

OCTOBER 2016

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MONTHLY UPDATE

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Read more about
what we're doing
online



FLU SEASON KICKS OFF

Although it's present all year, the flu ramps up in the fall and winter. It is a serious disease that can lead to hospitalization and sometimes even death. In the peak months from October to May, flu viruses are circulating at higher levels in the population, and even healthy people can get very sick from the flu and spread it to others. The flu can seriously affect all ages, too. In the past several years, some of the flu deaths were otherwise healthy folks in their 30s, 40s and 50s.

That's why vaccination each year is important. Flu vaccination is recommended for everyone age 3 months and older and is highly recommended for individuals who are at a higher risk for flu-related complications, including:

- » Anyone with underlying health conditions such as asthma, diabetes, or chronic lung disease
- » Pregnant women
- » People 65 years or older
- » Caregivers, especially those individuals caring for infants or people with health complications.

Because anyone can get the flu and spread it before they even know they have it, it's important for everyone to get vaccinated because it can prevent the spread of the contagious illness, thus helping protect the most vulnerable people – children, the elderly, people who are already suffering from chronic illness, and pregnant women.

Public Health

ARM YOURSELF

Public Health
Flu Shot Events

Thursday, Oct. 13
Friday, Oct. 14
8 to 11:30 a.m.
1 to 4:30 p.m.

Walk-ins age 3 and older.
Infants 6-35 months by
appointment only.

Open to the public.

CATAWBA COUNTY
PUBLIC HEALTH
3070 11TH AVE, DR. SE
HICKORY, NC 28602

For more information, call
(828) 695-5800 or go to www.catawbacounty.gov/health

Seasonal flu shot
age 3+ and adults: \$27
6-35 months: \$20
High-dose flu shot: \$48
Pneumonia shot: \$69

Accepted forms of payment include cash, check, debit/credit, Medicare Part B (only), NC Medicaid, and NC HealthChoice. Medicare Advantage and other insurance plans will not be accepted. Individuals must pay and then file with their insurers. State-supplied vaccine will be provided at no charge to eligible individuals, including children 6 months through 18 years of age who have Medicaid or no insurance; women with Family Planning Waiver coverage; uninsured women 19 years and older who are pregnant during the season and are being served by Catawba County Public Health.



AGAINST THE FLU



VACCINE EVENT

Catawba County Public Health offered a walk-in flu clinic on October 13 and 14 for adults and children age 3 and older. During the Flu Blitz, Public Health gave 165 total doses, with 52 of those doses going to adults age 65 and older. There have since been 17 doses given in the Immunization Clinic.

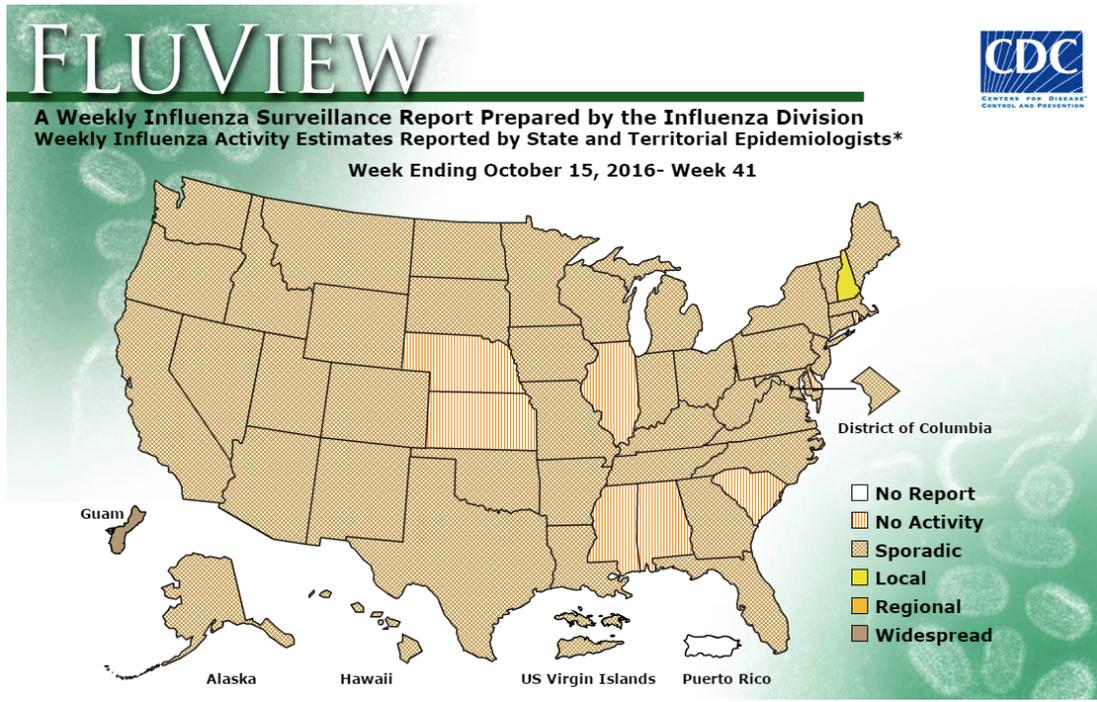
Last year, Public Health administered 99 high dose, 288 seasonal (patient pay) and 246 seasonal (state-supplied) throughout flu season.

APPOINTMENTS

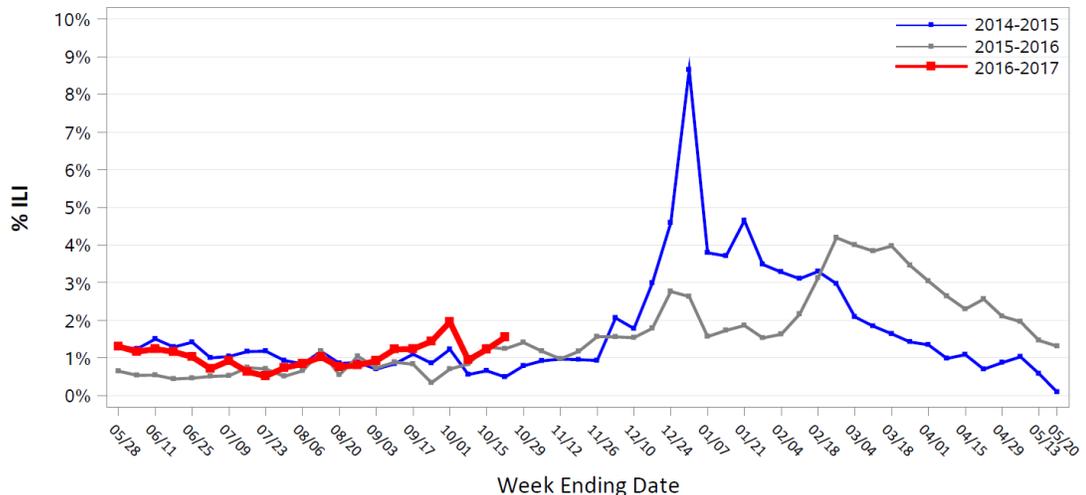
Public Health began scheduling flu shot appointments on October 17. Appointments for flu shots can be made by calling (828) 695-5800.

PAYMENT

This year's shots are \$27 for adults and children age 3 and older, \$20 for children ages 6-35 months, and for people 65 and older, the high-dose flu shot is available for \$48. Payment may be made by cash, check, debit/credit, Medicare Part B, NC Medicaid, and NC HealthChoice. Medicare Advantage and other insurance plans will not be accepted; however, individuals may pay and then file with their insurers for possible reimbursement.



INFLUENZA SURVEILLANCE, NC 2014-2017
Influenza-Like Illness in ILINET Outpatient Visits



Spotting cancer early

Catawba County Public Health offers free or low-cost screenings, education and referral services to eligible women through the North Carolina Breast and Cervical Cancer Control program (BCCCP). This program highlights the importance of early detection as the best protection against breast and cervical cancers. Any woman can get breast cancer, but as women age, their chances increase. The good news is that the earlier cancer is found and treated, the better the chance for living for many more years.

Each year, more than 12,000 women in North Carolina receive breast and cervical screenings through BCCCP.



BCCCP offers breast, cervical screenings



SERVICES

The North Carolina Breast and Cervical Cancer Program offers the following services: clinical breast exams, screening mammograms, pap tests and HPV tests, diagnostic procedures (mammograms, ultrasounds, colposcopies, breast and cervical biopsies) if screening results are abnormal, medical consultations, and referrals to treatment if cancer is found. Women who are enrolled in BCCCP and who are found to have cancer during their screening are eligible to receive free or reduced cost treatment with special Breast and Cervical Cancer Medicaid funds.

ELIGIBILITY

Women must be:

- » Uninsured or underinsured (without Medicare Part B or Medicaid)
- » Between the ages of 40-75 for breast screening services and » Between the ages of 40-64 for cervical screening services
- » Have a household income below 250% of the federal poverty level

Adult health gets new leader after Yates' retirement

In November, longtime Catawba County Public Health nurse Sylvia Yates, who heads the Adult Health Program, will retire. Yates has been a nurse for 39 years and has spent 24 of those years at Public Health.

"It has been a huge part of my life and this has been my North Carolina family," said Yates.

Yates was the first expanded role nurse at Public Health to complete STD training to do STD exams. She also developed policies and procedures that allow expanded role nurses to practice in this area of STD screening and treatment at Catawba County Public Health. Yates has managed all three Adult Health Programs at Catawba County Public Health for the past seven years.

"This has brought much joy as well as many challenges," said Yates. "My patients have been my reward. Even though I can't always make everyone do the things that are best for them, I have the opportunity to impact their lives in some small way during the time that I spend with them. Hopefully I send them away being more



Yates



Killian

knowledgeable about the risks that can impact their lives, as well as ways to make changes that could save their lives. They leave knowing that I genuinely care for them regardless of the path that they choose to take and that I would be there for them whenever they needed me again. I think I have succeeded in that aspect."

Although Yates has not decided how she wants to spend all her time after retirement, she said she still wants to have opportunities for patient contact. She also plans to spend as much time as possible with her daughter.

"None of us know how long we have to make those we love be confident, successful citizens who can carry on with some good lessons learned from us that they can in turn share with

their children. I hope I will have more time now to do that," she said.

Kristen Killian, RN, will take up the leadership mantle in Adult Health on November 1. She came to Catawba County Public Health after working in a private OB/GYN practice.

"I have had the opportunity to learn a great deal about women's health and love working with my community to care for them and promote healthy lifestyle habits through education and encouragement," said Killian.

Killian is pursuing certification as an enhanced-role nurse and is on a committee that has been tasked with selecting an electronic health record for Catawba County Public Health's use.

"What I am most looking forward to in my new role is working together with the staff to come up with new solutions to improve our clinic environment," she said. "This includes exploring new ideas regarding clinic flow, time management, and so forth. I feel everyone can benefit from this from the patient to the entire clinic staff."

Public Health in the news

It's National Preparedness Month

Catawba County officials encourage residents to create emergency plans

BY MICHAEL PRAATS mpraats@hickoryrecord.com

HICKORY — September ushers in the start of fall and the beginning of football season, but the month is also important for another reason — It's National Preparedness Month.

In the event of an emergency, whatever it might be — a winter storm, a tornado, a flood, or a viral outbreak — being prepared is

emergency. The focus of these departments is to ensure residents in the community remain safe until help can arrive.

"We often assume that aid will come instantly, but in the case of a large-scale disaster, it can take days," said Emily Killian community engagement specialist for CCPH. "We have a false sense of security and realize that we have

person, per day and enough food rations for three days. Other recommendations for emergency kits include flashlights, extra batteries, a portable weather radio, blankets and a first aid kit.

Residents who have signed up to receive emergency alerts will receive notification of any type of emergency, said Jim Dickerson, emergency management specialist. The alert system is available to residents.

It's also important to pack any prescription medication in your family medicine cabinet.

To encourage residents to have an emergency plan, he said, "We work with the national stockpile of supplies, practice dispensing and vaccines and pharmacies," said Killian. "We want to do our part to help with the outbreak of illness, with area with Emergency Management Agency make sure

Avoid illness with annual flu shot

Flu shots offered at vaccine events

» People 65 years or older

» Caregivers, especially those individuals caring for infants or people with health complications

Catawba County Public Health promotes and protects the health of all

Seasonal flu shots are available for ages 6-35 months and can be made by calling 828-695-5800.

» Sometimes deadly illness and should be taken seriously," said Doug Urland, health director, Catawba County Public Health. "Fortunately, vaccines are available that can help protect your health."

» Catawba County Public Health offers flu vaccinations

» As the seasons change and cooler weather brings a respite to the heat, Catawba County begins its preparation for this year's flu season.

"Influenza is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs," according to the Center for Disease Control's (CDC) web-

» The safety checks are held at Catawba County Public Health.

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GEARING UP



Catawba County Public Health will conduct its Flu Shot Blitz on Thursday and Friday from 8-11:30 a.m. and 1-4:30 p.m., with no appointments needed.

Catawba County Public Health offers flu vaccinations

BY MICHAEL PRAATS mpraats@hickoryrecord.com

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Free car seat safety checks available in Catawba County

BY MICHAEL PRAATS mpraats@hickoryrecord.com

HICKORY — Nearly half of all child car seats in vehicles in the United States aren't installed correctly, a nationwide study says. That's why Catawba County Public Health (CCPH) provides free car seat safety checks each month.

Catawba Valley Medical Center in partnership with CCPH hosts the free safety checks in the parking lot of CCPH on the first Tuesday of each month, said Tony Moss, a registered

and height, if it is appropriate." Other times, inspections ensure the manufacturer has not recalled the car seat, and the car seats are facing the right way for the age and weight of the children using the seats. Children age 2 and younger are required to be in a rear-facing car seat.

Catawba County resident Michelle Nelms was having a safety check done on two of her car seats Tuesday afternoon. She said when her son outgrew his infant seat, her brothers helped install new child

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