

For the Health of It

Clark County Health Department

April 1, 2020

NOTABLE NEWS

MOVED

On Wednesday, March 4th, a ribbon cutting ceremony was held at our new location! We welcomed the community and appreciate their support through this endeavor. We are here and ready to serve Clark County.



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PULSEPOINT

Many of you have heard about a smartphone app called PulsePoint. This highly successful program has registered 2,663 followers, 1,664 citizen responders, and 93 AEDs in the community. The numbers continue to grow as we continue to market the program throughout the county. In fact, PulsePoint Clark County is part of an exhibit at the Indiana State Museum devoted to dissecting the opioid crisis in Indiana. If you've not been to the museum, we encourage you to visit and learn more about the epidemic and also to see some of the work the environmental department has done for our community.

EVERBRIDGE

The ability to communicate with physicians when a public health threat is imminent is imperative to public health operations. We have worked with 911 dispatch to create an immediate text, email, fax, voice notification system that can be used in the event of a public health emergency. One such event took place when Dr. Yazel was informed of an increase in opioid overdoses in a 24hr period. The environmental department accessed "Everbridge" and within minutes notified EMS, hospitals, fire, police, and other emergency responders of the overdose increase and to stock Narcan accordingly. This quick action no doubt saved lives.

EMPLOYEE AWARDS

The Clark County Health Department, in cooperation with the Hoosiers Hills AIDS Coalition, administers the HIV/STD Program. Based out of their jointly located office in Jeffersonville, comprehensive and integrated services are provided to the citizens of Clark, Floyd, and 12 surrounding counties in Southeast Indiana.

Recently, the Indiana State Department of Health awarded many of our employees of our HIV Prevention Program with Certificates of Achievement!

Congrats to our staff for all the hard work they have been putting in for the health and safety of our community!



congratulations!



PUBLIC HEALTH'S VISUAL IDENTITY

Internationally, the Fire Service is known by the Maltese cross, Law Enforcement by the shield, Emergency Medical Service is known by the Star of Life, Doctors by the Rod of Aesculapius, Lineman by a hand holding lightning, etc. What is the field of Public Health known by? Well, let me tell you!

In 1965 The National Association of County Health Officials was founded. In early 1984, the organization experienced remarkable growth in membership and the organization opened its own office. In 1994, it was renamed to National Association of County and City Health Officials (NACCHO). Since its inception, NACCHO has sought to improve the public's health while adhering to a set of core values: equity, excellence, participation, respect, integrity, leadership, science & innovation. NACCHO developed a national identity for health departments to raise awareness of the value of governmental public health to "promote universal recognition of and support for the critical importance of local health departments."

Like other public services that protect the community and respond in times of crisis, public health departments should be visible and understood by the community they serve. The national identity offers health departments a common visual symbol and message that immediately and consistently identifies their people and work. Health departments across the country have adopted this logo and incorporated it into their daily work to raise awareness and increase the visibility of their departments.



ABOUT THE LOGO

THE COLORS: Blue, white and khaki were chosen because of their longstanding connection with public health and health in general. In 1749, the first blue and yellow flag was flown to request help from the maritime health service and blue uniforms have always been worn by public health nurses and the US Public Health Service. These colors are associated with integrity, authority and stability. They symbolize the legacy and steadfast qualities of public health.

THE SYMBOL: The three pointed shield and stylized plus symbol illustrate what the tag line conveys; prevention, promotion and protection. These icons have universal recognition associated with health, protection and growth. The three point symmetry reinforces the three core functions of public health.

THE TAG LINE: The tag line is a simple, elegant statement about what public health does-and what public health achieves. Prevent. Promote. Protect. This is a phrase that embraces everything that public health accomplishes and communicates it in a simple way that differentiates public health as both a sentinel and responder.

The icon is federally-trademarked property of the National Association of County and City Health Officials. The Clark County Health Department adopted and personalized the logo, with written permission from NACCHO, in early 2018.

ANNUAL REPORT

The Environmental Department strives to provide high quality service based both on community feedback and annual report data; as expected the department excelled in 2019. The numbers of inspections, permits, complaints, and other relevant data are available by accessing the entire annual report at <https://clarkhealth.net/index.php/about/leadership>. We are proud to outline below the community involvement from the Environmental Department.

Zak McKinely and Aarika Evans, both Environmental Health Specialists, taught vector-borne disease and entomology for the Renaissance Academy senior class at Lapping Park. They also provided similar education for the county employees and a local Conservation Club. These opportunities allow the environmental department to advance knowledge of current public health topics.

Grants obtained in 2019 included Lead and Safe Sleep Outreach Programs, managed by the Environmental Department. The lead poisoning prevention program focused on outreach to physicians. In addition, videos were created and shared on social media featuring Dr. Yazel discussing lead and the health related problems associated with elevated blood levels in children. We worked with the nursing department and ISDH to enable CCHD to test children for lead during immunizations.

A game changer for CCHD is the hiring of a Public Health Educator. This is a position that we have sought after for decades and timing was perfect when paramedic Mike Ross joined the team. Mike will spend 50% of his time teaching infant caregivers safe sleep practices, providing cribs to those parents in the most desperation, and coordinating an Infant Mortality Review Board. Sadly, Clark County is recognized as having a high infant mortality rate. We have started some innovative programs like free CPR for caregivers and will be working on social media messaging. We as a community must work together to provide education, training, and the resources to protect our youth; they are our future.



Sharing information on tick-borne disease, mosquitoes and displaying our Combat Action Tactical Training Tourniquet, with City of Jeffersonville Police Department employee, Linda Gibson

The above were all initiatives that went above and beyond the Environmental Section of the Health Department. Environmental and Preparedness folks participated in numerous other outreach events throughout the year. Additionally, we worked with ISDH to exercise and improve our Preparedness Response.

Details of our normal operations can be found in the annual report. It outlines and compares the activities for the Food, Pool, On Site Sewage, Mosquito, Lead, and programs as well as our other environmental housing complaints.



Point of Dispensing Drill and Exercise- Jeffersonville High School, May 2019

ANNUAL REPORT

The Vital Statistics department continues to streamline record retention, creation, and consumer services. Old records are being digitized and stored offsite as well as onsite to ensure that in the event of natural or man made disasters, county birth, death, and adoption records are accessible and safe.

The public health nurse division continues efforts to raise awareness of immunizations and “herd immunity” in the county. Many preventable childhood diseases are surging in the nation, such as measles because vaccination rates continue to fall. This public health trend jeopardizes our community at large, especially those whose children are unable to receive vaccines. The department continues to advertise through billboards, medical directories, and via schools to increase vaccine awareness and administration. But vaccines are not just for children, we need them throughout our lives! Additionally, we have implemented travel vaccines. Going overseas is a wonderful opportunity, but often our foreign destinations expose us to exotic diseases. The public health nurse team has added this to the list of services provided for our community.

In 2019 the nursing department added a new tool to combat and identify TB in our community. The staff are now able to test for TB using what many would consider the gold standard, QuantiFERON -TB test. This blood test is more accurate than the TB skin test (although a good predictor) for diagnosing TB exposure. Previously, clients would seek an additional medical facility for this test, often a challenge for those without insurance or primary care providers. This capability allows our department to make informed decisions regarding patient care and disease management in our community.

The Baby and Me Tobacco Free Program has continued in Clark County but also has expanded to include neighboring counties, making more homes safer and healthier for Southern Indiana babies.

The HIV/STD Program continued to provide quality care and reduce disease transmission in 2019. Our concept of a one-stop-shop has overwhelmingly been recognized by local and state counterparts. This recognition is evident by the commitment of \$300,000 from The Health Foundation of Greater Indianapolis towards interior renovations of our new location. This investment has allowed the department to reduce disease transmission and provide support for those dealing with serious disease or illness.

CCHD has advocated for public health principles for the community since 1948. Our county population was over 115,000 according to the last census and we expect a population increase during the 2020 census. This shift will require more resources from CCHD, but our team feels confident in accepting that challenge. Our innovative and goal driven professionals will continue to apply best practices and principles to accommodate our changing community. We wish all who call Clark County home a safe and healthy 2020!

For this and other Annual Reports: <https://clarkhealth.net/index.php/about/leadership>

WELCOME

DAILY DOSE OF CALM.
OUR FAVORITE QUOTES

BY DR. ERIC
YAZEL,
CLARK COUNTY
HEALTH OFFICER



Don't go to the ER for minor illnesses.

Be smart, make good decisions, and stay home.

Stay home

What we do know is this: a peak is coming.

We simply have got to slow down the rate of spread.

No one is exempt from the rules.

And a lot of the advice I give comes down to this: despite all the unknown, the anxiety, the chaos, we still have to be good humans.

The numbers should not change our habits.

Take a deep breath.

We as healthcare providers are working tirelessly to raise that bar.

We are getting creative, repurposing other items and turning them into medically useful tools. Straight up MacGyver kind of stuff (a lot of you won't get that, but great show back in the day).

I saw a quote tonight: 'Every decision that we make has consequences on others.....even if we don't know who they are.'

If you are sick, stay home away from everyone else. If you are not sick, stay home and enjoy your loved ones.

Stay home

Remember, when you go into public, you are not only endangering yourself, you are endangering those around you, some of who may be high risk.

If you have to go out, assume everyone you encounter could be a positive case, social distance, and if you have to break that distance, wash your hands and don't touch

We will have to work together.

We need you as a community to work just as hard at following the guidelines to lower that peak.

FOR YOUR DAILY DOSE OF CALM, FOLLOW THE CLARK COUNTY FACEBOOK PAGE.

NATIONAL NURSES WEEK

May 6th-12th is National Nurses week. This week always ends on Florence Nightingale's birthday. We wanted to give you the top 10 reasons to become a nurse:



- 10) The pay is better than fast food (although hours are not as good)
- 9) Free pens-with names of prescription medications
- 8) You can reassure your patients that all the bleeding stops...eventually
- 7) You learn that it is better to give than to receive....injections
- 6) You get to expose yourself to exotic, rare, and exciting new diseases!
- 5) There are always interesting aromas
- 4) Unlimited, free bio hazard bags to pack your lunch in
- 3) You will do enough charting to navigate around the world!
- 2) You will have the chance to celebrate holidays with all of your friends....at work
- 1) You can take comfort that most of your patients survive, no matter what you accidentally do to them



APRIL IS
NATIONAL
PARKINSON'S
AWARENESS
MONTH!

Parkinson's Disease (PD) is often misunderstood. Take some time and learn about this condition and help spread awareness! Parkinson.org shares these 5 keys to Parkinson's:

- 1) Find a neurologist
- 2) Get Answers 1-800-473-4636 PD

Helpline

- 3) Put together a care team
- 4) Start an Exercise Routine
- 5) Get Moving and socialize

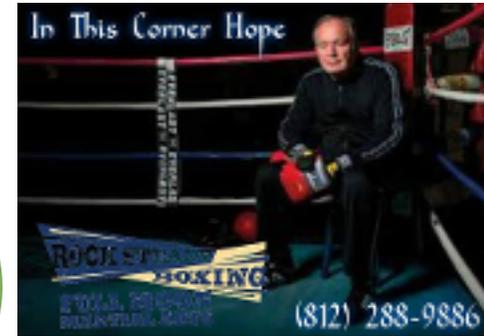
For more info:

www.mayoclinic.org/diseases-conditions/parkinsons-disease/

Check out our local Rock Steady Boxing Program:
fullmoonmartialarts.com/program/rock-steady



MAY IS
NATIONAL
MELANOMA
AWARENESS
MONTH!



Melanoma is the most serious type of skin cancer¹, whose risk is increased by UV exposure from sunlight or tanning beds. It can occur anywhere on the body and is becoming more common in younger individuals. The American Cancer Society estimates that 6,850 people are expected to die of melanoma in 2020.

Annual exams are very important in finding problems early!! The 5 year survival rate for melanoma detected early is 98%. If the disease becomes regional, that rate is 63%.

For more information on all types of skin cancer, see: <https://www.skincancer.org/>

1. www.mayoclinic.org/diseases-conditions/melanoma/symptoms-causes/syc-20374884

EARTH DAY ANNIVERSARY



WHEN THE
WELL'S DRY, WE
KNOW THE WORTH
OF WATER.
-BENJAMIN
FRANKLIN

APRIL FOOL'S IS GOOD FOR YOUR HEALTH



This April 22nd marks the 50th anniversary of Earth Day. Inspired by the passion of anti-war protests, it is widely taught that Senator Gaylord Nelson founded this day to educate and raise public awareness of pollution and other environmental causes.

Despite the infamous Cuyahoga River fire only one year before, there was very little focus on protecting the environment. However, after Nelson's proposal, grassroots efforts lead to an enthusiastic response all across the United States, forever changing public opinion.

Speaking of public opinion, there is a bit of controversy if the above story is correct. In fact, John McConnell, publisher and peace activist (1915-2012) stated that he was the first person to hold "Earth Day" on March 21, 1970 and refused the use of the name to Senator Nelson. Evidence of such is documented in McConnell's biography: *Peace, Justice, Care of Earth* by Robert Weir. McConnell created the Earth Day Proclamation which was signed by 36 world leaders. International Earth Day is still celebrated on the spring equinox.

Whoever holds the true rights to Earth Day may never be known, but we should honor those ideals and use this day to learn about, educate, and involve others in the protection of the environment.

After all, we have to save the Earth, it's our only source of chocolate!

How will you celebrate?

<https://www.earthday.org/earth-day-tips/>



Even though we are going through difficult times, we need to remember: don't forget to laugh! April Fool's Day has long been the time for pranks, jokes, and tricks; and science has shown us that laughter is really the best medicine. There are supporting studies to show that laughing can:

- lower blood pressure
- release oxytocin and dopamine which gives you an overall feeling of being happy
- decrease stress level and associated hormones
- increase social bonding
- boost your immune system-and don't we all need that right now?

Just remember, make sure your April Fools are harmless!! Aaaaand you may want to hold off on toilet-papering your neighbors house.



MENTAL HEALTH: BRAINGAMES

WORDSEARCH

N M H
 H U U Q H S L U E
 S C V E B C X K W E X U E
 R L Y D D E H K V B J R G O D S X
 C R Q Q Z Z T X N E R Q I X Z S U X I
 J O N O I T A M R O F N I S I M C G X T A
 E C W T L E M W H I M J G S O P O G E S B
 Q C O A R A L T Y C I R R N W T I
 S O M Y T E R A C H L Z O D E P W
 K W L P K R A I W L G C L Z A V X B C C T N X C T
 U N L A S G C Y K C S I T T I E B O I T G E V T K
 D P A S M H B V N N B N Y L K Z C A R M P Y C I T
 D Z G B S W K O H Z D E U S U I Z Z L R F W F K T Y T
 N P Y O I U U D R C V E M H V S F O Z H O C W D E H M
 D V H R O H N Z P E W U M T N E M T S E V N I V R U O
 I G A N T A R T W F O R E X P L D M G J B S W
 J J T Z P F Z C Z C W G G F U B L Y G N J
 O G I Z H P W B G R X A R G Z S E B V E D
 U O L D F S G A C F
 Z N E C V C Z Z R W L C
 R C L C K L G A Y G T Q P W E T I J K L Z
 K P W L F N G M W H S U W O O Z Z W Z T G
 D O H Y S S E N E R A W A F O B X Z V
 J U Z D W K B H O X I D Q L J K R
 A P K O M O T E Y Q N H G
 J D E K X S M H A
 I X H

PROTECT
 PROMOTE
 PREVENT
 COMMUNICATION
 COMPASSION
 INVESTMENT
 AWARENESS
 MISINFORMATION
 COLLABORATION

BRAINTEASER

Questions:

1. Who is bigger, Mr. Bigger, Mrs. Bigger, or their baby?
2. In a year, there are 12 months. Seven months have 31 days. How many months have 28 days?
3. What is full of holes but can still hold water?

3. A Sponge

2. 12. They all have 28 days

1. The baby because he is a little Bigger.

Answers :

<https://www.icebreakerideas.com/>

SCIENCE SPOTLIGHT

The psychological impact of quarantine and how to reduce it: rapid review of the evidence

The following is word for word, what authors say about their 2020 review article. These are confusing and serious times, so we didn't want to mess this one up. This article particularly applies to the decision makers. If interested in the results of this review, please see link posted below for entire article, or message us for the link!

The December, 2019 coronavirus disease outbreak has seen many countries ask people who have potentially come into contact with the infection to isolate themselves at home or in a dedicated quarantine facility. Decisions on how to apply quarantine should be based on the best available evidence. We did a Review of the psychological impact of quarantine using three electronic databases.

Of 3166 papers found, 24 are included in this Review. Most reviewed studies reported negative psychological effects including post-traumatic stress symptoms, confusion, and anger. Stressors included longer quarantine duration, infection fears, frustration, boredom, inadequate supplies, inadequate information, financial loss, and stigma. Some researchers have suggested long-lasting effects. In situations where quarantine is deemed necessary, officials should quarantine individuals for no longer than required, provide clear rationale for quarantine and information about protocols, and ensure sufficient supplies are provided. Appeals to altruism by reminding the public about the benefits of quarantine to wider society can be favourable.

My personal takeaway?

You are not alone! Altruism is better than compulsion. Do good for others, and it will do good for you. Take this down a level and we have social distancing. Be distant, be kind, be patient. We will get through this, together.

[www.thelancet.com/journals/lancet/article/PIIS0140-6736\(20\)30460-8/fulltext?fbclid=IwAR1HXS0HoxqdKxffP8C5IYv2A5Xi9SqCmH_V80pZyRerekjEy3RZB4ejnQ](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)30460-8/fulltext?fbclid=IwAR1HXS0HoxqdKxffP8C5IYv2A5Xi9SqCmH_V80pZyRerekjEy3RZB4ejnQ)

CALENDAR

Due to the ongoing and ever changing situation of the current COVID-19 pandemic, all events are subject to cancellation or postponement. Please call ahead to confirm all events.

APRIL 22

50th Earth Day Celebration- Hike and Paddle along Beargrass Creek for a teach-in. For more information and registration:
www.facebook.com/events/2462815767305451/

MAY 20 - MAY 25

Abbey Road on the River. Big Four Station Park, Jeffersonville, More information:
<https://www.arotr.com/>

JUNE 6

Southern Indiana Pride Parade. Parade and festival with food, vendors, and entertainment. Big Four Station Park. For more information:
www.facebook.com/events/605976026832303/

Administration/Vital Records/Environmental

1201 Wall Street Jeffersonville IN 47130
Phone 812-282-7521

Baby and Me, Tobacco Free - Phone 812-283-2746

Public Health Nurse

1201 Wall Street Jeffersonville IN 47130
Phone 812-283-2459

HIV/STD Program Office - Phone 812-288-2706

Office Hours

Monday 8:30am - 4:30pm

Tuesday 8:30am - 4:30pm

Wednesday 8:30am - 4:30pm

Thursday 8:30am - 4:30pm

Friday 8:30am - 4:30pm

Saturday - CLOSED

Sunday - CLOSED

Public Health
Prevent. Promote. Protect.

Clark County Health Department