

# *Hamilton County Public Health E-news for School Nurses*

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\*\*\* **New Look of School Milk:** published by the National Dairy Council. The headline reads: "Flavored Milk – It's More Than Flavor". To quote further – "Currently, more than half of children ages 2 – 8 and three quarters of children ages 9 – 19 do not get the recommended daily servings of low-fat or fat-free milk or milk products. Flavored milk delivers nutrients kids need." Many other interesting tidbits, e.g. kids who drink flavored milk drink more milk overall and are more likely to meet their calcium needs; school milk sales increased 18% by adding flavored milk and plastic packaging. Wow! For more information visit [NutritionExplorations.org](http://NutritionExplorations.org).

\*\*\* **Ohio Cares & Returning Veterans:** The Ohio Department of Health published "The Service Member, Family and Community Behavioral Health Resource Guide" in May 2007. The guide is to assist military service members, veterans, their families and community-based agencies with the service member's behavioral needs during the transition back to civilian life. Some of your students are dealing not only with a family member being away serving our country but also with reintegrating that family member back into the family long term. Their family member is not the same person who left. This booklet lists resources with contact information. The OHIOCARES phone 1.800.761.0868 is answered by a military member who directs emergency calls to the VA telenurse.

\*\*\* **Kids and Glasses:** With nearly 1400 member doctors across the state, the Ohio Optometric Association is a resource for eye care and information about the importance of vision to learning. The Ohio Optometric Association is committed to making sure every student receives an eye exam, including those referred to an individualized education program (IEP), regardless of ability to pay. If you have a student where payment is an issue, please call the OOA and we will suggest a doctor who provides charitable eye care. OOA doctors volunteer for InfantSEE, a program in which children aged 6-12 months receive an eye exam at no charge. For a list of doctors by zip code who provide InfantSEE exams go to [www.infantsee.org](http://www.infantsee.org).  
Ohio Optometric Association, [www.ooa.org](http://www.ooa.org), 1-800-874-9111

\*\*\* **School Nurse & Impact SIIS:** Starting School Year 2009 (now) school nurses will have access to the State of Ohio Immunization registry ImpactSIIS. Each school district received directions on how to enroll into the registry. Check with your Superintendent. Contact Ann Connelly at 614-7280386 or [ann.connelly@odh.ohio.gov](mailto:ann.connelly@odh.ohio.gov) or Janet Hyme-Householder at 614-995-7075 or [janet.householder@odh.ohio.gov](mailto:janet.householder@odh.ohio.gov) for the documents needed to access ImpactSIIS.

\*\*\* **Spread the Word—NOT the Flu!** is a nationwide educational program, brought to you by Novartis Vaccines and Weekly Reader Corporation Custom Publishing, designed to teach students in grades three through eight and their families about the seriousness of influenza and the importance of getting an annual vaccination. Through this program, children can make a difference by helping their families and communities learn about influenza and how to prevent its

spread. This campaign was recognized for excellence by the National Influenza Vaccine Summit for Best Corporate Campaign.

Spread the Word—*NOT* the Flu! consists of a detailed curriculum, created by Weekly Reader, that teaches students about influenza facts, such as how the virus spreads, what its symptoms are and who is at risk for potentially serious complications. This program aims to empower children to help prevent influenza and its spread in their homes and communities.

In order to have this distributed to schools in our community, Hamilton County Public Health enrolled and provided clinic contact information. We did, so .... Weekly Reader will send this to all subscribing schools in the enrolled areas. The program should include public and private schools that are enrolled in the Weekly Reader program. Last years materials can be reviewed at <http://www.flusource.com/info/spreadtheword/index.jsp>.

\*\*\* **Child Nutrition:** 'Produce for Better Health' has added a new Web site tailored for children ages 2-8 to educate them about healthy eating. The Web site uses games, coloring pages and other activities to encourage children to eat more fruits and vegetables. [www.FoodChamps.org](http://www.FoodChamps.org)

\*\*\* **Child Passenger Safety Week:** Child Passenger Safety Week 2008, which will be observed September 21-27, will be kicked off by "National Seat Check Saturday" on September 20. This week features a nationwide, coordinated emphasis on the importance of child safety seat inspections in keeping the nation's child passengers safe while traveling on our roads and highways.

\*\*\* **Adolescent Immunizations:** Back to school is a great time for adolescents to get up to date with vaccinations. Vaccinations for adolescents include Tdap (Tetanus, diphtheria and acellular pertussis), Menactra (meningitis), MMRs, Varicellas and Hepatitis B, if not current. The newest vaccine for this group is the Human Papilloma Virus vaccine for girls. A list of recommended adolescent vaccines is available at [www.immunize.org/catg.d/p4020.pdf](http://www.immunize.org/catg.d/p4020.pdf).

\*\*\* **Free Fluorescent Bulb Recycling:** The Home Depot has announced that it will recycle energy-efficient, compact fluorescent bulbs (CFLs) for free at all of its nearly 2,000 stores across the U.S. "CFLs use up to 75% less energy and last 10 times longer than traditional incandescent light bulbs. However, proper disposal of the bulbs is important because they contain small amounts of mercury (less than 5 milligrams apiece). No mercury is released when CFLs are in use and intact." (Copied from Our Neighborhoods; a publication of the Alliance for Chemical Safety; summer 2008).

\*\*\* **Volunteer Recruitment:** Are you willing to serve your community and neighbors in the event of an emergency? Hamilton County Public Health is looking for volunteers to assist with Points of Dispensing (POD) in the event of a public health emergency. A POD is a location where medications or vaccines will be distributed to residents in Hamilton County. It will be opened if many people within our community have been exposed to an infection that may make them sick and disease from that infection can be prevented by antibiotics or a vaccine. In order to reduce travel, wait time and provide a familiar location Hamilton County will have many community-level PODs.

All volunteers will be among the first to receive antibiotics/vaccines for themselves and their immediate family without waiting in line at a POD. Each person at the POD will have a specific and limited job such as handling paperwork, directing lines and answering questions for an 8 – 12 hour time slot. Time commitment will be minimal for orientation and training exercises. Volunteers will be thoroughly trained by Hamilton County Public Health.

### **We need you to volunteer!**

For further information; please contact **Ana Rojas** at 513.946.7807 or **Carter Pittman** at 513.946.7889. There is also information on our website homepage: [www.hamiltoncountyhealth.org](http://www.hamiltoncountyhealth.org)

\*\*\* **Hamilton County Public Health Disease Prevention Division:** was born May 1, 2008 The Disease Prevention division included TB Control and communicable disease investigations. Pat Allingham is the Director of the unit and she can be reached at 513-946-7809. Judith Beiting is

the Communicable Disease Investigation nurse. Judith can be reached at 513-946-7887. TB Control staff can be reached at 513-946-7610.

Keep those hands washed and stay healthy!

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Prevent Promote Protect