



The Pulse

Florida Department of Health, Palm Beach County's Newsletter

To be the Healthiest State in the Nation

Volume 12 - Issue 3

Summer 2015

Healthiest Weight

tools:

my healthy weight

set goals

my Florida plate

eat your colors

small steps big rewards

move more, sit less

TEN YEARS AND COUNTING...

5210 Let's Go!

www.5210letsgo.com

Florida HEALTH

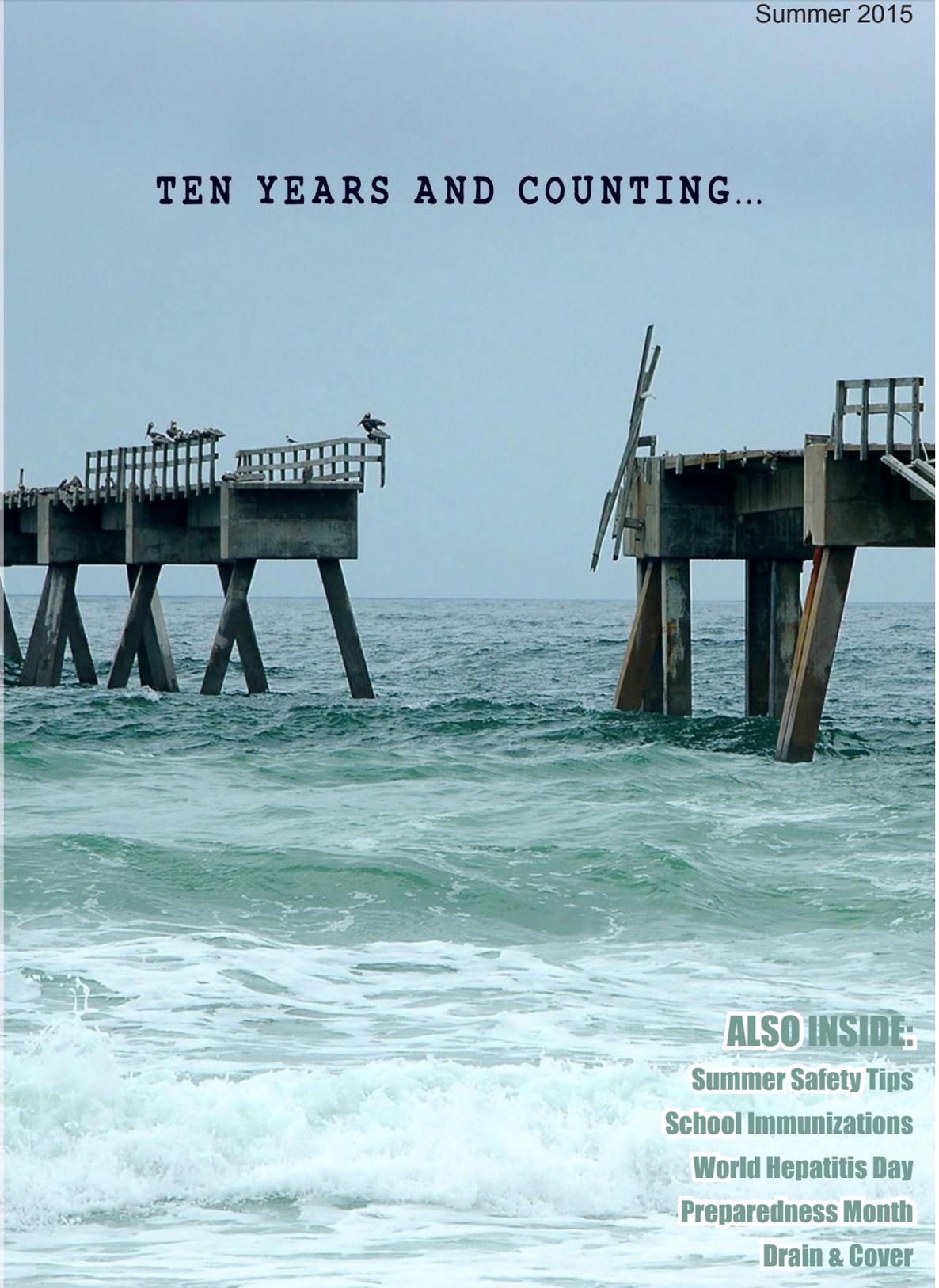
Healthy Promise FL

Tobacco Free Florida .com

Palm Beach County

ALSO INSIDE:

- Summer Safety Tips
- School Immunizations
- World Hepatitis Day
- Preparedness Month
- Drain & Cover



From the Director

FUN IN THE SUMMER SUN

Summer has arrived. We like to dive into summer to relax, unwind, and have fun in the beautiful, hot Florida sun. While the warm weather brings more opportunity to enjoy the outdoors, it also makes us more likely to encounter the two biggest dangers in Florida – drowning and heat injury. Here are some tips to have fun in the sun while staying safe.

Heat injury can develop after exposure to high temperatures and inadequate or unbalanced replacement of fluids. Those most prone to heat exhaustion are elderly people, people with high blood pressure and people working or exercising in a hot environment. The best way to avoid heat injury is to prevent it. If you do suspect heat injury the following cooling measures may be effective:

- Drink cool, nonalcoholic beverages, water is the best hydration
- Rest in an air-conditioned environment
- Take a cool shower, bath or sponge bath
- Wear lightweight clothing
- Prevent sun burn, it damages the skin's ability to dissipate heat. Wear sunscreen of 30 spf.



Florida loses more children under age five to drowning than any other state. Annually in Florida, enough children drown to fill three to four preschool classrooms. Drowning can be a silent catastrophe, one that can happen in the few minutes you take to answer a phone call or run inside for a towel. We enjoy more pools, canals and lakes than many other communities. In 2010, the Injury Prevention Section developed a new campaign, "WaterproofFL - Pool Safety is Everyone's Responsibility." The campaign emphasizes three layers of protection:

- Supervision: Supervision, the first and most crucial layer of protection, means someone is always actively watching when a child is in the pool.
- Barriers: A child should never be able to enter the pool area unaccompanied by a guardian. Barriers physically block a child from the pool.
- Emergency Preparedness: The moment a child stops breathing there is a small, precious window of time in which resuscitation may occur, but only if someone knows what to do. Even if you're not a parent, it's important to learn CPR. The techniques are easy to learn and can mean the difference between life and death. In an emergency, it is critical to have a phone nearby and immediately call 911.

Alina Alonso, M.D.
Director

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Summer Heat Safety – Tips for the Elderly



Summer is the fun time of the year when people of all ages are more likely to spend more time outdoors at the family barbecues or picnics; relaxing at the beach; or by the pool, playing a round of golf; water skiing; skate boarding; bike riding and many other activities. Remember, summer heat can be deadly for anyone if the proper precautions aren't taken – but it can be especially dangerous for the elderly. Elderly people (that is, people aged 65 years and older) are more prone to heat stress than younger people for several reasons:

- Elderly people do not adjust as well as young people to sudden changes in temperature.
- They are more likely to have a chronic medical condition that changes normal body responses to heat.
- They are more likely to take prescription medicines that impair the body's ability to regulate its temperature or that inhibit perspiration.

Heat Stroke

Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the body loses its ability to sweat, and it is unable to cool down. Body temperatures rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Signs and Symptoms of Heat Stroke

Warning signs vary but may include the following:

- An extremely high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea

Heat Exhaustion

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids.

Signs and Symptoms of Heat Exhaustion

Warning signs vary but may include the following:

- Heavy sweating
- Paleness
- Muscle Cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting
- Skin: may be cool and moist
- Pulse rate: fast and weak
- Breathing: fast and shallow

What You Can Do to Help Protect Elderly Relatives and Neighbors

If you have elderly relatives or neighbors, you can help them protect themselves from heat-related stress:

- Visit older adults at risk at least twice a day and watch them for signs of heat exhaustion or heat stroke.
- Encourage them to increase their fluid intake by drinking cool, nonalcoholic beverages regardless of their activity level.
- If there is a heat hotline in your area, make sure that your elderly loved ones have the number and know when to call.
- Provide on-going education to elderly individuals.
- Take them to air-conditioned locations if they have transportation problems.
- Warning: If their doctor generally limits the amount of fluid they drink or they are on water pills, they will need to ask their doctor how much they should drink while the weather is hot.

For more tips, visit the Centers for Disease Control and Prevention website. <http://www.cdc.gov/Features/trackingheat>



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™



Summer Time Healthy Habits

Fresh juicy melon and mouth-watering mangoes along with fun at the beautiful Florida beaches are all part of the summer months. During the summer, families may take vacations and eat out more than usual on the road or in restaurants and that can be a challenge to maintaining your weight and to eating healthy. Here are some tips to help you stay healthy during the summer:

Stay Active: Make your summer activity fun and adventurous. Visit a new beach or nature preserve that you have not been to before. Children and adolescents should do at least 60 minutes of physical activity a day, including aerobic exercise (running), muscle



strengthening (push-ups) and bone strengthening activities (jump rope). Adults need 2 hours and 30 minutes of moderate-intensity aerobic activity a week (brisk walking), or 1 hour and 15 minutes of vigorous-intensity aerobic activity every week (jogging or running). Adults also need at least two days a week of muscle strengthening activities.

Eating Healthy: Don't forget that part of eating healthy is staying hydrated. Make sure to drink plenty of water every day, especially when doing physical activity. Drink according to your thirst and carry water with you at work and when out of the house. Infuse your water with citrus slices and herbs such as mint. Try sliced cucumber and cilantro in your water for a refreshing change.



Make sure to eat from all the food groups: vegetables, fruits, grains, protein, and dairy. Make half your plate fruits and vegetables, and a quarter of your plate protein, and grains. Choose whole grains as much as possible. For more information on healthy eating tips visit: <http://www.choosemyplate.gov/>.

Choose seasonal fresh fruits and vegetables when possible. These are foods that are fresher, tastier and less expensive. It can also help you maintain a diverse diet throughout the year. For example fresh Florida corn is delicious, plentiful and affordable during the summer months.

Travel Tips: When on a road trip, try to pack healthy snacks so you can avoid stopping for salty and sugary snacks. Make sure that if you are traveling outside of the country that you do your research and find out what food and water is safe.

Food Safety: A final reminder is to make sure to keep foods at the proper temperatures when you are having summer picnics and parties. Keep hot foods hot and cold foods cold. Visit <http://www.foodsafety.gov/>, for more information on chilling and cooking temperatures and other food safety tips. Enjoy your summer activities and healthy eating while you keep your weight in check!



IT'S NEVER TOO EARLY TO GET READY FOR SCHOOL!

SCHOOL CHILDREN'S REQUIRED IMMUNIZATIONS AVAILABLE NOW!

Florida Department of Health in Palm Beach County offers required school shots weekdays at its Health Centers and Saturdays at various locations throughout the summer on the Immunization Van.

Saturday locations and hours:

8/8/15

T. Leroy Jefferson Medical Society Health Fair, Foundcare, 2330 S. Congress Ave., Palm Springs, FL., 33406 10am-1pm (while supplies last)

8/15/15

West Palm Beach Health Center, 1150 45th St., West Palm Beach, FL., 33407 9am-1pm

8/22/15

Grace Episcopal Church, 3600 Australian Ave., West Palm Beach, FL., 33407 9:30am-1pm

Note: Every effort is made to have plenty of vaccine on the Immunization Van during Saturday outreaches. However, supplies are limited and can be depleted.

No charge for immunizations for children, birth – 18 years of age and in high school.

Your children's immunization records are very important. Without the records, we cannot give immunizations. If there are absolutely no immunization records, the child's entire series of immunizations will have to be started over. If available, please bring your child's social security card.

If you have Health Care District, Medicaid, or other insurance, please bring the card with you.

There may be a waiting time prior to getting the shots, please bring a snack for your child to eat.

ATTENTION PARENTS: New and transferring students, Kindergarten students, and those entering seventh grade will need to provide proof of immunizations prior to enrollment. Returning students should have completed the required shot series. Parents are encouraged to review all records.

For further information, please call: (561) 840-4568, or toll-free, 1(800) 810-1225.

WORLD HEPATITIS DAY

World Hepatitis Day was adopted in 2006 by the World Health Organization (WHO) to raise awareness, promote prevention, and treatment of Hepatitis worldwide. July 28th was selected in honor of the birthday of Nobel Laureate Professor Baruch Samuel Blumberg, the discoverer of Hepatitis and ultimately the developer of Hepatitis vaccine. This year, July 28th, 2015 the WHO is promoting worldwide we must, "Act now- it is up to all of us to stand up and be counted." The essential messages are individual knowledge and voices in unison become power symbols to spur the need for action to prevent future deaths and, as well, call for access to hepatitis treatment, and better prevention programs and government actions. The latest numbers cited by WHO show that worldwide 400 million people are living with Hepatitis B or C. With better awareness and understanding we can prevent viral Hepatitis, eliminate this disease, and save 4,000 lives a day.

What is Viral Hepatitis? Viral hepatitis is a group of infectious diseases known as hepatitis A, B, C, D, and E causing acute and chronic liver disease. According to WHO, these diseases affect 1.5 million people every year. In the United States Hepatitis B and Hepatitis C are significantly troublesome.

According to the Centers for Disease Control and Prevention(CDC): Hepatitis B is the leading cause of liver cancer for Asian Americans. Most people were infected at birth. Three out of four people with Hepatitis C were born from 1945-1965. In either case of B or C you may feel healthy and experience no current symptoms of infection because symptoms can pass without notice or ignored. Hepatitis symptoms can include fever, feeling tired, not wanting to eat, upset stomach, dark urine, gray colored stool. Be on the safe side get tested for hepatitis if you currently or have injected in the past, and/or have a history of unprotected sex with multiple partners. If you feel you are at risk or possibly infected talk with your doctor. Get tested and treated.

- **Florida is in the final year of a three year study of viral hepatitis.**
- **As part of the grant Florida has heightened surveillance for all positive and negative results through the laboratory reporting system.**
- **This surveillance is giving us a better indication of the burdens of the disease but conclusions are still being evaluated.**
- **12 out of 67 counties are participating and Palm Beach is one of the 12.**
- **The emerging groups for Hep B are child bearing women and for Hep C it seem to be the 18-30 year old groups and associated with intra venous drug users.**

HURRICANE SEASON REALLY MEANS BE READY FOR ANYTHING



Gavin Spencer

It has been 10 years since Hurricane Wilma hit the west coast of Florida as a category 3 storm and dropped to a category 2 as it travelled east across the state and impacted Palm Beach County.

Many remember the power outages, the millions of dollars in damages to homes and other properties the howling winds, tornadoes and the very little flooding and rain that accompanied this storm.

Interestingly, since the last hurricane, numerous weather events have impacted South Florida and truly demonstrate it doesn't have to be a direct hit hurricane that can cause great damage. There are feeder bands, high tides, tropical systems, tornadoes, heavy rains and more that during the June through November hurricane season have caused much greater damage and emphasize the need to be ready for anything.

August 2008 Tropical Storm Faye came in from the Gulf of Mexico turning north at Clewiston and proceeded north through central Florida. The unstable weather conditions created a tornado in Wellington that was 70-80 yards wide and had a 2.75 mile path of destruction damaging equestrian barns, two subdivisions a middle school and high school before lifting.

August 2012 Tropical Storm Isaac prompted a flood watch for all of South Florida. Little did anyone know that rain bands would stall right over Palm Beach County and we would watch as rainfalls over 15 inches fell causing extensive flooding and over \$8 million in damages. In addition, winds gusted to 61 mph in outer bands that caused extensive beach erosion damage in Naples on the west coast.

October 2012 Hurricane Sandy tracked over the Bahamas creating high seas, under tows, beach erosion along the eastern seaboard until it made landfall in New Jersey causing tremendous damage to the Boardwalk and well into New York City.

June 2013 Tropical Storm Andrea formed in the Gulf of Mexico and never touched land until it reached the Florida Panhandle. While in the Gulf the unstable conditions reached out and created three tornadoes; Belle Glade experienced downed power lines and tree limbs, an hour later the Acreage had 100 mph winds that damaged several homes, snapped trees and caused a woman to be hospitalized when a tree was thrown through her window, the third was on the Broward-Palm Beach line and caused little damage. To the south North Miami had almost 14 inches of rain resulting in flooding from Ft Lauderdale to Miami.

January 2014 unstable conditions from the tropical south combined with a plunging cold front resulted in a four hour torrential rainfall yielding over 22 inches in some spots and



paralyzing Delray Beach, Boynton Beach and Lantana. Two people drowned during the storm one when their car drove into a lake and the other was swept into a canal while walking.

These events are all a good reminder to monitor the weather in the summer months. According to the National Hurricane Center don't focus entirely on any one tropical weather forecast or dismiss that it will have an effect on you or your area. Any disturbance can have far reaching effects. By being knowledgeable and ready the impact on you personally can be minimized.

SEPTEMBER IS NATIONAL PREPAREDNESS MONTH

DON'T WAIT COMMUNICATE: MAKE AN EMERGENCY PLAN TODAY

Emergencies come in all shapes and sizes and can affect one person or millions of people. Having a basic preparedness plan goes a long way in protecting individuals, families and communities.

During National Preparedness Month all are invited to take a look around and ask the question "What would I do if _____?" Your imagination can fill in the blank easily but here are some to think about: flooding, house fire, an auto accident, wind storm, tornado, hurricane, rain event, extreme cold, extreme heat, an explosion, brush fire, forest fire, gale force winds, drought, water shortages, power outages, tsunami, storm surge, roof collapse, earthquake, sink hole and the list continues.

The good news is there is much you can do in advance of any disaster or emergency. Begin by identifying your assets especially family and immediate household members. Know your neighbors, identify friends and family locally and out of the area. Know how to get a hold of organizations and people that can assist like fire rescue, law enforcement, insurance companies, disaster relief organizations like the Red Cross or FEMA.

Most importantly you will be in charge until help arrives. This may be an hour, a day or weeks. You will need to know potential evacuation routes so you can move to safety or the assistance you need. You will need a couple days of supplies, (food, water, medications, tools)

For more information contact www.ready.gov





Family Communication Plan

Let them know you're OK!

Pick the same person for each family member to contact. It might be easier to reach someone who's out of town.

Emergencies can happen at any time. Does your family know how to get in touch with each other if you are not all together?

Before an emergency happens, have a family discussion to determine who would be your out-of-state point of contact, and where you would meet away from your home — both in the neighborhood and within your town.

Important Information

Fill in this information and keep a copy in a safe place, such as your purse or briefcase, your car, your office, and your disaster kit. Be sure to look it over every year and keep it up to date.

Out-of-Town Contact

Name: _____

Home: _____

Cell: _____

Email: _____

Facebook: _____

Twitter: _____

Neighborhood Meeting Place:

Regional Meeting Place:

Work Information

Workplace: _____

Address: _____

Phone: _____

Facebook: _____

Twitter: _____

Evacuation Location: _____

School Information

School: _____

Address: _____

Phone: _____

Facebook: _____

Twitter: _____

Evacuation Location: _____

Workplace: _____

Address: _____

Phone: _____

Facebook: _____

Twitter: _____

Evacuation Location: _____

School: _____

Address: _____

Phone: _____

Facebook: _____

Twitter: _____

Evacuation Location: _____

School: _____

Address: _____

Phone: _____

Facebook: _____

Twitter: _____

Evacuation Location: _____



<http://www.ready.gov/kids>



Important Information (continued)

Family Information

Name: _____ Date of Birth: _____

Social Security Number: _____

Important Medical Information: _____

Name: _____ Date of Birth: _____

Social Security Number: _____

Important Medical Information: _____

Name: _____ Date of Birth: _____

Social Security Number: _____

Important Medical Information: _____

Name: _____ Date of Birth: _____

Social Security Number: _____

Important Medical Information: _____

Name: _____ Date of Birth: _____

Social Security Number: _____

Important Medical Information: _____

Name: _____ Date of Birth: _____

Social Security Number: _____

Important Medical Information: _____

Medical Contacts

Doctor: _____

Phone: _____

Doctor: _____

Phone: _____

Pediatrician: _____

Phone: _____

Dentist: _____

Phone: _____

Dentist: _____

Phone: _____

Specialist: _____

Phone: _____

Specialist: _____

Phone: _____

Pharmacist: _____

Phone: _____

Veterinarian/Kennel: _____

Phone: _____

Insurance Information

Medical Insurance: _____

Phone: _____

Policy Number: _____

Homeowners/Rental Insurance: _____

Phone: _____

Policy Number: _____

Text, don't talk!

Unless you are in danger, send a text. Texts may have an easier time getting through than phone calls, and you don't want to tie up phone lines needed by emergency workers.



<http://www.ready.gov/kids>

Feeling the sting of mosquitoes?

Then it's time to:

Stop mosquitoes
from living and multiplying around your home or business.
Protect yourself
from mosquito bites and the diseases they carry.

DRAIN STANDING WATER.

DRAIN: Garbage cans, house gutters, pool covers, coolers, toys, flower pots or any other containers where sprinkler or rain water has collected.

DISCARD: Old tires, drums, bottles, cans, pots and pans, broken appliances and other items that aren't being used.

EMPTY AND CLEAN: Birdbaths and pets' water bowls at least once or twice a week.

PROTECT: Boats and vehicles from rain with tarps that don't accumulate water.

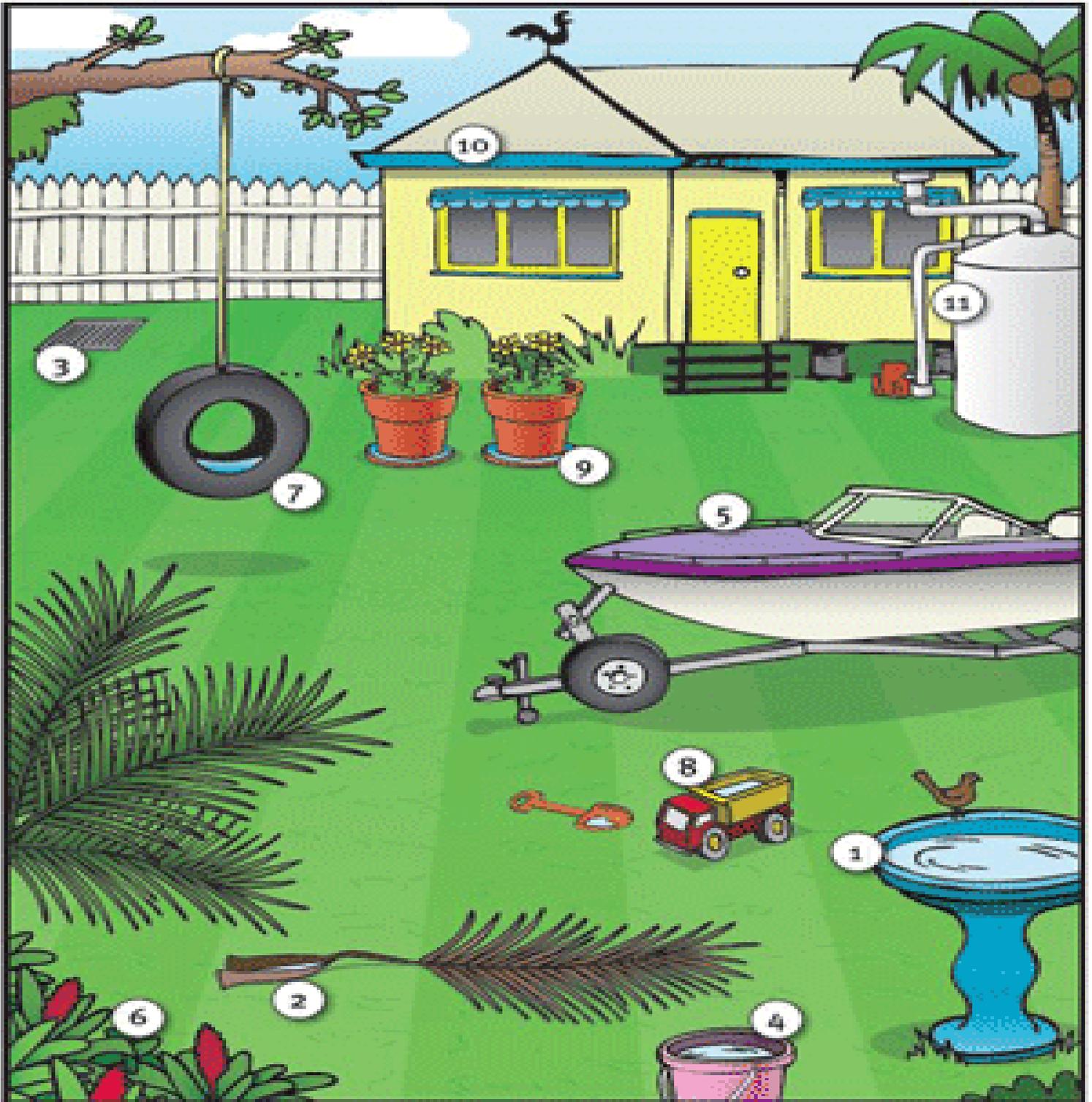
MAINTAIN: The water balance (pool chemistry) of swimming pools. Empty plastic swimming pools when not in use.

COVER YOUR SKIN.

CLOTHING: If you must be outside when mosquitoes are active, cover up. Wear shoes, socks, long pants, and long sleeves.

REPELLENT: Apply mosquito repellent to bare skin and clothing. Always use repellents according to the label. Repellents with DEET, picaridin, oil of lemon eucalyptus, and IR3535 are effective. Use mosquito netting to protect children younger than 2 months.

COVER DOORS AND WINDOWS WITH SCREENS. Keep mosquitoes out of your house. Repair broken screens on windows, doors, porches, and patios.



Places where mosquitoes hide and lay eggs (Examples 1-11)

Drain any standing water

Services Provided

Florida Health Palm Beach County is a service organization responsible for the health of over a million residents in Palm Beach County.

The many and varied core programs include disease prevention and control, environmental public health, school health and health education. In addition, the department shares responsibility for primary care of the medically indigent population of the county with the Health Care District of Palm Beach County and private sector by providing millions of services annually through six health centers.

Florida Health Palm Beach County has served as the model agency for the State of Florida and many other states throughout the country. For over 60 years it has led the way with innovative programs that include:

- ❖ Immunizations for children
- ❖ Parental education in child care from pregnancy to birth and beyond
- ❖ Monitoring the land, air and water
- ❖ Monitoring and testing for potential epidemics

The future holds many unknowns, but Florida Health Palm Beach County will be there to serve your needs.

HEALTH ACCESS DIVISION (561) 671-4036

EPIDEMIOLOGY & COMMUNICABLE DISEASE
(561) 671-4184

ENVIRONMENTAL PUBLIC HEALTH (561) 837-5900

COMMUNITY & SCHOOL HEALTH (561) 671-4161

MATERNAL CHILD HEALTH (561) 671-4140

STD/TB (561) 803-7362

IMMUNIZATIONS (561) 840-4568

NUTRITION SERVICES (561) 671-4089

PUBLIC HEALTH PREPAREDNESS (561) 671-4014

**PREVENTIVE MEDICINE/PUBLIC HEALTH
RESIDENCY PROGRAM** (561) 837-5165

DENTAL PUBLIC HEALTH (561) 837-5560

VITAL STATISTICS (561) 837-5841

WIC (561) 357-6007

APPOINTMENT LINE

1-855-GET-APPT (438-2778)

(561) 625-5180

Health Centers



Delray Beach Health Center



225 South Congress Avenue
Delray Beach, FL 33445
(561) 274-3100

C.L. Brumback Health Center



38754 State Road 80
Belle Glade, FL 33430
(561) 996-1600

Jupiter Auxiliary Health Center



6405 Indiantown Road
Jupiter, FL 33458
(561) 746-6751

Lantana/Lake Worth Health Center



1250 Southwinds Drive
Lantana, FL 33462
(561) 547-6800

Northeast Health Center



851 Avenue "P"
Riviera Beach, Florida 33404
(561) 803-7362

West Palm Beach Health Center



1150 45th Street
West Palm Beach, FL 33407
(561) 514-5300

Florida Health Palm Beach County
Main Phone Number
(561) 840-4500