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Health matters

ASSISTING PEOPLE IN DOUGLAS COUNTY TO BE HEALTHY, INDEPENDENT, AND SAFE

Disease prevention is the key to public health. It is always better to prevent a disease than to treat it. Vaccines are responsible for the control of many infectious diseases that were once common, including polio, measles, diphtheria, pertussis (whooping cough), rubella (German measles), mumps, and tetanus (www.cdc.gov).

New Immunization Rules Coming to a School Near You



Due to the importance of the new immunization rules for Douglas County families and school communities, we are repeating this article from our April 2008 Health Matters report.

Beginning in the 2008-2009 school year, two additional vaccines will be required for children to attend school or childcare—Tdap (combined Tetanus, Diphtheria, and Pertussis) and Hepatitis A. Immunization schedules can be confusing, but simply stated:

- 7th graders will need one dose of Tdap if it has been at least 5 years since their last diphtheria/tetanus containing vaccine.
- Children in kindergarten, preschool, Head Start and childcare will need two doses of Hep A vaccine. The first dose will be required by 18 months of age, and the second dose will be required within one year of the first dose.

What You Can Do

Medical Providers can take every opportunity to give all recommended vaccines—even the ones that aren't required for school.

Parents can get their children immunized **now**. Maintain complete vaccination histories for your children, and make sure that the school has an updated immunization record. Documentation of specific immunizations is required for students in all grades.

School or Childcare Providers can use Oregon's ALERT registry. Authorized users can look up children's immunization records at www.immalert.org. Remind parents **now** about the new requirements.

What Public Health is Doing

Douglas County Public Health is working closely with county schools and childcare providers to help them communicate the new requirements to parents. Information is going out through the news media and school newsletters, and postcards are being sent to parents of children in preschool and sixth grade reminding them that their children will need to meet the new requirements. Grants from Sanofi Pasteur and the Oregon Adult Immunization Coalition have helped to get the word out about the new immunization requirements.

More information is available online on the Oregon Immunization website at www.oregon.gov/dhs/ph/imm.

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621 W. Madrone
Roseburg OR 97470
541.440.3500

NORTH COUNTY OFFICE
316 W. A Avenue
Drain OR 97435
541.836.7311

SOUTH COUNTY OFFICE
247 North Main
Canyonville OR 97417
541.839.4495

WEST COUNTY OFFICE
680 Fir Avenue
Reedsport OR 97467
541.271.4835

MENTAL HEALTH CRISIS 541.440.3532
TOLL-FREE 800.234.0985
SENIORS & DISABILITIES 541.440.3580
DISEASE CONTROL 541.440.3571

Communicable Disease Update

Communicable Diseases are diseases that are carried by microorganisms and spread through people and animals or contaminated surfaces, foods, or air. Public Health works to detect, investigate, and control emerging health threats.

STOP

Hepatitis C is a liver disease caused by infection with Hepatitis C virus (HCV). An estimated 2.7 million Americans and 47,000 Oregonians are infected with HCV; most are younger than 60 years of age. Most persons infected with HCV don't know it because they don't have any symptoms. Hepatitis C can cause long-lasting liver damage, even liver cancer.

Beginning in July 2005, chronic Hepatitis C has been a disease reportable to the Local Public Health Department. Since then, Douglas County has reported over 700 cases of chronic Hepatitis C.

CAUTION

You should be tested for Hepatitis C if you:

- were notified that you received blood from a donor who later tested positive for Hepatitis C;
- have ever injected illegal drugs, even if you experimented a few times many years ago;
- received a blood transfusion or solid organ transplant before July 1992;
- were a recipient of blood clotting products made before 1987;
- have ever been on long-term kidney dialysis; or
- have evidence of liver disease.

ASK YOUR HEALTH CARE PROVIDER

Hepatitis C can be a serious disease, but treatments are available. A blood test can help you learn if you have Hepatitis C. If you are at risk for Hepatitis C or if you've already been diagnosed, it is recommended that you get vaccinated with the Hepatitis A and Hepatitis B vaccine to help protect your liver.

More information about Hepatitis C and other communicable diseases is available online at www.cdc.gov/hepatitis.

HOW TO PROTECT YOURSELF

and others against Hepatitis C



Don't share needles or other drug use equipment

Don't share toothbrushes, razors, or other items that might have blood on them

Get vaccinated against

Hepatitis A and B
Know your risk and follow safety precautions



What You Need to Know About Tdap

Tdap can protect adolescents and adults from three serious

diseases—Tetanus, Diphtheria, and Pertussis. Adolescents and adults should receive a single dose of Tdap to replace a single dose of Td for booster immunization. The vaccine is available at the local health department during regular walk-in immunization clinic hours.

In the last several years, four babies in Oregon have died from Pertussis disease. "The importance of immunizations cannot be underestimated when we have children dying from preventable diseases," said Peggy Kennerly, Director of the Douglas County Health Department.

The most common sources of Pertussis in children are caregivers and loved ones. Parents, grandparents, siblings, daycare workers, health professionals, and teachers often carry the disease but don't realize they may be pass-

ing it on to children.

Beginning in September 2008, a dose of Tdap vaccine will be required for most Oregon 7th graders. It's important to update your child's school records with any new immunizations received. For more information, call Douglas County Public Health at 541.440.3571.

HOW TO REPORT COMMUNICABLE DISEASES

Phone
541.440.3571

Confidential Fax
541.464.3914

Douglas County Communicable Disease Summary *

Reported Cases	2007	2008
Campylobacteriosis	8	8
Chlamydia	121	83
Giardiasis	4	8
Gonorrhea	3	0
Hepatitis A	0	1
Hepatitis B Acute	3	1
Hepatitis B Chronic	2	5
Hepatitis C Chronic	219	128
HIV	1	5
Meningitis	0	2
Pertussis	0	0
Salmonellosis	8	7
Tuberculosis	0	0

*2007 data are for January-December; 2008 data are through June; only selected data from the Oregon Office of Disease Prevention and Epidemiology are presented. The increase in Chronic Hep C is due to new reporting requirements, which became effective in 2005.

Keeping Kids Safe While Traveling

The single most important thing you can do to protect your children while traveling is to buckle them up properly every ride, every time.

Motor vehicle injuries are the leading cause of death among children in the U.S. Many of these deaths can be prevented. Placing children in car seats is one way parents can reduce the risk of serious and fatal injury while traveling. When correctly installed and used, child safety seats reduce the risk of death by 70% for infants and 54% for toddlers ages 1 to 4 years (Safe Kids Worldwide).

Parents often ask which child safety seat is best to keep their child safe. The best car seat is one that fits your child's age and size, fits in your vehicle correctly, and, most importantly, can be used correctly, every ride, every time.

What You Can Do to Make Your Child Safer in the Car

- Seat all children ages 12 and younger in the back seat, and be sure they are properly restrained every time they ride in a motor vehicle—even during those quick trips to the corner market.
- Read both the car seat instruction

manual and your vehicle owner's manual to make sure you are properly installing and using the seat.

- Send in your car seat registration card so that the manufacturer can contact you about any recalls. You can also call the National Highway Traffic Safety Administration Auto Safety Hotline at 888.327.4236 to find out about recalls.

Child Safety Seat Use

When choosing a child safety seat, it's important to find one that's age- and size-appropriate for your child and fits in your car. Information about choosing and installing a seat is available online at:

Child Passenger Safety, National Highway Traffic Safety Administration, www.nhtsa.gov

Car Safety Seats: A Guide for Families, American Academy of Pediatrics, www.aap.org/family/carseatguide.htm

ACTS Oregon, Alliance for Community Traffic Safety, www.actsoregon.org

How to Become a Certified Child Passenger Safety Seat Technician

Where do parents or grandparents in your community go for child safety seat help? Douglas County needs trained *and certified* child passenger safety seat technicians in every community.

In November, the Alliance of Community Traffic Safety, in cooperation with Douglas County Public Health and ODOT-Region 3, will hold a child passenger safety technician class. The class covers everything from the basics of injury prevention to setting up a seat check event in your community. The 32-hour class meets national technician certification requirements. Call ACTS Oregon at 1.800.772.1315 today to reserve a spot in the class.

GET CERTIFIED



Douglas County *needs* trained and certified child passenger safety seat technicians.

Call ACTS Oregon today to reserve a spot in a class to be held in Roseburg during the week of November 3.

800.772.1315
www.childsafetyseat.org

Make Time to Listen, Take Time to Talk

At least 17 girls from Gloucester High School in Massachusetts are pregnant. In June, rumors of a pregnancy pact among these girls flooded the media. Although the pregnancy pact may have been nothing more than a rumor, teen pregnancy continues to be the life-altering reality for hundreds of thousands of teens nationwide. Teen pregnancy is closely linked to a number of other social concerns – increased poverty, increased school drop-out rates, negative health outcomes for mother and baby, and increased risk of infant death. Parents are the most important influence in a teen's life. It is never too early or too late to talk to kids about risky behaviors.

Douglas County has been extremely successful in its efforts to decrease teen pregnancy rates, but there is no time for complacency. Teen pregnancy is a problem that requires continued, community-wide prevention effort. Here is what you can do to be part of the solution to teen pregnancy:

TEENS

- Get involved in planning and delivering activities and programs
- Resist pressures to engage in risky behaviors
- Be a role model for younger kids

PARENTS

- It is never too early or too late to make time to listen or take time to talk to children about risk behaviors
- Involve family members in creating limits, expectations, and goals

COMMUNITY MEMBERS

- Support abstinence education, comprehensive sexuality education and adolescent health services
- Get involved in positive youth activities and programs in your area



Oregon Teen Pregnancy Prevention
www.oregon.gov/DHS/children/teens/tpp/

Teen Pregnancy Prevention Campaign
www.teenpregnancy.org

CDC Healthy Youth
www.cdc.gov/healthyyouth/

**Assisting People to be Healthy,
Independent, and Safe**

Douglas County Health and Social Services
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Douglas County School Districts Make the Grade on Tobacco Policy

Clearly stated school policies, applied fairly and consistently, can help students decide not to use tobacco.

Almost 90% of adult smokers begin smoking at or before age eighteen, and the initiation of daily smoking most often begins in grades six through nine.

School-Based Programs Reduce Tobacco Use, Tobacco Free Kids

Each year in Oregon, tobacco use kills 7,000 people. It claims more lives than motor vehicle crashes, suicides, AIDS, and murders combined. Pro-tobacco influences put youth at a particularly high risk for tobacco use. For most tobacco users, addiction begins before the age of 18.

Although much has been done to reduce tobacco use in Oregon, the rate of use among Douglas County youth is consistently higher than the rate of use among

youth statewide. In 2007, 15% of eighth graders and 22% of eleventh graders in Douglas County reported smoking cigarettes, as compared to the statewide rates of 8.1% and 16.5%, respectively. Think about it — Douglas County eighth graders smoke at the same rate as adults in California.

Douglas County School Districts are ramping up their efforts to create tobacco-free school communities. Oregon law requires all K-12 school districts to be 100% tobacco-free environments. Many school districts, however, have adopted “gold standard” policies that go beyond the baseline set by the Department of Education. The American Lung Association of Oregon has given six Douglas County school districts an “A” grade for their school tobacco policies. The six include: Camas Valley, Days Creek, Elkton, Riddle, Roseburg, Sutherlin, and Yoncalla.

A tobacco-free school environment is essential in achieving physical, mental and social health goals for students, staff, the school and the district. Beyond deterring youth from lighting up, comprehensive school policies benefit everyone by reducing exposure to secondhand smoke.

The Douglas County Health Promotion Program is working to assist Douglas County School Districts to enhance and communicate their tobacco policies to students, staff, and the school community.

More information about school tobacco policies in Oregon can be found on the American Lung Association of Oregon website, www.lungoregon.org. Click on School Tobacco Policy Project to view examples of basic and gold standard policies.

No SMOKIN'
QUIT HELP
FOR TEENS



OREGON TOBACCO QUITLINE
1-800-QUIT-NOW

TEEN QUIT
www.teenquit.com

JOE CHEMO
www.jochemo.org

GIRLS HEALTH
www.girlshealth.gov

BECOME AN EX
www.becomeanex.org/

FREE VIBE
www.freevibe.com