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In Good Health

*A quarterly publication of
the Jackson County
Department of Public Health*

JULY-SEPTEMBER 2018

BACK TO SCHOOL SAFETY TIPS

Before we know it, summer vacation will draw to a close and the bells will ring to mark the start to a new school year. The Jackson County Department of Public Health (JCDPH) offers tips for all parents, caregivers, and the community at large to make the trip back to school safer for everyone.

Prepare you children: The beginning of the school year can be scary, especially for younger children and those heading to school for the first time. Make sure your child is prepared by ensuring they know their phone number, address, how to get in touch with their parents or caregivers at work, how to get in touch with another trusted adult, and how to call 9-1-1. Teach children not to talk to strangers or to accept rides from someone they do not know.

Get your children immunized: Immunization is the single most important way parents and caregivers can protect their children from serious diseases. Make sure you have reliable, up-to-date information on immunizations by referring to credible resources like the CDC, your child's pediatrician, or the Health Department.

Teach school bus safety: If your child rides a school bus, make sure they know to board the bus only after it comes to a complete stop, only board their bus (and not an alternate one unless instructed to do so by a trusted adult), never walk behind the bus, and stay in clear view of the bus driver when crossing the street.

Be a mindful driver: We, as drivers, must be mindful that school buses are back on the road. Make sure to always follow the speed limit and slow down in school zones, stay alert and look for children, and stop if you are driving near a school bus that is flashing yellow or red. This means that the bus is either preparing to stop (yellow) or is already stopped (red) and children are getting on or off.

Don't forget about immunizations!

Immunizations protect our community from deadly diseases. These diseases do still exist today and can spread quickly. The Health Department follows CDC -recommended immunization schedules for infants, children, adolescents, and adults. Check out the links below for detailed information on these schedules:

- [2018 Recommended Immunizations for Infants & Children \(Birth through 6 Years\)](#)
- [2018 Recommended Immunizations for Children \(7 through 18 Years\)](#)
- [2018 Recommended Immunizations for Adults \(19 Years or Older\)](#)
- [Catch-Up Immunization Schedule \(Persons Aged 4 Months Through 18 Years Who Start Late or Are More than 1 Month Behind\)](#)

Note that required immunizations for 7th and 12th graders changed as of July 1, 2015. Make sure your child is up-to-date and ready for school. Call 828-587-8289 for more information.

JCDPH in the Community

A large part of public health is just that—work with the public, with our people, in our community. The Jackson County Department of Public Health has a great outreach team who works to be present at many community events, sharing information about our agency and helping our community receive the services they need. Below are some highlights of just a few of our most recent outreach events:

On May 9th, 22 4th graders at Fairview Elementary School participated in **Bike to School Day**, an event that promoted biking to school as a fun and safe way to travel. Safe Kids Jackson County, Active Routes to School, and the NC State Highway Patrol partnered together on this event, offering free helmets and helmet fittings, leading students through a bike skills course, and providing education on bike safety.

County employees participated in the annual **Take Time for 2 Employee Wellness Walk** on May 11th. Over 40

employees walked from the Justice Center to the Historic Courthouse and back, promoting employee health and wellness.

All five **Life Jacket Loaner Stations** in Jackson County opened on May 25th, just in time for Memorial Day weekend. These Stations (located at the Tuckasegee River Main Stem: East LaPorte, Locust Creek, Dillsboro, Barkers Creek, and Bear Lake) offer life jackets of varying sizes for children to borrow while they participate in water activities near the site.

The Jackson County Animal Shelter and various partners (Jackson County Veterinary Associates, Tuckasegee Trading Company, Cherokee Animal Care Clinic, Sylva Animal Hospital, Dr. Rick Wall, and other veterinarians with Sylva Animal Hospital) finished a series of **Rabies Clinics** at various locations throughout the community throughout May and June. Many stopped by to ensure their pets were vaccinated from rabies and other diseases.



County Employees participate in a 2-mile walk to promote employee wellness.

Don't forget to check out JCDPH's Community Calendar! Just visit <http://health.jacksonnc.org> and click on "Calendar."

Like us on Facebook! <https://www.facebook.com/JacksonCountyDepartmentofPublicHealth/>

Epi-News—Vector-borne & Zoonotic Diseases

What are vector-borne diseases?

Almost everyone has been bitten by a mosquito, tick, or flea. Vectors are mosquitos, ticks, and fleas that spread pathogens. A person who gets bitten by a vector and gets sick has a vector-borne disease.

Which vector-borne diseases are common in WNC?

The most common vector-borne illnesses in WNC are caused by mosquitoes and ticks. Mosquito-borne illnesses include La Crosse encephalitis, West Nile Virus, and Eastern Equine Virus. Tick-borne diseases include Rocky Mountain spotted fever, Ehrlichiosis, Lyme disease, and STARI.

Prevention of Bites

The most effective way to avoid getting sick from viruses spread by mosquitoes and ticks is to prevent bites. Make sure that you 1) Use an EPA-registered insect repellent, 2) Cover up

with long-sleeved shirts and pants when outside, 3) Keep mosquitoes and ticks outside by using air conditioning, windows, and door screens, and 4) Reduce standing water around your home by tipping & tossing.



Picture Courtesy of: <https://tinyurl.com/ychj34sw>

What are zoonotic diseases?

Zoonotic diseases are caused by infections that are shared between animals and people. These diseases can be shared through direct contact (petting, touching, bites, scratches), indirect

contact (coming in contact with areas where animals live like chicken coops, aquariums), and foodborne (eating food contaminated with feces from an infected animal).

Which zoonotic diseases are most common in WNC?

Rabies is the most well-known zoonotic disease in WNC. Others include Anthrax, Brucellosis, Hantavirus, Leptospirosis, Psittacosis, Q Fever, Trichinosis, and Tularemia.

Prevention of Rabies

With the recent positive rabies case identified in wildlife in Jackson County, follow these steps to keep you, your family, and pets safe: 1) Vaccinate your pet against rabies regularly, 2) Never touch wild or unfamiliar animals, 3) Keep trash can closed tightly to not attract wild animals, and 4) If you or your pet is bitten by a wild, unfamiliar, or stray animal, call Jackson County Animal Control at 828-586-6138.

REGULARLY AVAILABLE SERVICES

Adult Health

By appointment only

Car Seat Checks

Thursdays: By appointment only

Cashiers Clinic

WIC: 3rd Thursday of the month: 9AM-12 PM & 1PM- 4 PM

Other: By appointment only

Communicable Disease

Monday-Friday, 8 AM-5 PM, Walk-ins welcome

Cullowhee Community Garden Workdays

Wednesdays: 3 PM- dark

Saturdays: 8 AM- 12 PM

Employee Health Clinic

Monday-Friday, 8-11:30 AM, 1-4:30 PM

Free Community Blood Pressure Clinics

Community Table: 2nd & 4th Tues, 4-6 PM

Sylva Senior Center; 2nd Tues, 9-11:30 AM

Thrift Shop: 3rd Tues, 10-12 PM

Cashiers Senior Center: 4th Tues, 10-11:30 AM

General Clinic

Mondays, Wednesdays, Fridays, 8 AM-4:30 PM

Immunizations/Vaccinations

Monday, Wednesday, Friday, 8 AM-4:30 PM

Injury & Substance Abuse Prevention Action Team Meeting

Last Wednesday of the month: 3 PM

Healthy for Life Action Team

4th Thursday of the month: 1 PM

Laboratory Services

Monday-Friday, 8 AM-4:30 PM, Walk-ins welcome

Sexual Health

Monday-Friday, 8 AM-4:30 PM

Teen Health

Monday-Friday, 8 AM-4:30 PM

Regular WIC Hours

Monday-Friday, 8 AM-5 PM

WIC Late Clinic

2nd & 4th Thursday of the month: 5-6 PM

Women's Health, Family Planning & Maternal Health

By appointment only

Upcoming Programs and Events

SERVICE SPOTLIGHT

The Women, Infants, and Children (WIC) Program that provides healthy food, health care referrals, breastfeeding support, and eating tips for those who qualify. Did you know that WIC is open late twice a month to better serve our clients? On the second and fourth Thursday of the month, WIC stays open until 6 PM. Call 828-587-8243 to make an appointment for this service today or learn more by visiting <http://health.jacksonnc.org/wic-eligibility>.

Join us at the Jackson County Farmers Market for the Power of Produce (POP) Club on various Saturdays in July. The POP Club is a fun opportunity for children to engage with farmers, play educational games, and try new fruits and vegetables. Each child will receive a \$5 voucher to spend at the Market after participation. **The POP Club will meet on July 14th, 21st, and 28th at 10 AM.** For more information, call 828-393-5236.

The Cullowhee Community Garden was recently awarded funds to create an outdoor kitchen with a **pizza/bread oven at the Garden!** A grant from the Jackson County Arts Council will sponsor the creation of this outdoor kitchen. We can't wait to try some delicious, locally grown, garden-fresh pizza.

The **Big Latch On** is right around the corner. This event is an opportunity for people to gather together to breastfeed and offer peer support to each other. Join the Jackson County WIC Program on **August 4th from 9**

AM-12 PM at Bridge Park in Sylva.

The event will include breastfeeding support, games, door prizes, giveaways, and more. For more information, call 828-587-8242.

This summer, Jackson County WIC will become a No Stick WIC.

Traditionally, WIC tests the hemoglobin of children over one year old as well as pregnant and postpartum non-breastfeeding women to ensure their iron is at the right level. Testing hemoglobin involves using a lancet to draw blood—something that can be traumatizing to a child (and mom!). With the No Stick WIC Program, WIC staff will use a new machine that relies on a sensor—instead of a lancet—to test hemoglobin through the fingernail for children over age two years old. Less stick, more smiles at WIC!

**Attention WIC shoppers!**
**NC eWIC is coming!**
Simple, Safe, and Convenient
Simple
No more paper! Your NC eWIC card will replace your food instruments.
Safe
Your NC eWIC card will work like a debit card at the checkout.
Convenient
Buy only the foods you need when you shop. See your benefits balance and approved products list on your smartphone.

Learn more
Ask about NC eWIC at your local WIC office.
North Carolina Department of Health and Human Services
Division of Public Health • Nutrition Services Branch
www.ncdhs.gov • www.nutritionnc.com
This institution is an equal opportunity provider.

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Section Recognition

The Jackson County Women, Infants, and Children (WIC) Breastfeeding Program was recently recognized at the NC WIC Quarterly Breastfeeding Meeting. Our Program was honored as follows:

- For increasing breastfeeding initiation in Jackson County by 38.8%
- For increasing breastfeeding duration at 6 weeks in Jackson County by 12%
- For increasing breastfeeding duration in Jackson County at 6 months by 14%

Way to go, WIC Breastfeeding Program! We are proud of your hard work in promoting and supporting breastfeeding among families in our community. For questions about this program, call 828-587-8242.



The mission of the Jackson County Department of Public Health is to enhance, promote, and protect the health of all Jackson County residents with an overall effort to enhance their health status through prevention and education.

