

Emergency Preparedness



**Genesee County
Health Department**
Your Health. Our Work.

For more emergency preparedness information, visit the Genesee County Health Department on the web at www.gchd.us.

Resources for Emergency Preparedness Information

www.ready.gov
www.flu.gov
www.do1thing.com
www.redcross.org
www.michigan.gov/flu/
www.cdc.gov



Public Health
Prevent. Promote. Protect.

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July 2016

Genesee County Health Department

Nasal Spray Not Recommended for 2016-2017 Flu Season

The CDC's Advisory Committee on Immunization Practices (ACIP) recently voted that the nasal spray flu vaccine should not be used during the 2016-2017 flu season. This decision was made based on data from 2013-2016 indicating that the nasal spray was less effective than the flu shot. Many factors can impact how well the flu vaccine works, but the reason for

the poor performance of the nasal spray is not known.

The ACIP recommendation must be reviewed and approved by CDC's director before it becomes CDC policy. The vote could cause difficulties for providers who have already placed their orders. The CDC will be working with vaccine manufacturers to make sure there is enough

vaccine available. The final annual recommendations on the prevention and control of influenza with vaccines will be published in a CDC Morbidity and Mortality Weekly Report in the late summer or early fall.

Annual flu vaccine is still recommended for everyone 6 months and older.

Shigella on the Rise in Genesee County

Genesee County is experiencing an increase in Shigella. Shigella is a bacteria that causes gastrointestinal illness which includes mild to severe diarrhea. Other symptoms include fever, nausea, vomiting, cramps, and stools containing blood and/or mucus. Shigella cases are on the rise across Michigan.

Shigella is spread from person-to-person through a fecal-oral route. The bacteria leaves an infected person's body in the stool and is spread by contaminated hands,

surfaces, food, or water. The spread of Shigella bacteria can be stopped by practicing good hand washing. Proper hand washing takes at least 20 seconds with soap and warm water, including cleaning under fingernails. This should be done after using the bathroom and before preparing or eating food. It is also important to shower often to maintain proper personal hygiene. Those who are experiencing diarrhea should not handle food for others until they are found to be

clear of the bacteria.

If symptoms occur, consult your primary care physician. Children and adults who are ill should stay home until all of their symptoms are gone and stools are normal for at least 48 hours. For more information visit www.gchd.us.



Protect Yourself from Mosquito bites



Recently, researchers from MSU have found West Nile Virus in mosquitos from two ponds in Saginaw County. West Nile Virus has also been found in Oakland County for the first time this summer. This is the earliest detection of West Nile in several years in Michigan. The health department would like to remind residents to protect yourself and your family from mosquito bites that could transmit mosquito-borne diseases.

To prevent mosquito bites residents should take the following precautions:

- Limit time outdoors when mosquitoes are most active—at dusk and dawn.
- Apply insect repellent that contains the active ingredient DEET or Picaridin, always follow the manufacturer's directions for use on

the label. Avoid applying repellent to children under 2, and to the hands of older children because repellents may be transferred to the eyes or mouth potentially causing irritation or adverse health effects.

- Wear light colored, long sleeved shirts and long pants when outdoors if possible, as well as shoes and socks.
- Treat outdoor gear with permethrin. Permethrin is a special insect repellent that can be used on clothing, shoes, sleeping bags, tents and other outdoor gear.
- Keep mosquitos outside. Keep windows and doors closed as much as possible. If you must leave windows or doors open check screens regularly for holes.
- Drain standing water in

the yard. Empty water from mosquito breeding sites such as flower pots, pet bowls, clogged rain gutters, swimming pool covers, discarded tires, buckets, etc.

- Cut tall grass or weeds to remove mosquito hiding and resting areas.
- Monitor disease activity in your area. If a mosquito-borne disease is spreading in your area, talk to your healthcare provider.
- Check travel alerts before planning trips. Some areas have higher rates of certain mosquito-borne diseases.
- Watch for symptoms in others. Symptoms could include headaches, bodyaches, joint pain, fever or chills, nausea or vomiting, or skin rash. For more information visit <http://www.cdc.gov>.

In Case of Emergency (ICE) Cards for Kids



Save the Children and 20th Century Fox have teamed up to create an In Case of Emergency (ICE) Card that you can make for your kids on-line. It is free and easy.

Make an ICE card with phone numbers of family

and friends you can call in case of an emergency.

The card also includes a place for your child's allergies and medications. Print the free cards at home, put one copy in your child's bag, and keep another copy for

yourself.

Disasters can strike when you least expect them. Plan ahead to stay connected to your loved ones. Create your ICE cards today at <http://Savethechildren.org/ICE>.