

# EMERGENCY PREPAREDNESS NEWSLETTER



## Health Department

Brian Douglas - Health Officer  
Melissa Lunt - Director of Nurses  
Matt Bolinger - Epidemiologist

March 2016

Volume 48



Brian Douglas, Graham County Health Officer

### Zika Virus

Dengue, chikungunya, and Zika viruses are emerging and expanding public health threats in recent years, all of which are spread through the bite of infected *Aedes* spp. mosquitoes. Arizona is at elevated risk for travel-associated cases of disease due to the proximity and high volume of travel to Mexico, where transmission of all three diseases is endemic.

The World Health Organization (WHO) has declared the Zika virus an international public health emergency, prompted by growing concern that it could cause birth defects. As many as four million people could be infected by the end of the year. Officials at the Centers for Disease Control and Prevention have urged pregnant women against travel to about two dozen countries, mostly in the Caribbean and

Latin America, where the outbreak is growing.

The infection appears to be linked to the development of unusually small heads and brain damage in newborns. Some pregnant women who have been to these regions should be tested for the infection, the agency said.

**Sick with CHIKUNGUNYA, DENGUE, or ZIKA?**  
Protect yourself and others from mosquito bites during the first week of illness.

**Protect family and friends**

- During the first week of illness, chikungunya, dengue, or Zika virus can be found in the blood.
- A mosquito that bites you can become infected.
- An infected mosquito can bite a family member or neighbor and make them sick.

**Watch for these symptoms**  
See your doctor if you develop a fever with any of the following symptoms:

- Muscle or joint pain
- Headache, especially with pain behind the eyes
- Rash
- Conjunctivitis (red eyes)

**Protect yourself from mosquito bites**

- Wear long-sleeved shirts and long pants.
- Use door and window screens to keep mosquitoes outside.
- Use insect repellent.

For more information:  
[www.cdc.gov/chikungunya](http://www.cdc.gov/chikungunya)  
[www.cdc.gov/dengue](http://www.cdc.gov/dengue)  
[www.cdc.gov/zika](http://www.cdc.gov/zika)

U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

## Mosquito Bite Prevention (United States)

Not all mosquitoes are the same. Different mosquitoes spread different viruses and bite at different times of the day.

Type of Mosquito	Viruses spread	Biting habits
<i>Aedes aegypti</i> , <i>Aedes albopictus</i>	Chikungunya, Dengue, Zika	Daytime
<i>Culex</i> species	West Nile	Dusk (evening) to dawn (morning)

Protect yourself and your family from mosquito bites

**Use insect repellent**  
Use an Environmental Protection Agency (EPA)-registered insect repellent with one of the following active ingredients. All EPA-registered insect repellents are evaluated for safety and effectiveness.

Active Ingredient	Some brand name examples*
DEET Higher percentages of active ingredient provide longer protection	Off!, Cutter, Sawyer, Ultrathon
Picaridin, also known as KBR 3023, Bayrepel, and Icaridin	Cutter Advanced, Skin So Soft Bug Guard Plus, Autan (outside the United States)
Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)	Repel
IR3535	Skin So Soft Bug Guard Plus Expedition, SkinSmart

\* Insect repellent brand names are provided for your information only. The Centers for Disease Control and Prevention and the U.S. Department of Health and Human Services cannot recommend or endorse any name brand products.

## EDUCATION/TRAINING



### EASTERN ARIZONA COLLEGE

For information about **EAC** courses call the EAC EMS Department at 428-8398 or email [sonda.bryce@eac.edu](mailto:sonda.bryce@eac.edu)

### NIMS COURSES ONLINE

IS 100 Basic Incident Command System  
IS 700 National Incident Management System  
IS 200 ICS for Single Resources and Initial Action Incidents  
IS 800 A National Response Plan (NRP), an Introduction  
<http://training.fema.gov/is/nims.asp>

### EMS Sub-Region MGRMC Tape & Chart

2<sup>nd</sup> Wednesday of Each Month

Jeff Vaughn [jeffrey.vaughn@mtgraham.org](mailto:jeffrey.vaughn@mtgraham.org)

EAC High Tech Center

### Target Safety & Training

MSHA-OSHA-CPR-First Aid-  
Emergency Medicine  
Call Pam Peterson at 928-485-9203  
E-mail [Wmwoman\\_2000@yahoo.com](mailto:Wmwoman_2000@yahoo.com)

### FOOD SAFETY TRAINING

ONLINE COURSES NOW AVAILABLE

Graham County now offers web based training to provide "anytime, anywhere" access to high quality, cost-effective Food Safety training.

Courses Include:

- \*Food Safety for Food Handlers
- \*Food Manager Certification
- \*HACCP Plan Development and Implementation

Log on to: <http://grahamcounty.vls01.com/>

Contact: Graham County Health Department  
At 928-428-0110

### THE PRIVATE WELL CLASS

A free online course that helps homeowners understand about and care for their well.

Sign up for ten weekly email lessons and monthly webinar events to learn the basics of protecting your source of drinking water

This Training is a free service funded by the U.S. Environmental Protection Agency.

[www.privatewellclass.org](http://www.privatewellclass.org)

### TB SKIN TESTS

The Graham County Health Department is now offering TB Skin Test every Monday afternoon from 1:30 pm to 3:30 pm.





## HAPPY BIRTHDAY

January	Luggie	4 <sup>th</sup>
	Jessica	22 <sup>nd</sup>
March	Esther	20 <sup>th</sup>
April	Kathy	7 <sup>th</sup>
	Laura	24 <sup>th</sup>
May	Kellie	10 <sup>th</sup>
	Sherrie	19 <sup>th</sup>
	Hank	24 <sup>th</sup>
June	Robert	21 <sup>st</sup>
July	Staci	10 <sup>th</sup>
	Melissa	29 <sup>th</sup>



### SANTA, MRS CLAUSE & HELPER VISIT WIC




## Free, Online Packaging & Shipping Div. 6.2 Materials!!

- ☐ Sponsored by the CDC & NLTN.
- ☐ Supports Initial Certification & Renewal Training Requirements.
- ☐ Category A & B Exercises.
- ☐ Case Studies (including Ebola).
- ☐ Regulatory Requirements.
- ☐ Documentation Training.
- ☐ Numerous Job Aides.

Locate this course online at:  
[www.cdc.gov/labtraining](http://www.cdc.gov/labtraining) to register

### HEALTH DEPARTMENT NURSES RECEIVE FREE BOOKS FROM 'FIRST BOOK'



## GCHD FACEBOOK PAGE



**Public Health**  
Prevent. Promote. Protect.

The Graham County Health Department has developed a Facebook Page. The address for this page is:

<https://www.facebook.com/Graham-County-Health-Department-1611121092508959/?rf=687449928053591>

The page will provide:

- Clinic schedules
- Services offered
- Health and Safety Tips
- Upcoming events and activities
- Links to services on the Graham County Website
- And much more....

## CPR/FIRST AID TRAINING



**CPR/First Aid Class December 5, 2015**  
Course made possible through a grant from the Gila Valley United Way

## BOOK DONATION TO THE HEALTH DEPARTMENT

The Strong Families Arizona Coalition and Graham/Greenlee Child Abuse Prevention Council donated bookshelves and books to the Graham County Health Department and WIC Program on Monday, November 30, 2015 in memory of Giane Powell.



## MT. GRAHAM REGIONAL MEDICAL CENTER 2016 CPR CLASSES

*Learn and Live*



**CPR**

MGRMC 2016 Public Class Schedule  
(revised 1.20.16)

(the following dates will be for Healthcare Provider BLS OR CPR/1st Aid Combo Classes, The type of class TBD or subject to change depending on enrollment needs.)

January 23, 2016 (Healthcare Providers)  
 January 30, 2016 (Combo CPR/1st Aid) **FULL**  
 Added: February 5, 2016 (Combo /1st Aid)  
 February 13, 2016 (Combo CPR/1st Aid) **FULL**  
 February 27, 2016 (Combo CPR/ 1st Aid) **FULL**  
 March 12, 2016  
 April 16, 2016  
 May 14, 2016  
 June 11, 2016  
 July 9, 2016  
 August 13, 2016  
 September 10, 2016  
 October 15, 2016  
 November 12, 2016  
 December 10, 2016

TO REGISTER PLEASE CONTACT : LISA MILLIGAN AT 348-4286 or email: Lisa.Milligan@mtgraham.org

## GLEANNING PROGRAM

The Gleaning Program is alive and well continuing to provide healthy food for families in the Gila Valley. Many volunteers help to make this program possible. These pictures from January 12, 2016.



# Recycle Your E-Waste

**For Free**

**MAKE A DIFFERENCE**  
Graham County

**& Help Restock the Local Foods Banks - EVENT!**

Our Neighbors Farm & Pantry – Friend 2 Friend Pantry – St. Vincent de Paul – Meals on Wheels (SEACUS)

**When? Saturday, March 5**  
9:00 am to 1:00 pm

**Where? Home Depot Parking Lot**  
(Corner of 20<sup>th</sup> Ave. and 8<sup>th</sup> St.)

**What? Recycle your Electronic Waste and Appliances** (see list below)

*Please bring and donate nonperishable food items to help replenish the shelves in our local Food Banks.*

All hard drives and components that carry data will be shredded, so no one can access your personal information.

**Electronic Items Accepted:**

- Computers / Laptops / Servers
- Printers / FaxMachines
- Anything with a Green Board
- Mouse / Keyboard / Cables / Cords
- Televisions / Monitors
- DVD Players / VHS Players
- Cassette Players
- Video Game Consoles / Accessories
- Speakers / Stereo Equipment / Headphones
- Cell Phones / Phones / Answering Machines
- Wire / Cabling / Printed Circuit Boards
- Microwave Ovens / Toasters
- Rechargeable, Alkaline & Vehicle Batteries
- Chargers / Surge Protectors

**All Appliances accepted for recycling.**

**We will also take:**

- Heating and cooling units
- Hot Water Heaters
- All Exercise Equipment
- Small Kitchen Appliances

For more information contact a Graham County Make a Difference Committee member @

**Metal Mite - 928-651-5769**  
**Laura Rogers - 928-792-5368**  
**Hal Herbert - 928-235-1980**




**MAY 8<sup>TH</sup>**

**DO NOT FORGET!!**

**ARIZONA LOCAL PUBLIC HEALTH  
EMERGENCY RESPONSE  
ASSOCIATION (ALPHERA)**

The January meeting of County Response Coordinators was held in Bisbee Arizona and hosted by the Cochise County Health Department. The educational topic for the month was on Emergency Operations Centers (EOC) by Norm Sturm, Cochise Emergency Manager. The meeting was held in the new EOC in Cochise County. A tour of the Queen underground mine was a highlight of the afternoon.



Cochise County Emergency Operations Center



Queen Mine Tour



**TOUR OF NEW HEALTH FACILITY  
IN PERIDOT**



Melissa Lunt, RN, Brian Douglas, Health Director, and Matt Bolinger, Epidemiologist from the Graham County Health Department were treated to a tour of the beautiful new San Carlos Apache Healthcare Campus in Peridot. Maria Padilla, RN was a very gracious host leading the tour of the new medical facility. Thank you Maria.

The San Carlos Apache Healthcare Campus consists of five buildings situated on a 50-acre site.

The outlying buildings are Behavior Health, Dentistry, Public Health, and EMS. The hospital portion of the project utilizes the new chronic care model reducing wait time of the patient by bringing individual care disciplines to the patient.



# MOSQUITO CONTROL

Help Control Mosquitoes that Spread Dengue, Chikungunya, and Zika Viruses

**Bzzzz.**

Aside from being itchy and annoying, the bite of an infected female mosquito (*Aedes aegypti* or *Aedes albopictus*) can spread dengue, chikungunya, or Zika viruses. People become infected with dengue, chikungunya, or Zika after being bitten by an infected mosquito.

- Female mosquitoes lay several hundred eggs on the walls of water-filled containers. Eggs stick to containers like glue and remain attached until they are scrubbed off. When water covers the eggs, they hatch and become adults in about a week.
- Adult mosquitoes live inside and outside.
- They prefer to bite during the day.
- A few infected mosquitoes can produce large outbreaks in a community and put your family at risk of becoming sick.

### Protect Yourself, Your Family, and Community from Mosquitoes

**1.**

#### Eliminate standing water in and around your home:

- Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers. Check inside and outside your home.
- Tightly cover water storage containers (buckets, cisterns, rain barrels) so that mosquitoes cannot get inside to lay eggs.
- For containers without lids, use wire mesh with holes smaller than an adult mosquito.

**2.**

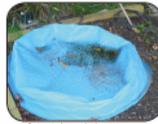
#### If you have a septic tank, follow these steps:

- Repair cracks or gaps.
- Cover open vent or plumbing pipes. Use wire mesh with holes smaller than an adult mosquito.

**3.**

#### Keep mosquitoes out of your home:

- Use screens on windows and doors.
- Repair holes in screens.
- Use air conditioning when available.



National Center for Emerging and Zoonotic Infectious Diseases  
Division of Vector-Borne Diseases



C259325



## PREPAREDNESS TIP

### HOW TO PURIFY WATER

**\*\*The absolute bare minimum per day for cooking and drinking is 1 gallon per person.**

**\*\*Add additional water for bathing & washing.**

### BOIL

Bring water to a full rolling boil for at least 5 minutes. Add another minute per 1000 ft. that you are above sea level. After boiling, you may improve the taste of the water by pouring it back and forth from one container to another to aerate it.

### BLEACH

Use Bleach that has sodium hypo-chlorite as its only active ingredient. Add the following dosage according to clear or cloudy water then let stand for 30 minutes. A slight odor of chlorine should be detectable if the water is properly treated. Add a little more until smell is detectable.

	QUART	GALLON
Clear	2 Drops	8 Drops
Cloudy	4 Drops	16 Drops

### Iodine 2% Tincture

Clear	3 Drops	12 Drops
Cloudy	6 Drops	24 Drops

### TABLETS

Usually 1 tablet per quart. Double if cloudy. These can be bought at most drug stores.

**4.**

#### Prevent mosquito bites:

- Use an Environmental Protection Agency (EPA)-registered insect repellent with one of the following active ingredients. All EPA-registered insect repellents are evaluated to make sure they are safe and effective.

Active ingredient Higher percentages of active ingredient provide longer protection	Some brand name examples*
DEET	Off!, Cutter, Sawyer, Ultrathon
Picaridin, also known as KBR 3023, Bayrepel, and Icaridin	Cutter Advanced, Skin So Soft Bug Guard Plus, Autan (outside the United States)
IR3535	Skin So Soft Bug Guard Plus Expedition, SkinSmart
Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)	Repel

\* Insect repellent brand names are provided for your information only. The Centers for Disease Control and Prevention and the U.S. Department of Health and Human Services cannot recommend or endorse any name brand products.

- Always follow the product label instructions.
- Reapply insect repellent every few hours, depending on which product and strength you choose.
- Do not spray repellent on the skin under clothing.
- If you are also using sunscreen, apply sunscreen first and insect repellent second.
- Treat clothing and gear (such as boots, pants, socks, and tents) with permethrin or purchase permethrin-treated clothing and gear.
- Treated clothing remains protective after multiple washings. See product information to find out how long the protection will last.
- If treating items yourself, follow the product instructions carefully.
- Do not use permethrin products, intended to treat clothing, directly on skin.
- Wear long-sleeved shirts and long pants.



For more information, visit:  
[www.cdc.gov/dengue](http://www.cdc.gov/dengue), [www.cdc.gov/chikungunya](http://www.cdc.gov/chikungunya), [www.cdc.gov/zika](http://www.cdc.gov/zika)

August 2012

# MGRMC HEALTH FAIR



Free Bicycle Helmets



Chris Bowman won the \$50.00 Gift Certificate



Tobacco Prevention



**MAY 30<sup>TH</sup>**