



Dickinson-Iron District Health Department

Public Health Press

FALL 2024

SEPTEMBER, OCTOBER, NOVEMBER

SPECIAL POINTS OF INTEREST:

- **National Preparedness Month**
- **Respiratory Season Vaccinations**
- **Breastfeeding Superpowers**
- **Inland Beach Monitoring Results**

National Preparedness Month

The theme for this year is “Start a Conversation.” Talking about bad things that could happen like a disaster or emergency isn’t always easy. We may think we’re protecting the people we love by avoiding these conversations, but they are important to start taking steps to get ready and stay safe. Starting a conversation today can help you and your family to take more actions to prepare. Encouraging the preparedness conversation is 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.



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Respiratory Season Vaccinations

Vaccines are a core prevention strategy to lower risk from respiratory viruses and an important step that you can take to protect yourself and others. But what do you need to get that done?

Flu vaccine is recommended for everyone 6 months and older and especially for those who are at a high risk of developing complications – 65 years and older, people with chronic health conditions, and women who are pregnant.

COVID vaccine is also recommended for everyone 6 months and older. Getting a 2024-25 booster is important because protection from the COVID-19 vaccine decreases with time. And COVID-19 vaccines have been updated to give you the best protection from the currently circulating strains.

RSV (Respiratory Syncytial Virus) vaccine is recommended for everyone 75 years and older, but also for those adults 60-74 who are at increased risk of severe disease.

RSV protection is also recommended for infants who are especially vulnerable to the disease. This might be by direct vaccination to the infant during key respiratory months or by vaccinating the mother at 32-36 weeks gestation.

Please reach out to the Health Department with any questions or concerns. Iron County 906-265-9913 or Dickinson County 906-774-1868.

Breastfeeding Superpowers

Mothers are full of amazing superpowers including the ability to produce breastmilk. Breastfeeding is a superpower with many health benefits for both mom and baby. Human milk has more lactose for brain development and a higher content of whey protein, which is easier for a baby to digest. With over 250 essential ingredients in breastmilk, the benefits are astonishing. Some benefits of Breastfeeding:

- Breastmilk changes with the age of the baby.
- Breastmilk is over 80% water and eliminates the need for water supplementation.
- No matter the mother's nutrition, breastmilk is still perfect for the baby.
- Breastfeeding provides a decreased chance of braces later in life.



- Breastfeeding decreases stress in the infant by decreasing cortisol levels.
- It boosts babies' immune systems, protecting them from illness and infection.
- Breastfeeding guards against childhood obesity and diabetes.

Our WIC program wants to remind women they have the power to give their baby the best start in life. If you would like support on your breastfeeding journey, please contact the health department to schedule a time to meet with our Breastfeeding Peer Counselor, Amber Grassinger.

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Inland Lake Beach Monitoring Results

The DIDHD has received a fourth consecutive inland lake beach monitoring grant from EGLE for summer 2024. The Health Department has completed a ten-week beach sampling and sanitary surveys project for seven beaches in Dickinson and Iron Counties. Below is a full sample size of testing results determining how some of our most popular beaches in the area have managed through the summer. We have had positive results throughout the summer with no water samples being over the required limit of 300. Results shown below.



Iron County											
Date	6/18 2024	6/24 2024	7/2 2024	7/9 2024	7/16 2024	7/23 2024	7/31 2024	8/6 2024	8/13 2024	8/20 2024	Avg.
Pentoga Park	15	7	2	4	2	6	249	25	18	14	34
Bewabic Park	13	1	6	3	2	3	9	8	2	1	5
Bates Park-Sunset Lake	6	3	1	1	2	2	7	1	1	4	3
Runkle Lake	1	1	1	19	6	2	2	4	6	2	4

Dickinson County											
Date	6/18 2024	6/24 2024	7/2 2024	7/9 2024	7/16 2024	7/23 2024	7/31 2024	8/6 2024	8/13 2024	8/20 2024	Avg.
Lake Antoine	12	3	11	24	6	6	19	5	3	8	10
Cowboy Lake	28	14	30	93	42	31	28	3	2	5	28
Lake Mary	7	9	6	7	4	10	12	2	17	3	8

The ten-week average was below the required limit of 150.



Dickinson-Iron District Health Department

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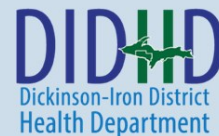
Mission Statement:

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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