

December 2009

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Marion County

# Health Bulletin

*The Mission of the Marion County Health Department is to improve the quality of life through preventing disease and preventative health maintenance.*



Public Health  
Prevent. Promote. Protect.

## Safe Christmas Travel

Before you drive over the mountain and through the woods to grandmother's house for a Christmas visit, there are a few precautions the Marion County Health Department would suggest you encounter some trouble along the way.

The first is the general condition of your automobile, and the second are a few extra supplies that you can store in the trunk or rear section of your vehicle.

When preparing for a trip, take some time to review the condition of your car or have a certified mechanic check your car when you get a tune-up. Some things to pay particular attention are:



- Tread on your tires—make sure that they are in good condition with sufficient traction. Depending on the area you are traveling to, consider snow tires or even snow chains for your vehicle.
  - Battery—make sure that it is within the recommended age and that the terminals are clean.
  - Heater/defroster—ensure that it is in proper working area, along with your windshield wipers and top off your windshield washer fluid.
  - Anti-freeze—check the concentration of antifreeze to water to be sure that it is sufficient for the area that you will be visiting
  - Fill the gas tank—use a water remover, such as Heat.
- Here are a few extra supplies that you should take to aid in any mishaps or inclement weather that you may encounter:
    - Wool or fleece blanket, they are more compact, but warm and functional, even if wet
    - Warm clothes—an extra jacket will help if you get stranded; gloves are a great idea too!
    - Food and snacks
    - Water—a few bottles of water doesn't take up much space and can be used to top off a radiator. To help prevent the frozen water from breaking the bottle, leave some air in the top of the bottle.
    - Wet wipes
    - Small first-aid kit
    - Signaling device—road flares, orange reflective triangles, or bright colored material is useful for flagging down rescue workers
    - Bag of salt and/or sand—helps with traction of you get stuck on ice or snow
    - Candle in a can—helps bring some warmth and comfort if you have to spend the night stranded in your vehicle. Don't forget the matches!
    - Flashlight—for signaling, checking the engine, or finding your other supplies; keep it in your glove department
    - Make sure that someone is aware of your travel plans and that you check with them
    - Cell phone and car charger

Check the weather route that you are taking; avoid weather conditions that you are not experienced or comfortable driving in;

During the holiday seasons, it is a good idea to take a little extra time to prepare for safe travel to insure that you have a safe trip to and from your vacation destination.

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**Snow Ice Cream Recipe**

**Ingredients:**

- 1 cup of milk
- 1/2 teaspoon vanilla
- 1/2 cups sugar
- CLEAN Snow

**Preparation:**

Go outside and get 4 - 5 cups of fresh, clean snow. Don't pack the snow! Bring it in the house and set it in the freezer until you need it.

Mix together the milk, vanilla, and the sugar. Stir this mixture until the sugar is dissolved. Slowly add the snow to your mixture, stirring constantly, until it is as thick as ice cream! Eat up!

**Remember the 3 C's:**

**1 CLEAN**  
Wash your hands often. Scrub your hands for at least 20 seconds with soap and water or use an alcohol-based hand-cleanser.

**2 COVER**  
Cover your cough. Use a tissue to cover your mouth and nose when you cough or sneeze. Don't have a tissue? The crook of your elbow will do.

**3 CONTAIN**  
Contain germs by steering clear of others who are sick. If you do get sick, stay at home until you're well again, so you don't spread more germs.

**Clinics & Gatherings**

**Blood Sugar/Pressure Clinics:**  
Salem Office: Mondays, 8-9am  
Centralia Office: Wednesdays, 8-9am

**Immunization Clinics:**  
Salem Office: Mondays, 9-5  
Centralia Office: Wednesdays, 9-5

**Cholesterol & Lab Clinic:**  
~Please call for an appointment.~

**HIV & STD Testing:**  
~Please call for an appointment.~

Visit [www.marioncountyhealthdept.org](http://www.marioncountyhealthdept.org) for a complete listing of events.

**November 2009 Statistics**

**Clinics**

Blood Pressure / Blood Sugar Clinics .....	8
Persons served: Blood Pressure .....	31
Persons served: Blood Sugar .....	15
Cholesterol Screening	
Number of persons served .....	0
Lead Screening	
Number of persons tested .....	56
Paternity Testing Clinics .....	1
Number tested .....	3
HIV Test.....	0

**Immunizations**

Number of Clinics.....	8
No. of persons immunized.....	231
Total vaccines administered.....	288
Children's Immunizations	
Pediatric Flu.....	65
Hepatitis A .....	7
Adult Immunizations	
Hepatitis A (number started) .....	8
Hepatitis B (number started) .....	4
Flu .....	100
Meningitis.....	5
MMR.....	1
Pneumonia .....	21
TD.....	12
Typhoid .....	8
Yellow Fever .....	1
Zostavax .....	0
Other Immunizations	
Gardasil (number started) .....	2
Varicella.....	18

**Nursing**

Family Case Management	
Pregnancy Testing .....	5
Positive .....	4
Negative.....	1
Prenatal Clients .....	166
Infant & Child Clients .....	545
Number of Visits .....	189
Prenatal .....	48
Postpartum .....	28
Infant Visits.....	102
Child Visits .....	11
SIDS Investigations.....	0
APORS Investigations .....	3
Health Works Active Case Load .....	55
Active WIC.....	1371
WIC Clients receiving education ....	266
Vision & Hearing	
Number Vision Tested .....	0
Number Hearing Tested.....	0
Number Vision Referrals.....	0
Number Hearing Referrals.....	0

**Nursing (continued)**

Communicable Disease Investigations	
Chickenpox.....	1
Cholera .....	0
Hepatitis B (carrier) .....	2
Hepatitis C (carrier) .....	3
Malaria .....	0
Salmonellosis .....	0
Strep Pneumoniae.....	0
Whooping Cough (Pertussis).....	0
Sexually Transmitted Disease	
Chlamydia.....	13
Gonorrhea .....	0
Syphilis .....	1
Tuberculosis	
Tests Administered .....	47
New Prophylactic Patients .....	0
New Investigations .....	2
New Active Cases .....	1
H1N1 Confirmed Cases .....	10

**Environmental Health**

Food	
Routine Inspections.....	36
Follow-up Inspections .....	8
Complaint Inspections .....	0
Temporary Inspections .....	0
Pre-Operational Inspections .....	1
Emergency Incident Inspections.....	0
Number of Permits Issued .....	8
Sewage	
Routine Inspections.....	11
Complaint Inspections .....	8
Realty Inspections .....	0
Sewage Systems Installed .....	8
Number of Permits Issued .....	8
Water	
New System Inspections.....	0
Existing Water Well Inspections .....	0
Realty Inspections .....	0
Complaint Inspections .....	0
Water Wells Sealed .....	0
Number of Permits Issued .....	0
Tanning	
Routine Inspections.....	0
Follow-up Inspections .....	1
Complaint.....	0
Miscellaneous	
Animal Bites .....	0

