred host for this meal is your dog or cat, but in heavy infestations, fleas will readily bite humans. Most dogs and cats that are bitten by fleas will have some itching, but some pets develop a severe allergic skin condition called flea allergy dermatitis.

Heavy flea infestations can even cause anemia and death. Fleas can also carry dog and cat tapeworms. Your pet gets tapeworm infections from biting infected fleas.

Fleas can be diagnosed on your pet by finding the adult fleas, flea dirt, or flea eggs on the skin. These can be seen most easily on the rump and the thinly-haired belly. Flea dirt is actually flea feces from digested blood. Flea dirt looks black, but will appear red brown when smeared on a white paper. Flea eggs look like tiny, white sand grains. Adult fleas are small, brown and wingless, a little larger than the size of a pinhead. They move fast and can leap great distances.



To effectively eliminate fleas from your pet and your environment, you must disrupt the life cycle of the flea. The adult fleas you see represent only one percent of the flea population. The other 99 percent are the mostly unseen eggs and immature developing fleas that live in your rugs, furniture, pet bedding or outside. To control fleas, you must control this reservoir of developing fleas as well as the adults.

The best products currently available from your veterinarian include flea shampoos, dips, sprays, powdered and flea combos to control the adult fleas on your pets, and newer products that can be used on your dogs and cats monthly to control both adult and immature fleas. Be sure to treat all the animals in your household. Untreated pets are a reservoir for more flea production. If you have a heavy infestation, you may need to treat your house and yard with products specifically designed for use on rugs, furniture, pet bedding or lawns. Your veterinarian can tell you which products will be safest and most effective for your situation.

Source: Dept. of Environmental Health

Adolescent Vaccine Preventable Diseases

Every teenager, beginning at age 11, should be protected from the following vaccine preventable diseases: tetanus, diphtheria, pertussis, chickenpox, meningitis, hepatitis B, and human papillomavirus. They can be fatal if not protected against.

Our babies received vaccinations from infancy through kindergarten. Now, as they move into their next stage of life—adolescence—there is still more protection needed and available.

Meningococcal disease is a serious illness caused by a bacteria. It is a leading cause of bacterial meningitis in children 2-18 years old in the United States.

Meningitis is an infection of fluid surrounding the brain and spinal cord. The infection can be treated with drugs such as penicillin, but still about one out of every ten people who get the disease dies from it, and many others are affected for life.

Tetanus, diphtheria and pertussis are all caused by bacteria. Diphtheria and pertussis are spread from person to person. Tetanus enters the body through cuts, scratches or wounds.

Tetanus causes painful tightening of the muscles, usually all over the body. **Diphtheria** causes a thick covering in the back of the throat and can lead to breathing problems, paralysis, heart failure and even death.

Pertussis, or whooping cough, causes severe coughing spells, vomiting and disturbed sleep. It can lead to weight loss, incontinence, rib fractures and passing out from violent coughing, pneumonia, and hospitalization due to complications.



Human papillomavirus (HPV) is the most common sexually-transmitted virus in the United States.

There are about 40 types of HPV, and about 20 million people in the United States are infected. HPV can cause cervical cancer in women and every year in the U.S. about 10,000 women get cervical cancer and 3,700 die from it.

Hepatitis B is a serious liver disease which is spread through contact with blood or body fluids in an infected person.

Chicken pox is a common childhood disease which is usually mild, but it can be serious, especially in young infants and adults. About 12,000 people are hospitalized for chicken pox each year in the United States, and about 100 people die as a result of chicken pox.

A second dose of catch-up varicella vaccination is now recommended for children, adolescents, and adults who previously had received one dose, to improve individual protection against varicella and for more rapid impact on school outbreaks.

The Tuscola County Health Department holds immunization clinics on Mondays from 12:45 p.m. to 3:15 p.m., the first and second Tuesdays of the month from 11:30 a.m. until 6:30 p.m., and the third, fourth and fifth Tuesdays from 8:30 a.m. until 3:15 p.m. Clinics also held on Thursdays from 8:30 a.m. until 3:15 p.m., and a Vassar clinic is held every third Tuesday of each month from 9:00 a.m. until 2:15 p.m.

For more information, contact the Tuscola County Health Department at 989-673-8114.