

Public Health News Briefs

*July-August 2009
(listed in order of event)*

Meth Treatment & Recovery Program Expands

The Methamphetamine Treatment and Recovery program is expanding to offer a wide range of services to individuals in various stages of drug and alcohol addiction recovery. This program provides those in recovery with the extra support and services needed to manage addiction. All services are free and include confidential, non-punitive, one-on-one support, relapse prevention, community reintegration, links to local resources, health, nutrition and detox education, emergency support as well as information on treatment and rehabilitation. There are a limited number of grants for licensed addiction-specific treatment. The program also offers a sober living house for men who qualify. This voluntary program for adults offers an individualized focus in supporting each client's specific goals. For more information, please contact the Addiction Treatment and Recovery Services Coordinator, Lisa Roberts at 749-8199 or lroberts@sjbhd.org.

Recent Rabies Exposure Cases – Precautions

San Juan Basin Health has received six potential rabies exposure inquiries in the past few weeks -- three from Archuleta County and three from La Plata County. All individuals are being treated. Summer brings an increased amount of time enjoying the outside along with increased risk of contact with bats - the primary carrier of the rabies virus – and other wild mammals such as raccoons and foxes.

While just a small percentage of bats carry rabies, San Juan Basin Health Department reminds people to avoid contact with bats to protect themselves from the risk of contracting rabies. If you have been exposed: thoroughly wash any bite wounds with soap and water and contact your family doctor immediately or San Juan Basin Health at 247-5702, ext. 272. It is important to safely contain the bat to prevent others being exposed and keep until you can have it tested for rabies. For a factsheet on how to capture a bat and reducing your exposure, visit www.sjbhd.org/en/rabies

PROTECT YOURSELF:

- Do not touch live or dead bats
- Make your home or cabin 'bat proof'. Keep your doors and windows closed, make sure your window screens don't have any holes and keep your attic area free of bats by keeping all vents properly screened
- If you have a pet dog, cat or ferret, make sure that it is regularly vaccinated against rabies

Pertussis (Whooping Cough) – Keep Immunizations Current

San Juan Basin Health is continuing to receive reports of Pertussis in our community. The cases range in ages from infants to adults. The Health Department urges people to review their immunization record to make sure that they and all family members are up to date with their

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vaccinations. Practice good hygiene by covering your cough. Stay home when ill. Although adults may experience relatively mild symptoms, they can still transmit the disease to others. Pertussis can be very severe in infants and young children, potentially resulting in hospitalizations and even life-threatening complications.

Heart Healthy Solutions Program Begins July 1st

As of July 1, the Community Cardiovascular Disease Prevention Program has merged with the Colorado Prevention Center's Colorado Heart Healthy Solutions Program. The goal of Heart Healthy Solutions is to reduce cardiovascular risk in Colorado through educating, screening and moving individuals into an appropriate health care setting that will address their health disease risk factors. In addition to the free health screenings offered throughout the year, at-risk individuals will receive referrals for medical care or lifestyle programs. Follow up interviews will be conducted to determine how effective these referrals were. Unlike previous years, these services are no longer restricted to uninsured or underinsured, but are available to any community member who wishes to take advantage of them. For more information, contact JoJo Jensen at 749-9604. For a current listing of screening locations and dates, visit www.sjbhd.org.

Know Your Numbers – Free Heart Disease Screenings Offered

Free Heart Healthy Solutions Screenings will be held every Tuesday at the Health Department from 9 a.m. to 12 noon and 1 to 4 p.m. No appointment and no fasting are necessary. See below for other screening locations and times. Colorado Heart Healthy Solutions is a program of San Juan Basin Health Department and is funded through the Colorado Prevention Center and Colorado Department of Public Health and Environment. Come to one of the free health screenings listed below or schedule an appointment with JoJo at 749-9604.

July 3: Durango Walmart 9:00 – 1:00

July 8: The Commons Building 9:00 – 1:00

July 10: Durango Mall 12:00 – 4:00

July 13: Ignacio Community Library 9:00 – 1:00

(please call Ignacio Library to make an appointment)

July 20: Bayfield Library 9:00 – 1:00

July 24: Sun Ute Community Center 9:00 – 1:00

(please call the community center to make an appointment)

July 27: Durango Rec Center 9:00 – 1:00

Beat the Back-to-School Rush

Make sure your child's immunization record is up to date for all school-required vaccines. Call 247-5702 to schedule an appointment at San Juan Basin Health Department or call your pediatrician's office. A complete list of Colorado School Required Vaccinations is at: www.cdphe.state.co.us/dc/Immunization/Forms/ped_sched.pdf

Lasso Tobacco Coalition Meeting on Tuesday, July 29

Lasso Tobacco Coalition is meeting on Wednesday, July 29th from 11:30 to 1:00 at the Ska Brewery patio in Bodo Park. The meeting will focus on the coalition's strategic plan. Lunch is provided. To RSVP or for more information, please contact 247-5702 ext. 227.

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Free Screenings for Senior Citizens Continue this Summer

The Senior Outreach program continues provided free screenings to our senior citizens. A nurse will test blood pressure, temperature, heart rate, oxygen level, and blood glucose level.

Second Thursday of Each Month (July 9, August 13)

10:45 to 12 Noon at Durango/La Plata County Senior Center

Third Thursday of each month in Ignacio (July 16, August 20)

10:45 to 12 Noon at: The Ignacio Senior Center

First Friday of Each Month in Bayfield (*not held on July 3rd due to Holiday*)

10:45 to 12 Noon at: Pine River Valley Senior Center at Bayfield (July 10, August 7)

Breastfeeding Awareness Week – August 1-7

Breastfeeding...A Vital Emergency Response! This is the timely and appropriate theme for 2009 World Breastfeeding Week which occurs the first week of August. According to the World Breastfeeding Week website: Children are the most vulnerable in emergencies – child mortality can soar from 2 to 70 times higher than average due to diarrhea, respiratory illness and malnutrition. Breastfeeding is a life saving intervention and protection is greatest for the youngest infants. Emergencies can happen anywhere in the world. During emergencies, mothers need active support to continue or re-establish breastfeeding. Emergency preparedness is vital. Supporting breastfeeding in non-emergency settings will strengthen mothers' capacity to cope in an emergency. For more information, visit: www.worldbreastfeedingweek.org

Neurology Clinic for Children August 26 and 28th

A Pediatric Neurology Clinic with Dr. Tom Reiley from The Children's Hospital in Denver will take place in Pagosa Springs on August 26th and in Durango on August 28th. Cost varies. Medicaid is billed for client. Other insurance is accepted. No one is turned away due to lack of insurance or inability to pay. **Referral from a physician or personal care provider is required.** Contact Judi Williams, RN at 247-5702, ext. 1529 for more information or to schedule an appointment. and Kim Putnam at 264-2409, ext. 30 in Pagosa Springs. Please call as soon as possible as the schedule fills quickly.

Employment Opportunities

Please check our website www.sjbhd.org for up-to-date job opportunities.

Contact Information for Public Health News Briefs:

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