



# Dickinson-Iron District Health Department

## Public Health Press

FALL 2023

SEPTEMBER, OCTOBER, NOVEMBER

### SPECIAL POINTS OF INTEREST:

- Seasonal Influenza
- Flu Vaccination Clinics
- Safe Sleep Month
- Food Safety Education Month
- National Preparedness Month
- Lead Prevention

## Prevent Seasonal Flu

Health officials state it is very important to receive the seasonal flu vaccine. Flu is a contagious disease spread by coughing, sneezing, or nasal secretions. Infants, the elderly, pregnant women, and people with certain health conditions – such as heart, lung or kidney disease or a weakened immune system – are at higher risk for complications from the flu virus. Flu can cause high fever and pneumonia, and make existing medical conditions worse.

Each year thousands of people die from seasonal flu and even more require hospitalization. A flu vaccine is a great tool to decrease the chance hospitalization due to influenza. Our goal is to increase influenza vaccination,

decrease flu related hospitalizations, and spare the local hospital systems from overcrowding or overwhelm. The single best way to protect yourself and your loved ones against the flu is to get vaccinated each year. It is recommended that everyone 6 months of age and older receive a flu vaccine. The DIDHD also encourages new parents, health care professionals, and those who have contact with people aged 65 and older to get vaccinated to help protect these high-risk individuals.



## Community Flu Clinics

Health Department	Sept. 25	1-5 p.m.	Appointment Required
Health Department	Oct. 2	1-6 p.m.	Appointment Required
West Iron School-Stambaugh Gym	Oct. 18	3:30-5 p.m.	Appointment Required
Norway School Library	Oct. 24	3-5 p.m.	Appointment Required

For questions, or to schedule an appointment contact us at:

Iron County – 265-9913 Dickinson County – 774-1868

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# Safe Sleep Month

Governor Gretchen Whitmer declared October 2023 Infant Safe Sleep Month calling attention to the importance of preventing sleep-related infant deaths. To keep babies 0-12 months of age safe, while sleeping at night and during naps, follow the **American Academy of Pediatrics (AAP) guidelines**:



- Place baby on back, in a crib, bassinet or pack and play for every sleep time.
- Use a firm mattress with a tightly fitted sheet.
- Keep baby’s sleep space clutter free—no pillows, blankets, bumper pads, or toys.
- Avoid covering baby’s head or overheating. Instead of a blanket, consider using a sleep sack, wearable blanket or footed sleeper to keep baby warm.
- Keep baby in a smoke-free and nicotine-free environment.
- Support breastfeeding and immunizations.
- Remind everyone who cares for baby, including babysitters and family members, how to keep baby safe while sleeping.

# Food Safety Education Month

September is Food Safety Education Month. Did you know that 1 in 6 Americans gets a foodborne illness each year? Following simple food handling practices can prevent foodborne illness from affecting your family. Remember to:

1. Clean your hands, cutting boards, and utensils after preparing each food
2. Separate your raw meats and eggs from fresh fruits and veggies, and other ready to eat foods
3. Cook and reheat to the right temperatures, use a thermometer
4. Chill foods to 40°F within 2 hours, and keep cold foods cold during thawing or marinating



# National Preparedness Month

“Take control in 1, 2, 3. This theme empowers everyone, especially older adults, to 1) assess their needs, 2) make a plan and 3) engage their support network to stay safe when disaster strikes.” That’s the message emergency preparedness staff are sharing with people all over Michigan and beyond during the month of September. September is National Preparedness Month and the Dickinson-Iron District Health Department is urging everyone to plan ahead. “In an emergency, your safety and the safety of your family may depend on decisions made in a few seconds,” said Jessica Perry, Emergency Preparedness Coordinator. “Be prepared - have a plan, have emergency supplies, remain calm, stay informed, and be ready to act.”

Whether you deal with the possible threats of flooding, wildfires, power outages or other disasters, the preparedness steps are the same. They include:

- Knowing your risk for where you live;
- Having an emergency plan in place;
- Practicing that plan;
- Putting together an emergency kit with water and non-perishable supplies to last for at least three days for you, your family, and your pets;
- Ensuring that your contact list is up-to-date for people you may need to reach out to during a disaster; and
- Establishing alternative methods of communication in case traditional means are not available.



## Lead Prevention in WIC

Children, along with pregnant and breastfeeding women are among those at risk for lead poisoning. Children exposed to too much lead may not look or act sick, but may have problems with growth and learning. Common sources of lead include lead-based paint, lead-contaminated water, and items imported from other countries such as consumer products, foods, cosmetics and traditional medicines.

Families can take steps to protect themselves from lead exposure such as consuming a healthy diet. In particular, three key nutrients - vitamin C,

calcium and iron - help limit the body’s absorption of lead. You can get these nutrients through eating certain foods, many of which are in the WIC food packages. WIC tests lead levels at ages 12 and 24 months or age 24-72 months if they have no record of ever being tested. Sources of Calcium include: milk, yogurt, cheese, cottage cheese, pudding, calcium fortified orange juice, dark leafy green vegetables. Sources of iron include: WIC-approved cereals, legumes, dried fruits, lean red meats, fish, chicken, turkey, dark leafy green vegetables. Sources of vitamin C include: oranges, grapefruit, tomatoes, bell peppers, broccoli, potatoes, strawberries, melons, and WIC-approved juices.



### Dickinson-Iron District Health Department

Iron County  
1374 Commercial Avenue  
Crystal Falls, MI 49920  
Phone: 906-265-9913 Fax: 906-874-2950

Dickinson County  
818 Pyle Drive  
Kingsford, MI 49802  
Phone: 906-774-1868 Fax: 906-774-9910

[didhd.org](http://didhd.org)

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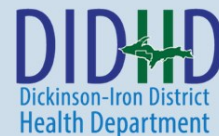
#### Mission Statement:

The mission of the Dickinson-Iron District Health Department is to assure the highest possible level of health for the people of the communities it serves. To fulfill this mission, the Department works with individuals and organizations to prevent premature death, disability, illness and injury, to prolong life, and to promote the public health through disease prevention and control, health promotion and healthy environments, and through the provision of direct services for particularly vulnerable high risk population groups.



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