

Public Health News

SPRING is time for Clean-Up and Outdoor Recreation USE BASIC HEALTH PRECAUTIONS

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HEALTH
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Sun Safety

May Is Skin Cancer Awareness Month: Protect Your Skin

There are over two million new cases of skin cancer diagnosed in the U.S. each year, outnumbering all other cancers combined. Melanoma, the deadliest form of skin cancer, kills an estimated 8,700 people in the U.S. annually. Other major health problems linked to overexposure to UV radiation are premature aging of skin, cataracts and immune system suppression. Taking a few sensible precautions will help individuals enjoy the sun while lowering chances of sun-related health illnesses. Check out www.skincancer.org or our webpage www.sjbhd.org/sun-safety for resources and links.

Hantavirus Prevention Tips

- Rodent-proof buildings by plugging holes or other mouse entryways (mice can get in holes the size of a dime). Conduct year-round rodent control, using traps or poisons, or hire a professional exterminator.
- Make home or work areas unattractive to rodents. Store food in rodent-proof containers. This includes pet, livestock and bird food.
- Remove rodent hiding places such as wood, junk and brush piles. Store firewood at least 100 feet from the house. Keep vegetation around the house well-trimmed.
- Use caution when cleaning out enclosed areas such as trailers, cabins, barns or sheds. Open doors or windows to provide good ventilation for 30 to 60 minutes before cleaning out structures. Avoid stirring up dust by watering down areas of mouse infestation with a mixture of bleach and water. A bleach mixture of one cup of bleach per gallon of water is recommended as is a mask. Let mixture sit for 30 minutes and never sweep or vacuum the droppings.
- Thoroughly soak potentially contaminated areas with the bleach mixture.
- Use rubber gloves to pick up saturated waste, including nesting materials or dead mice. Double-bag the waste using plastic bags, and bury or dispose of in an outdoor garbage can.

Warm weather brings potential contact with various insects, rodents and wildlife. Use the above precautions to reduce exposure to hantavirus when cleaning and opening up cabins, buildings, sheds and barns. Hantavirus is a respiratory disease carried by deer mice. Deer mice are brown on top and white underneath. They have large ears relative to their head size. House mice are all gray and have small ears and don't carry the disease. Hantavirus is transmitted by inhaling dust contaminated with the virus in a mouse-infested area. Already this year, two Colorado residents have contracted hantavirus. One died. A Southwest Colorado man died last fall from hantavirus.

For more information, visit: www.sjbhd.org/common-disease-in-our-region.

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Two Health Department Nurses Receive Southwest Colorado Nightingale Award

Southwest Colorado Area Health Education Center held its 1st annual awards luncheon honoring regional Nightingale Luminary nominees on March 23rd in Durango. Congratulations to Karen Forest, coordinator for San Juan Basin Health Department's Promoviendo La Salud and to our past director, Lynn Westberg as well as the four other local nurses in being selected as Luminary award winners. They will be considered for the statewide Nightingale award on May 14. Luminary award recipients who have improved the health and well-being of our communities with their unique contributions and exemplary service, leadership, and innovation.



National Day to Prevent Teen Pregnancy - May 4

The tenth annual National Day to Prevent Teen Pregnancy will take place on May 4. On that day, teens nationwide will be asked to visit StayTeen.org to participate in a number of online activities – including the popular National Day Quiz – that delivers teen pregnancy prevention messages and challenges them to think carefully about what they might do “in the moment.” The message of the National Day is straightforward: Sex has consequences.

Organized by The National Campaign to Prevent Teen and Unplanned Pregnancy, the National Day has widespread support from more than 200 national organizations. For more information, visit: www.thenationalcampaign.org.



New Website for Youth on STIs

The Colorado Department of Public Health and Environment has launched a new website for youth that provides facts and explains risks about sexually transmitted infections. The site, **MyLifeColorado.com**, uses interactive technology to engage youth and empower them by teaching strong relationship management skills that assist them in making informed choices about what they want in a healthy relationship.

Youth visiting the site will be encouraged to take charge of their health by understanding how to recognize, avoid or respond to high-risk situations that may put them in danger. Check it out and pass on this great new resource.



Electronic Health Records Implemented

San Juan Basin Health Department announces that its Home Health division is implementing the Electronic Health Record which will allow better access to patient information for our nurses in the field, less paper usage, and the ability in the future to connect with other health care providers' records in our community once that project is completed.



Parking Lot Sale - Benefits Employee Wellness Program

San Juan Basin Health Department is holding a multi-family garage sale on Saturday, May 14th from 8 a.m. to 1 p.m. All proceeds benefit the the Employee Wellness program. Items include: ceiling fans, skis, ski boots, books, sewing machines w/cabinets, clothes, toys, pottery, plants, sporting goods, household items, tools, bathroom tile, freezer, furniture. **Location:** The upper parking lot at the Columbine Center/San Juan Basin Health; 281 Sawyer Dr in Bodo Park.

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Be Sunwise!

For great resources, tips, links, & activities for kids, visit our website: sjbhd.org/sun-safety.



Food Protection Class - May 19

There will be a Food Safety class on Thursday, May 19 from noon to 4 p.m. at San Juan Basin Health's training room. This class is designed for food service employees and as a refresher class for managers. Certificates issued based on demonstration of knowledge. The cost is \$40. For more information or to register, please call 335-2075. For a full list of Food Safety classes offered, visit: sjbhd.org/food-safety-trainings.



Don't Fry Day - May 27

To help reduce rising rates of skin cancer from overexposure to the ultraviolet (UV) rays of the sun, the National Council on Skin Cancer Prevention has designated the Friday before Memorial Day as "Don't Fry Day" to encourage sun safety awareness and to remind everyone to protect their skin while enjoying the outdoors. Tips include: Avoid sun burning, intentional tanning, and using tanning beds; Apply sunscreen generously; Wear sun-protective clothing, a wide-brimmed hat, and sunglasses; Seek shade. For more information, visit: www.skincancer.org. Also visit: sjbhd.org/sun-safety.



Promoviendo La Salud Receives Grant

San Juan Basin Health Department's Promoviendo La Salud program was recently awarded a \$151,942 grant from the Colorado Health Foundation. This funding will go directly toward program services that address health disparities for Latino adults in La Plata and Archuleta Counties. These services include health screenings, educational support, chronic disease management services and community advocacy for increased access to health care. For more information about Promoviendo La Salud, call 335-2044 or visit: www.sjbhd.org.



MORE Colorado Families Qualify for CHP+

CHP+, a form of public insurance, is now available to more Colorado families. For example, a family of four earning \$55,000 can qualify for this very low cost health insurance for children and pregnant women. An outreach staff member is going to where the people are: work places, childcare centers, physician's offices, libraries, homes. She is available to answer questions and walk individuals through the CHP+ application process. Please call Eileen if you'd like to schedule her to come to your business, agency, housing complex or school. You can reach her at 335-2082.



Board of Health Meets 4th Thursday of Month

The next monthly Board of Health meetings are on Thursday, May 26th and June 23 at 2 p.m. (subject to change). Board meetings will be at San Juan Basin Health Department's Durango office, 281 Sawyer Drive in Bodo Park. The public is welcome to attend.

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Happy Mothers Day from Nurse-Family Partnership



A new baby is like the beginning of all things - wonder, hope, a dream of possibilities. ~ Eda J. LeShan

Nurse-Family Partnership welcomed 29 babies in the first four months of 2011. This program provides first-time parents with the education, support to help them succeed. A nurse works in partnership with the mom while she's pregnant through to the child's second birthday.

Congratulations to the 12 graduates on the program since January.

One former graduate wrote: "The prospect of adding a baby in your life is very overwhelming! So we signed up and 9 years later, we are still so thankful we did! In the days when families are far apart and support systems are fragmented, having someone who walks with you through this incredibly life-changing event is invaluable. The perfect combination of professional knowledge, empathy, and tender personal-ity fostered our education, skills, and confidence. The program gave us a terrific start to parenting for those first years with Anika and has carried forward to benefit her three siblings too!"

Free Immunizations Given to Pagosa Students: Over 90 Pagosa Springs students who don't have insurance received free immunizations at the San Juan Basin Health Pagosa office on April 20. This annual event coincides with the Week of the Young Child and is thanks to our community partner, Seeds of Learning Daycare Center, and a grant from the La Plata Electric Association's Round-up fund.

Free Screenings for Seniors



The Senior Outreach program nurse tests blood pressure, temperature, heart rate, oxygen level, and blood glucose level. Anyone 60 years or older can receive a free nursing visit at home by calling the Senior Outreach at 749-4007.

Bayfield 11 a.m. to noon at the Pine River Valley Senior Center:
First Friday of each month (May 6, June 3)

Durango 11 a.m. to noon at the La Plata County Senior Center:
Second Thursday of each month (May 12, June 9)

Ignacio 11 a.m. to noon at the Ignacio Senior Center:
Third Thursday of each month (May 19, June 16)

Staff

San Juan Basin Health Department is saying goodbye to one of its long-time, dedicated Personal Care Providers: Josie Maez. Hired in 1990, Josie has helped hundreds of local clients with personal care & homemaking over 20 years. She has mentored many new providers, and become a friend to many, many folks! We all wish her the very best in retirement, and will always remember all she shared with us, taught us by example, and the wonderful memories of her wonderful sweet laugh, and smile that is almost as big as she is!

Employment Opportunities

Please check our website www.sjbhd.org for the most current employment opportunities. Just click on employment in the top menu.

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VISIT US ONLINE : www.sjbhd.org

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