

For the Health of It

Clark County Health Department



NOTABLE NEWS

MOSQUITO CONTROL

Ah summertime, with long days, warm weather, and fun all around. But as much as we look forward to this time of year and the weather it brings, it will inevitably lead to conditions which bring an annoying pest, the mosquito.

As we enjoy going outside, firing up the grill, playing in the yard, or relaxing by the pool, mosquitoes will be right there with us. Our mission at the Clark County Health Department (CCHD) is to provide a healthy community for the residents of Clark County, which includes mosquito surveillance and control. Every year when the temperatures begin to consistently stay above 55 degrees Fahrenheit, mosquitoes begin to emerge and make their presence known.



As this “mosquito season” occurs, CCHD implements our integrated pest management strategies to help reduce the mosquito population. Mosquito traps are set throughout the county during this season so we can survey the population in the area. We identify these mosquitoes and send them to the Indiana Department of Health to be tested for West Nile Virus, which is the most common mosquito transmitted disease in the county. Along with surveying, we will also treat areas of standing water which can provide mosquitoes with a habitat for laying eggs.

There are plenty of steps you can take to prevent mosquitoes from biting you. These include preventing standing water around your home, wearing an EPA approved repellent according to its label, and staying indoors during dawn and dusk when mosquitoes are most active.

This is how you can help:

Fight the Bite!



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Asthma in Kids

Asthma is the most common chronic disease of childhood.



In an average classroom of **30** kids,

about **3** have asthma.



About **4** in **10** children who wheeze when they get colds or respiratory infections will be diagnosed with asthma.

An estimated 5 million children in the U.S. have asthma.

Among all U.S. children, asthma affects about:



11% of all children living in poverty

11% of all boys ages 5-14

14% of all Black children

Each year, children with poorly managed asthma have more than:

10 million missed school days



74,000 hospital stays



767,000 trips to the emergency room



Children with asthma may experience:



Coughing



Wheezing



Chest tightness



Shortness of breath

If your child has asthma...

Work with their healthcare provider to:

- ✓ Develop an asthma action plan
- ✓ Identify and avoid triggers
- ✓ Take medicines as prescribed
- ✓ Watch for any changes



Share the **asthma action plan** with your child's caretakers and school.

Your child can lead a full and active life with proper asthma management.



For more info:

<https://www.cdc.gov/vitalsigns/childhood-asthma/index.html>

WHAT CAN TRIGGER ASTHMA?



ALLERGENS

POLLENS, MOLDS, DUST MITES, PETS, COCKROACHES

ENVIRONMENT

SMOKE AIR POLLUTION, DRY OR COLD AIR, CHANGES IN WEATHER



INFECTIONS

VIRAL INFECTIONS, PNEUMONIA, SINUS INFECTIONS

EXERCISE

RUNNING, SPORTS



EMOTIONS

STRESS, LAUGHING, CRYING, BREATH HOLDING





SUMMER SUN SAFETY



- Wear Sunglasses
- Always Wear Sunscreen-at least SPF 30
- Wear protective clothing
- Avoid sun exposure in the middle of the day between 10 a.m. and 2 p.m., when UV rays are strongest.
- Avoid spending long hours in the sun
- Know if your medications can increase your sun sensitivity



**Don't forget to Drink
plenty of Water!**

Public Health
Prevent. Promote. Protect.

Clark County Health Department



Plastic Free July!

Plastic Free July is a global movement that helps millions of people be part of the solution to plastic pollution – so we can have cleaner streets, oceans, and beautiful communities. Will you be part of Plastic Free July by choosing to refuse single-use plastics?

<https://www.plasticfreejuly.org>

9 REASONS TO REFUSE SINGLE-USE PLASTIC



1 Made from fossil fuels



2 Huge carbon footprint



3 Will still be here in hundreds of years



4 Only a tiny percentage is recycled



5 Leaches toxins into food & drink



6 Causes hormone disruption & cancers



7 Pollutes our oceans



8 Kills marine animals and birds



9 Enters our food chain

LESS
PLASTIC.

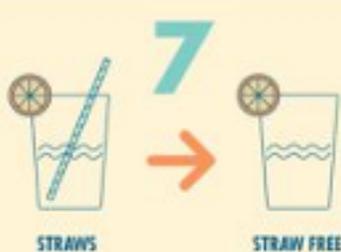


8 WAYS TO REDUCE YOUR SINGLE-USE PLASTICS

There are an estimated **5 TRILLION** pieces of plastic in the ocean worldwide, with **8 MILLION** metric tons added to the ocean each year*. Wildlife are dying at a rapid pace due to the ingestion of or entanglement in plastics.



YOU can help reduce waste by removing single-use plastics from your everyday activities.



HEALTH OFFICER'S PERSPECTIVE

Déjà vu?

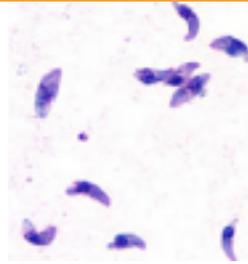
**BY DR. ERIC
YAZEL,
CLARK COUNTY
HEALTH OFFICER**



We haven't even had time to process the pandemic of the last couple of years before we are hearing about a new virus coming our way: Monkeypox. Can't we just catch our breath for a second? Here is the thing- this isn't COVID all over again. Take a breath, read that again. Everything will be okay. Will we see cases of Monkeypox in our community? Yes. Will it become a global pandemic? No. Should we learn a little about it? Absolutely. So what is Monkeypox? It is a viral infection that comes from the same family of viruses as Smallpox. It classically starts as non-specific symptoms such as headache, fever, muscle aches, and fatigue. Within a few days the characteristic rash often appears, most commonly on the face and genitals, but may present in other areas. In the cases we are seeing in the United States, these lesions occasionally appear without the preceding symptoms. The typical appearance is blisters or pimples that may persist for 2-4 weeks. The typical incubation period is 7-17 days, and a patient is infectious from the onset of symptoms until the lesions have healed. It is transmitted through intimate physical contact, direct contact with lesions or body fluids, or respiratory secretions from prolonged face to face contact. Because I can already tell what you are thinking, it is not transmitted nearly as easily as COVID-19. The illness is typically self-limited and resolves with supportive care. There have been no fatalities in the United States at the time of writing this.

So what does that mean for you? The most important step is recognition. If you experience these symptoms, contact your healthcare provider right away. If you encounter someone with symptoms and an unexplained rash, distance yourself (note: this is a wise practice regardless of the community situation at the time). Remember all the personal hygiene practices we have learned over the last few years. Wash your hands frequently, stay home when you are ill, and other common-sense practices are key. And last, take a deep breath. This isn't global pandemic 2.0.

ONE HEALTH: ANIMALS, PEOPLE, AND THEIR ENVIRONMENT: TOXOPLASMOSIS



Animal rescues and shelters receive calls from people trying to surrender their pets for many reasons. One common explanation is that someone in the home became pregnant, and having cats is no longer safe for mom and baby due to the presence of a parasite commonly found in cat fecal matter: *Toxoplasma gondii*.

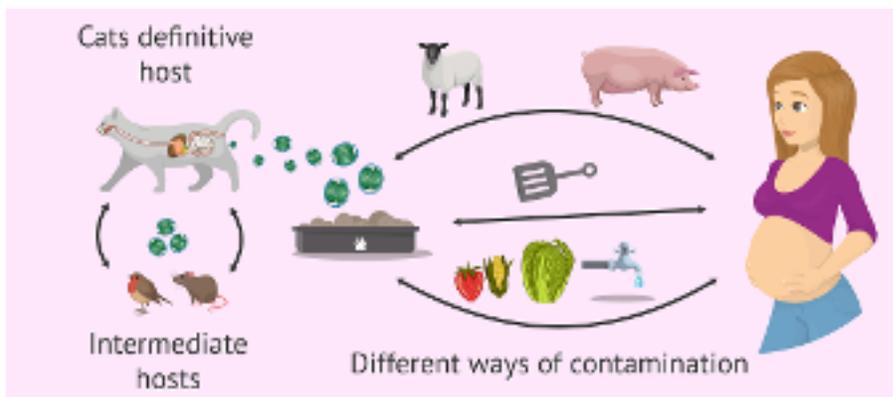
The *Toxoplasma* life cycle starts when a cat eats prey (bird, rodent, etc.) that is the intermediate host, transmitting the parasite to the cat. The parasite multiplies and eggs are deposited with the cat's fecal matter, often times in litter boxes, or outdoors in garden beds and sand boxes. Inhalation or ingestion of eggs can occur. The eggs can also be ingested by, and found in other species eaten by humans, and contracted from under cooked or improperly handled meats. So, how dangerous is it?

Infected individuals can show fever, swollen lymph nodes and fatigue among other symptoms, but the parasite is able to cross into the placenta and is of particular importance to pregnant people. "Most infected infants do not have symptoms at birth but can develop serious symptoms later in life, such as blindness or mental disability. Occasionally, infected newborns have serious eye or brain damage at birth."¹

So does this mean people need to give up their beloved pets? The CDC says **no**. Cats and kittens tend to only spread the parasite a few weeks after becoming infected. Pet parents can follow these tips to stay safe and healthy during pregnancy.

- Avoid changing cat litter if possible. If no one else can perform the task, wear disposable gloves and wash your hands with soap and water afterwards.
- Ensure that the cat litter box is changed daily. The *Toxoplasma* parasite does not become infectious until 1 to 5 days after it is shed in a cat's feces.
- Feed your cat commercial dry or canned food, not raw or undercooked meats.
- Keep cats indoors.
- Avoid stray cats, especially kittens. Do not get a new cat while you are pregnant.
- Keep outdoor sandboxes covered.
- Wear gloves when gardening and during contact with soil or sand because it might be contaminated with cat feces that contain *Toxoplasma*. Wash hands with soap and water after gardening or contact with soil or sand.

In addition, practice safe food handling and ensure all raw meats are cooked to their proper temperatures and only drink pasteurized milk. And you can keep that kitty!



1: https://www.cdc.gov/parasites/toxoplasmosis/gen_info/pregnant.html

<https://www.marchofdimes.org/complications/toxoplasmosis.aspx>

<https://www.fda.gov/food/people-risk-foodborne-illness/toxoplasma-prevention-you-become-pregnant-food-safety-moms-be>

MENTAL HEALTH: BRAINGAMES

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

GRILLING
 FAMILY
 HOLIDAY
 FIREWORKS
 PICNIC
 SWIMMING
 SUNSHINE
 CAMPING
 VACATION
 LEMONADE

1) Do they have a 4th of July in England?

2) Two planes take off at the same exact moment. They are flying across the Atlantic. One leaves New York and is flying to Paris at 500 miles per hour. The other leaves Paris and is flying to New York at only 450 miles per hour (because of a strong head wind). Which one will be closer to Paris when they meet?

3) A 10 foot rope ladder whose rungs are one foot wide is hanging over the side of a boat. At this time there is only 1 foot of ladder under the water. It now begins to rain heavily, if it rains at the rate of 1 foot every two hours, how many hours will it take to cover half of the ladder?

3) The ladder will always be 1 foot under the water, because as the water rises...so does the boat.

2) They will both be the same distance from Paris when they meet.

1) Yes! They may not celebrate it like us, but they have a July 4th.

SCIENCE SPOTLIGHT

EXPRESS: Caffeine's Effects on Consumer Spending

Dipayan Biswas, Patrick Hartmann, Martin Eisend, Courtney Szocs, Bruna Jochims, Vanessa Apaolaza, Erik Hermann, Cristina M. López, Adilson Borges

Abstract

Caffeine is the world's most popular stimulant and is consumed daily by a significant portion of the world's population through coffee, tea, soda, and energy drinks. Consumers often shop online and in physical stores immediately after or while consuming caffeine. This is further facilitated by the increasing prevalence of coffee shops and also with some retail stores having in-store coffee bars and offering complimentary caffeinated beverages. This research examines how caffeine consumption before shopping influences purchase behavior. The results of a series of experiments conducted in the field (at multiple retail stores across different countries) and in the lab show that consuming a caffeinated (vs. non-caffeinated) beverage before shopping enhances impulsivity in terms of higher number of items purchased and higher spending. This effect is stronger for "high hedonic" products and attenuated for "low hedonic" products. These findings are important for managers to understand how a seemingly unrelated behavior (i.e., caffeine consumption) in and/or around the store affects spending. From a consumer perspective, while moderate amounts of caffeine consumption have positive health benefits, there can be unintended negative financial consequences of caffeine intake on spending. Hence, consumers trying to control impulsive spending should avoid consuming caffeinated beverages before shopping.



Biswas D, Hartmann P, Eisend M, et al. EXPRESS: Caffeine's Effects on Consumer Spending. *Journal of Marketing*. June 2022. doi:[10.1177/00222429221109247](https://doi.org/10.1177/00222429221109247)

1201 Wall Street Jeffersonville, IN 47130

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

Administration/Vital Records/Environmental

812-282-7521

Public Health Nurse

812-283-2459

HIV/STD Program Office

812-288-2706

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