

SUMMER SAFETY: SUN, HEAT, & WATER

SUN SAFETY

July is ultraviolet (UV) Safety Month. The Florida Department of Health reports that this UV Safety Month serves as a reminder for all Floridians and visitors to protect themselves from harmful ultraviolet (UV) rays that can cause damage to your skin and cause skin cancer.

There are two common types of skin cancer—basal cell and squamous cell carcinomas—are curable. Melanoma is less common but is more dangerous and can sometimes result in death. These three types of skin cancer are mostly caused by overexposure to UV light.

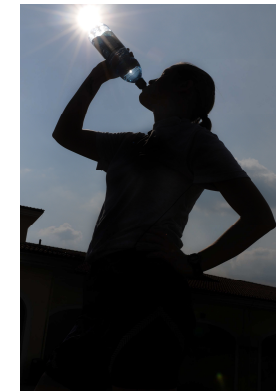
The department recommends the following tips to enjoy the Florida sunshine safely:

- Always use broad spectrum (blocks UVA and UVB rays) sunscreen with an SPF higher than 15 if you are outside, and reapply every two hours or after contact with water;
- Seek shade when the sun is strongest;
- Wear hats and other protective clothing;
- Wear sunglasses that block UVA and UVB rays; and
- Avoid indoor tanning.



HEAT SAFETY

A big part of staying safe in the heat is having a good plan. Have a rough idea of how long you will be out in the sun and the heat, and then plan accordingly. Protect your eyes and skin and stay covered (wearing loose-fitting clothing, a wide-brimmed hat, sunglasses, etc.) and stay hydrated, especially during the peak hours of strongest ultraviolet (UV) rays, during the hours of 10 a.m. to 4 p.m.

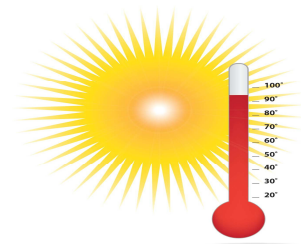


Stay hydrated. Dehydration is another safety concern during the summer months. Be sure to drink enough liquids throughout the day, as our bodies can lose a lot of water through perspiration when it gets hot out. Drinking plenty of water — even beyond the goal of having eight-8 oz. glasses of water — can be part of good nutrition, too. Snacking on water-rich foods like raw fruits and vegetables can also help keep you hydrated. Without enough fluids, you may experience dehydration. Look for these signs:

- Extreme thirst
- Dry mouth
- Headache
- Muscle cramping
- Feeling lightheaded

Danger Zone. While most of the times you'll only experience little to no effect from being out in the sun and the heat, there may be circumstances where you'll need help. Here are a few situations to look out for:

- **Heat cramps.** Dehydration can cause heat cramps, which are painful muscle spasms — usually in the legs and abdomen. Try to massage the muscle and start slowly consuming more liquid. If the person feels sick to his or her stomach or vomits, phone a medical provider immediately.
- **Heat exhaustion.** Heat exhaustion is a serious condition caused by overexposure to hot weather conditions. A person with heat exhaustion usually feels weak and is perspiring heavily, while the skin tends to be cold and clammy. It's important to get a person experiencing heat exhaustion out of the heat and preferably to an air conditioned area. You can give him or her sips of water to start the rehydration process, but if the person has fainted or vomited, seek immediate medical help.
- **Heatstroke (or sunstroke).** Unlike with heat exhaustion, people experiencing heatstroke have hot dry skin and a high body temperature — and they often have stopped sweating. Heatstroke requires immediate medical attention. Do not give a person you suspect of having heatstroke any fluids.



INSIDE THIS ISSUE:

Summer Safety	1-2
World Breastfeeding Month	2
Mosquito Season	2
Immunization Awareness	3
Childhood Obesity Awareness	3
World Heart Day	3
Family Health & Fitness Day	3
Reportable Disease Summary	4
Bulletin Board	5

WATER SAFETY

The Florida Department of Health addresses how you can make sure you are taking the necessary precautions when it comes to water safety. You can visit MartinCountyHealth.com for more information or if you experience an illness related to an algae bloom, call the Florida Poison Control Center (toll-free): **1-800-222-1222**



Blue green algae are tiny organisms naturally found in all types of water. Blue green algae (also known as cyanobacteria) can grow in many of Florida's waterbodies. Large concentrations, called blooms, can change the water color to blue, green, brown, orange, or red. Blooms can appear year-round but are more frequent in summer and fall.

Algae blooms can look like a thick mat. Blue green algae can grow rapidly and sometimes form a foamy surface scum and an unpleasant odor.

Stay away from blooms. Swimming in water with blue green algae blooms may cause ear, eye, and skin reactions, and have fever and flu-like symptoms (including diarrhea) - these reactions aren't common. Because blooms can remove oxygen from the water, fish kills can occur.

AUGUST IS WORLD BREASTFEEDING MONTH



In a world filled with inequality, crises and poverty, breastfeeding is the foundation of lifelong good health for babies and mothers. The slogan of World Breastfeeding Week (WBW) 2018 is **Breastfeeding: Foundation of Life.**

Breastfeeding prevents hunger and malnutrition in all its forms and ensured food security for babies, even in times of crises. With no additional burden on household income, breastfeeding is a low-cost way of feeding babies and contributes to poverty reduction. Nutrition, food security and poverty reduction are fundamental to achieving the United Nation's Sustainable Development Goals.

The objectives of World Breastfeeding Week 2018 by the World Alliance for Breastfeeding Action (WABA):



IT'S MOSQUITO SEASON

The heavy rains that doused our area are paving the way for some unwelcome visitors: mosquitoes. The Florida Department of Health in Martin County and Martin County Mosquito Control are urging residents to **"drain and cover"** to prevent mosquitoes from breeding and biting.

Drain standing water that has accumulated in containers like garbage cans, flower pots, birdbaths, pet's water bowls, and make sure to maintain swimming pools through appropriate chlorination.

Cover skin with clothing or repellent.

Cover doors and windows with screens to keep mosquitos out of your house.

For more information on repellent tips and mosquito-borne illnesses, visit <http://martin.floridahealth.gov/newsroom/2015/07/bite.html>



AUGUST IS NATIONAL IMMUNIZATION AWARENESS MONTH

National Immunization Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages. Communities across the country use the month each year to raise awareness about the important role vaccines play in preventing serious, sometimes deadly, diseases across the lifespan.

NIAM is sponsored by the National Public Health Information Coalition (NPHIC). NPHIC, in collaboration with CDC's National Center for Immunization and Respiratory Diseases, developed communication toolkits to help you educate people of all ages about vaccines recommended for them. For more information on the observance and to download the communication toolkits, visit NPHIC's [NIAM website, http://www.nphic.org/niam](http://www.nphic.org/niam)



The Florida Department of Health says, "Don't wait—Vaccinate!"

With the start of school less than one month away, the Florida Department of Health is urging parents and caregivers to be sure that their student's immunizations are up to date for school entry.

"We want all kids to start school on time." said Maureen Ryan, Assistant Director for Community Health. "getting the required immunizations now and making sure that your child's school has been the 680 form on file will help ensure a smooth start to the new school year."

Proof of certain immunizations, on a #680 form (Florida Certificate of Immunization), is required for school entry if a child is entering kindergarten, seventh grade or is moving to Florida from another state or country. For more information, visit <http://martin.floridahealth.gov/programs-and-services/clinical-and-nutrition-services/immunizations>

Health department staff will provide the required Tdap vaccine for 7th graders and will offer HPV vaccine to prevent cancer. Check out the Bulletin Board page of this newsletter for Immunization Outreach Events.



SEPTEMBER IS NATIONAL CHILDHOOD OBESITY AWARENESS MONTH

Childhood obesity is a major public health problem. Children who are obese are at higher risk for having other chronic health conditions and diseases, such as asthma, sleep apnea, bone and joint problems, and type 2 diabetes. They also have more risk factors for heart disease like high blood pressure and high cholesterol than their normal weight peers. This can likely continue throughout their adult life and lead to lifelong physical and mental health problems. Adult obesity is associated with a higher risk of type 2 diabetes, heart disease, and many types of cancers.

Childhood obesity is influenced by many factors, including eating and physical activity behaviors, genetics, metabolism, family and home environment, and community and social factors. For some children and families, obesity may be influenced by the following:

- Too much time spent being inactive
- Lack of sleep
- Lack of places to go in the community to get physical activity
- Easy access to inexpensive, high calorie foods and sugary beverages
- Lack of access to affordable, healthier foods

The Martin County Health Department suggests kids and adults to live by the "5210" rule every day!

For more information on how parents and/or caregivers can help prevent obesity and support health growth in children, visit <http://www.cdc.gov/features/childhoodobesity>

SEPTEMBER 29 IS WORLD HEART DAY

Created by the World Heart Federation, World Heart Day informs people around the globe that CVD, including heart disease and stroke, is the world's leading cause of death claiming 17.5 million lives each year, and highlights the actions that individuals can take to prevent and control cardiovascular disease (CVD). It aims to drive action to educate people that by controlling risk factors such as tobacco use, unhealthy diet, and physical inactivity, at least 80% of premature deaths from heart disease and stroke could be avoided.

This year, the World Heart Federation is asking people around the world to make a promise **For My Heart, For Your Heart, For All Our Hearts.** A promise as an individual to cook and eat more healthily, to do more exercise and encourage your children to be more active, to say no to smoking and helped your loved ones stop.

Cardiovascular disease is the world's number one killer today. But by making just a few changes to our lives, we can reduce our risk of heart disease and stroke, as well as improving our quality of life and setting a good example for the next generation. It's about saying to yourself, the people you care about and individuals all around the world, "what can I do right now to look after MY HEART... and YOUR HEART?"



SEPTEMBER 29 IS ALSO FAMILY HEALTH AND FITNESS DAY

The Health Information Resource Center organizes Family Health and Fitness Day USA every year on the last Saturday of September. The event's purpose is to promote family involvement in physical activity, one of the goals of the U.S. Surgeon General's Report on Physical Activity and Health. Local organizations throughout the country will host family-related health and fitness events at schools, park districts, hospitals, YMCAs/YWCAs, malls, health clubs and other community locations.



With World Heart Day and Family Health and Fitness day falling on September 29th this year, this is the perfect time to get out and get active!

Martin County Reportable Disease Summary
January 1, 2018– June 30, 2018

Reportable Disease	2017	2018
Anaplasmosis, HGA (<i>Anaplasma phagocytophilum</i>)	0	1
Arsenic Poisoning	0	0
Campylobacteriosis	31	21
Carbon Monoxide Poisoning	2	1
Cryptosporidiosis	3	0
Cyclosporiasis	0	1
Escherichia coli, Shiga Toxin-Producing (STEC) Infection	0	4
Giardiasis, Acute	3	8
Haemophilus influenzae Invasive Disease	2	0
Hansen's Disease (Leprosy)	0	0
Hepatitis A	1	0
Hepatitis B, Acute	4	2
Hepatitis B, Chronic	12	13
Hepatitis B, Pregnant Women	3	1
Hepatitis C, Acute	1	6
Hepatitis C, Chronic	109	127
Hepatitis C, Perinatal	2	0
Influenza, ICU (Special Project)	0	4
Lead Poisoning	5	24
Legionellosis	0	2
Listeriosis	1	0
Lyme Disease	3	2
Meningitis, Bacterial or Mycotic	0	1
Mercury Poisoning	1	0
Mumps	0	1
Pertussis	1	1
Pesticide-Related Illness and Injury, Acute	0	0
Rabies, Animal	2	0
Rabies, Possible Exposure	37	31
Rocky Mountain Spotted Fever and Spotted Fever Rickettsiosis	0	0
Salmonellosis	20	33
Scombroid Poisoning	0	4
Shigellosis	2	5
Strep pneumoniae Invasive Disease, Drug-Resistant	0	0
Strep pneumoniae Invasive Disease, Drug-Susceptible	0	3
Typhoid Fever (<i>Salmonella</i> Serotype Typhi)	2	0
Varicella (Chickenpox)	5	5
Vibriosis (Other <i>Vibrio</i> Species)	0	1
Vibriosis (<i>Vibrio parahaemolyticus</i>)	1	0
Zika Virus Disease and Infection, Non-Congenital	0	0
TOTAL	253	302

Data is provisional and not considered official.

All practitioners, hospitals and laboratories in Florida are required to notify the Florida Department of Health (DOH) of diseases or conditions of public health significance under Section 381.0031, Florida Statutes and Chapter 64D-3, Florida Administrative Code (FAC). You can visit www.floridahealth.gov/diseases-and-conditions/disease-reporting-and-management for a list of reportable diseases.

If you are a healthcare professional or laboratory worker and would like to report a case of disease please contact the Florida Department of Health in Martin County:

Phone: 772-221-4000 Option 7 Fax: 772-223-2533

THE BULLETIN BOARD

AUGUST

National Immunization Awareness Month
Children's Eye Health and Safety Month
World Breastfeeding Month

SEPTEMBER

National Childhood Obesity Awareness Month
National Food Safety Education Month
World Heart Day (29)
Family Health and Fitness Day (29)

*MARK YOUR
CALENDAR!*



Visit <http://goldengatecentermc.org/golden-gate-calendar> to learn about the Golden Gate programs offered and to sign up!

Call Golden Gate Center for Enrichment for more info:
772-286-4673 ext. 1600

Golden Gate Center for Enrichment
3225 SE Dixie Highway, Stuart

DID YOU KNOW?

Program 17

Vaccines for uninsured adults who are 19 years and older:

- Tdap
- Flu
- HPV9 (19-26 years old)
- Hep B

DOH Martin provides immunizations for school aged children who have Medicaid or are uninsured, and children who are new to the community and have not yet been established with a private provider.

Adult and children travel immunizations are also offered:

- Pre-travel consultation
- Hepatitis A & B
- TDAP
- Typhoid (injectable)
- Polio
- Malaria (prescription)

For questions or appointments:

772-221-4000 ext. 2242
3441 SW Willoughby Blvd., Stuart, FL

The Martin County Health Department partners with the Golden Gate Center for Enrichment to offer many public health community programs. You can find the online calendar here:

<http://goldengatecentermc.org/golden-gate-calendar>



FDOH in Martin County offers Confidential Rapid HIV and Hepatitis C testing and treatment services.

Appointments are available by calling:

772-221-4000

TESTING HOURS:

Monday, Wednesday, Thursday
8:30am-11am and 1pm-3pm

Walk-ins are welcome!

Pre-Exposure Prophylaxis (PrEP) medication is now available through Martin County FDOH. PrEP is a once-daily pill that can reduce the chance of acquiring HIV in HIV-negative individuals. **PrEP should be used in conjunction with other prevention methods like condoms to reduce the chance of infection.**



CONNECT WITH DOH. GET NEWS, UPDATES AND MORE!

www.MartinCountyHealth.com

Follow us on Twitter @GoHealthyMartin



Florida Department of Health in Martin County
Epidemiology Department
3441 SE Willoughby Blvd Stuart, FL 34994
Phone: (772) 221-4000 Option 7 Fax: (772) 223-2533
www.MartinCountyHealth.com

