

Focus on Public Health

A Newsletter for Outagamie County Schools

Spring 2007

New Varicella Recommendations

The CDC has released new recommendations on the Varicella vaccination for children.

It is now recommended that children receive two Varicella vaccinations during the childhood years.

This is due to the fact that 5-15% of first dose recipients fail to respond. The majority of those who didn't respond to the first dose respond to the second dose

The first dose should be administered at age 12-15 months, and the newly recommended second dose

should be administered at age 4-6 years.

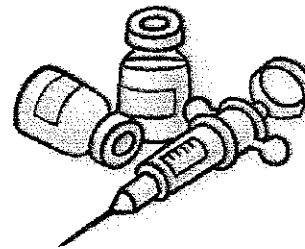
Currently the State of Wisconsin only requires one dose of the vaccine for children entering school.

It is already recommended that students 13 years of age or older without a prior history of chickenpox disease or a prior history of varicella vaccine before 13 years of age will need 2 doses of varicella vaccine.

If the student received the first dose after age 13, then allow four weeks before administering the second dose.

If the student has received one dose of the vaccine before age 13, then allow at least three months before a second dose is given.

For more information visit: www.cdc.gov/nip



The New HPV Vaccine

A new vaccine, Gardasil, is now available to help prevent cervical cancer, precancerous genital lesions and genital warts caused by the sexually transmitted human papillomavirus or HPV.

It is now a recommended vaccine for girls ages 11-12 because the vaccine is most effective when given before the first sexual contact. But girls and women ages 9-26 should still receive the vaccine, as it is thought that as many as 50% of sexually active people will contract a type of HPV sometime in their lives.

The vaccine is a series of three injections over a six month period, with the second and third doses given at two and six months

after the first dose.

This vaccine is safe and effective. It protects young women against four types of HPV. These four types of HPV account for about 70% of cervical cancers and about 90% of genital warts. It is unknown yet if a booster will be needed at some point, but the vaccine has been shown effective for at least five years.

The American Cancer Society estimated that in 2006 over 9,700 women will have been diagnosed with cervical cancer and that as many as 3,700 will die because of it.

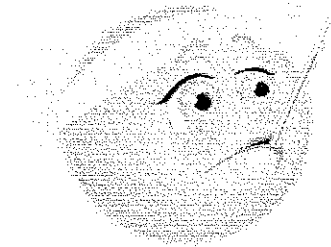
For more information on HPV & the vaccine visit: www.cdc.gov

Help Keep The Cold & Flu Germs At Bay

Here are some tips on keeping everyone healthy during the cold & flu season:

- ⇒ Wash your hands often and encourage others to do the same. This is probably the single best measure to prevent transmission of germs. Especially after shopping, going to the gym, or spending time in public places, hand washing is critical. If you can't wash your hands, carry a tube of hand sanitizer or sanitizing hand wipes. It's important to teach children how to wash properly as well.
- ⇒ Avoid touching your face, especially your eyes, nose and mouth.
- ⇒ Keep household surfaces clean. Door knobs, drawer pulls, keyboards, light switches, phones, remote controls, countertops and sinks can all harbor viruses for hours after they have been touched by an infected person. Wipe these surfaces down frequently with soap and water or a disinfectant solution.
- ⇒ Control stress. Studies have been shown that people under emotional stress have weaker immune systems and are more likely to get sick.
- ⇒ Get fresh air. Fresh air is important because central heating systems dry out mucous membranes and make you more vulnerable to cold and flu viruses. In addition, more people stay indoors during cold weather, which means more germs are circulating in crowded rooms.
- ⇒ Drink plenty of fluids. Water flushes your system and helps eliminate germs.
- ⇒ Make sure you and your family members get an annual flu vaccine.
- ⇒ Stay home from work, school and errands when you are sick.
- ⇒ When household members are sick, especially children, wash and clean things they use regularly (such as toys).
- ⇒ Use tissues frequently to cover coughs and sneezes, not your hands. Make sure those dirty tissues get in the trash promptly.
- ⇒ Avoid close contact with people that are sick, and stay away from others when you are sick.
- ⇒ Use disposable cups and other items with someone that is sick.
- ⇒ Use paper towels in the kitchen and bathroom for hand washing. Germs can live for several hours on cloth towels.
- ⇒ Maintain a healthy life style. Get plenty of rest, eat healthy and get regular exercise.

For more information visit: www.webmd.com



Take The First Step!

Public Health Week is April 2-8

This year's National Public Health Week theme is "Preparedness and Public Health Threats: Addressing the Unique Needs of the Nation's Vulnerable Populations."

During the twelfth annual event, APHA will reach out to policy-makers, public health officials and partner groups across the country to empower them to share tools and resources that will enable residents to overcome barriers to create preparedness plans.

Monday

Addressing the unique needs of mothers with children in the household

Tuesday

Addressing the unique needs of local food banks

Wednesday

Addressing the unique needs of hourly-wage workers and employers

Thursday

Addressing schools serving children in kindergarten through 12th grade

Friday

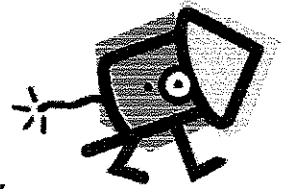
Addressing chronic health care needs, with a focus on diabetes, asthma, cancer and high blood pressure

For more information call: Outagamie County Public Health Department at (920) 832.5100 or visit: www.nphw.org



Public Health
Protect. Promote. Prevent.

Fireworks



- * **Homemade or illegal fireworks are extremely dangerous and should never be used**
 - * **Only adults should handle fireworks.** Even sparklers aren't safe for small children. They burn at the temperature of a household match and can ignite hair and clothing. Tell children that they should leave the area immediately if their friends are using fireworks and keep a bucket of water handy.
 - * **Discuss safety procedures** Teach children "stop, drop and roll" if their clothes catch fire. Make sure they know how to call 9-1-1, and show them how to put out fireworks by using water or a fire extinguisher.
 - * **Read labels and carefully follow directions.** All fireworks must carry a warning label describing necessary safety precautions. Inspect firecrackers for leaking powder, loose fuses or poorly attached bases. Avoid firecrackers that appear to have been wet, then dried.
 - * **Never use fireworks indoors.**
 - * **Be sure spectators are out of range before lighting fireworks.**
 - * **Never aim or throw fireworks at another person.**
 - * **Never place your face or any other body part over fireworks.**
 - * **Never try to re-ignite fireworks that malfunction.**
 - * **Never carry fireworks in your pocket.**
 - * **Only light fireworks on a smooth, flat surface away from the house, dry leaves and flammable materials.**
- For more information visit:
www.fireworksafety.com

Powered Scooters

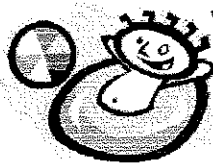
- ◇ Don't let children under 12 ride powered scooters.
- ◇ Wear a helmet, knee and elbow pads. This gear can be purchased for less than \$35.
- ◇ Make sure both handles and the steering column are securely locked in place before riding.
- ◇ Check all nuts and bolts regularly and tighten any loose fittings.
- ◇ Wear sturdy shoes.
- ◇ Do not ride at night.
- ◇ Ride on smooth, paved surfaces without any motor vehicle traffic.
- ◇ Avoid streets or any surface with water, sand, gravel or dirt.
- ◇ Check with local authorities for riding guidelines and restrictions.



For more information visit: www.cpsc.gov

Water Safety

- ◇ Caution children about the risks of drowning during the winter & spring by falling through thin ice.
- ◇ Don't let young children and children who cannot swim use inflatable toys or mattresses in water that is above the waist.
- ◇ Watch children closely when they are playing near standing water, wells, open post holes, or irrigation or drainage ditches.
- ◇ Teach children to swim when they are ready. Never let children swim in any body of water without an adult watching.
- ◇ Be sure the adult supervising knows how to swim, get emergency help, and perform CPR.
- ◇ Teach children safety rules and make sure they are obeyed such as:
 - Never swim alone.
 - Never dive into water until an adult knows the depth of the water and has checked for underwater objects.
 - Always use a life jacket when on a boat, fishing, or playing in a river or stream.



For more information visit:
www.mayoclinic.com

Children's Oral Health

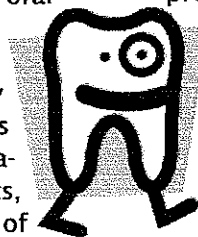
Dental caries is the most common chronic disease affecting children in the U.S. It is five times more common than asthma and seven times more common than hay fever.

Despite many advances in oral health; dental and oral diseases continue to plague children. Factors contributing to an oral health decline include lack of access to care, inadequate availability of preventative services such as water fluoridation and dental sealants, and lack of knowledge of the importance of oral health.

Pediatricians and other child health professionals can have a major impact on oral health outcomes for children because of opportunities provided by early intervention such as counseling families and identifying high risk children.

The following facts may surprise you:

- Thirty percent to 40% of



3-year-old children have at least one cavity.

- Fifty percent of children have at least one cavity by the time they enter elementary school.

- Adolescents have an average of eight cavities by age 17.

Although 90% of all cavities are preventable with good oral hygiene and regular dental care, one in ten children between the ages 5 and 11 have never visited a dentist.

It is estimated that students miss more than 51 million school hours per year because of dental problems and related conditions.

You can help promote oral health to families by encouraging a "dental home". A dental home is as important as a medical home and regular visits should be as essential as a well child check up.

Encouraging smart snacking can help improve a child's oral health. Ideal snacks include yogurt, veg-

gies, peanut butter and milk. Sugary snacks as well as breads, crackers and pretzels contain sugars and starches that combine with *Streptococcus mutans* to form an acid. This acid will attack teeth for twenty minutes. Because of this, it is recommended that children snack no more than three or four times daily.

It is also important to let parents know that children may need help with brushing and flossing until they are 7-10. In addition, teeth should be brushed 5-10 minutes after eating with a tartar control toothpaste.

Dental sealants on children's molars can prevent plaque from accumulating and becoming trapped in the pits and fissures of the teeth. They are extremely helpful in preventing caries and are cost-effective. Sealants may have to be reapplied during adolescence. The combination of fluoride and sealants can reduce the incidence of caries by 90%.

For more information visit:

www.aap.org

Helmet Challenge Event

SAFE KIDS of the Fox Valley is holding their Helmet Challenge Event again this year in April. Bring the kids or volunteer! There will be multiple booths and activities set up that focus on children's safety.

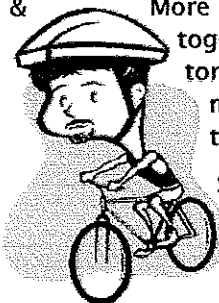
- Bike Rodeo with the Outagamie County Sheriff & Fox Valley Metro Police
- Firearm Safety booth distributing gun locks
- Swimtastics will perform a puppet show
- Car seat booth
- Poison safety booth by the Outagamie County Public Health Department
- Red Cross CPR and disaster planning info

The event will be held at the College Park Plaza (formerly the Big Lots store) at W3169 Van Roy Road,

Appleton on Saturday, April 21 from 10 AM - 3 PM and Tuesday, April 24 from 3-7 PM.

SAFE KIDS is a global network of organizations whose mission is to prevent accidental childhood injury.

More than 450 coalitions in 16 countries bring together health and safety experts, educators, corporations, foundations, governments and volunteers to educate and protect families.



SAFE KIDS of the Fox Valley is led by Network Health Plan and sponsors many events throughout the year, such as car seat inspections for local families.

For more information visit: www.safekids.org

Chickenpox (Varicella-Zoster Infections)

What is chickenpox?

A respiratory illness caused by the varicella-zoster virus

What are the signs or symptoms?

- Rash (ie, small, red bumps blistering over 3–4 days, then forming scabs).
- Blister crops will come out over several days, so the person who has chickenpox for more than a day or so will have some red bumps, blisters, and scabbed-over blisters all at the same time.
- Rash is more noticeable on the trunk than exposed parts of the body.
- Rash may appear inside mouth, ears, genital areas, and scalp.
- Fever, runny nose, cough.

What are the incubation and contagious periods?

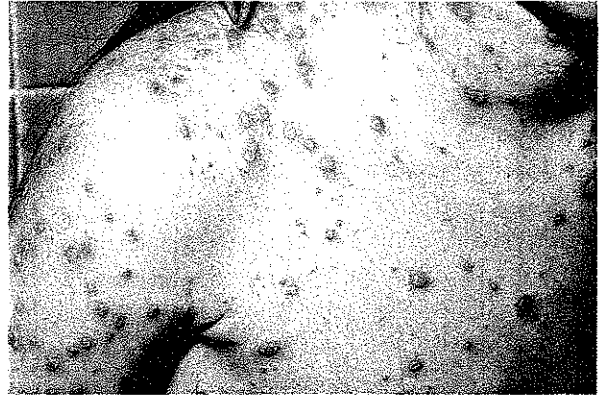
- Incubation period: Usually 14 to 16 days, occasionally as short as 10 days and as long as 21 days after contact.
- Contagious period: The most contagious period is from 1 to 2 days before the rash appears until right after it appears. An infected person no longer spreads the virus when all the blisters have scabs and no new blisters are forming.

How is it spread?

- Chickenpox is highly contagious. Even brief exposure or shared airflow poses a high risk of infection for people who have not had the disease before or have not been protected by the chickenpox vaccine.
- Primarily from direct contact with mucus from the eyes, nose, or mouth and from fluid inside the blisters of an infected person.
- Airborne via mouth or nose droplets from coughing or sneezing.
- Can be spread by someone with uncovered shingles lesions, as the virus that causes shingles is reactivated chickenpox virus in someone who previously had chickenpox.

How do you control it?

- Vaccinate all children 12 months of age or older.
- Vaccinate young adults and other adults who are susceptible.
- Exclude infected children and caregivers/teachers until rash is crusted over.



Child with chickenpox rash

AAP, COURTESY OF EDGAR O. LEDBETTER, MD

- Practice good hand washing and surface sanitation.
- Ventilate room air with fresh outdoor air.
 - ~ Children with chickenpox who are mildly ill and able to come to a program that cares for children who are ill require a room with separate ventilation with exhaust to and air exchange with the outside.
- Exclusion for a chickenpox rash is necessary even if the child has received varicella vaccine, unless the child can have a viral culture performed that determines the virus is from the vaccine and not wild chickenpox virus and the lesions can be covered.

What are the roles of the caregiver/teacher and the family?

- Report the infection to staff designated by the child care program or school for decision making and action related to care of ill children. That person, in turn, alerts possibly exposed family members and staff to watch for symptoms.
- Report the infection to the health department, as the health professional who makes the diagnosis may not report that the child who has the infection is a participant in a child care program or school, and this could lead to precious time for controlling the spread of the disease being lost.
- Specifically notify all adults who have not had chickenpox or the chickenpox vaccine and who may have been exposed (eg, families, staff, volunteers—especially those who are or might be pregnant or have an immune system disease). Suggest that they check with their health professionals about what to do.
- Wash hands carefully at routine times (see “Hand Washing Steps” on page 17) and after any contact with soiled articles or blisters.

► *continued*