

EASTERN PENNSYLVANIA HEALTH CARE QUALITY UNIT



IT'S YOUR HEALTH SUMMER 2016



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ZIKA VIRUS

WHAT YOU NEED TO KNOW ABOUT ZIKA VIRUS DISEASE

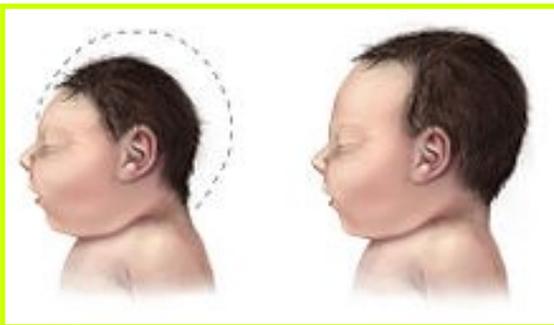
Zika virus disease is a disease caused by the Zika virus, which is spread to people primarily through the bite of an infected *Aedes* species mosquito. First discovered in 1947, the Zika virus is named after the Zika Forest in Uganda. In 1952, the first human cases of Zika were detected and since that time,

outbreaks have been reported in tropical Africa, Southeast Asia, and the Pacific Islands. Before 2007, at least 14 cases had been documented, although other cases likely occurred and were not reported.

The most common symptoms of Zika are fever, rash, joint pain, and conjunctivitis. Due to the similarity of the symptoms of Zika to those of many other diseases, many of the cases may not have been recognized. The illness is usually mild with symptoms lasting for several days to a week after being bitten by an infected mosquito. People usually don't get sick enough to go to the hospital, and very rarely die of Zika. Once a person has been infected, they are likely to be protected from future infections.

ZIKA VIRUS AND PREGNANCY CONCERNS

Developing the Zika virus during pregnancy can cause a serious birth defect called **microcephaly**, as well as other severe fetal brain defects. **Microcephaly** is a medical condition in which the circumference of the head is smaller than normal because the brain has not developed properly or has stopped growing.



ZIKA VIRUS CONCERNS GROW

In May 2015, the Pan American Health Organization (PAHO) issued an alert regarding the first confirmed Zika virus infection in Brazil. On February 1, 2016, the World Health Organization (WHO) declared the declared Zika virus a Public Health Emergency of International Concern (PHEIC). Local transmission has been reported in many other countries and territories, and will likely continue to spread to new areas.

HCQU Trainings

Our Health Care Quality Unit is always available for trainings for groups large and small. In addition to group trainings, we offer web trainings 24 hours a day/7 days per week. If you are interested in scheduling a training, or have any questions about web trainings, please contact Heather Coleman, M.A., Director, Eastern PA Health Care Quality Unit Toll-free at 1-877-315-6855 or hs@theadvocacyalliance.org.

For a list of our current web trainings please go to <http://www.easternpa-hcqu.org/Trainings/trainings.htm>.

PREVENTION

There is no existing vaccines to prevent the Zika virus disease, but you can prevent contracting the Zika virus with the following tips:

- ✓ Prevent Zika by avoiding mosquito bites.
- ✓ Mosquitoes that spread Zika virus bite mostly during the daytime.
- ✓ Mosquitoes that spread Zika virus also spread dengue and chikungunya viruses.
- ✓ Prevent sexual transmission of Zika by using condoms or not having sex.

TAKE STEPS TO CONTROL MOSQUITOES INSIDE AND OUTSIDE YOUR HOME

ELIMINATE STANDING WATER — The No. 1 thing you can do to reduce mosquitoes is to eliminate standing water. Mosquitoes go through four stages in their life cycle: egg, larvae, pupa and adult. All but the last stage occur in water. Without water, mosquitoes can't reproduce.

TRIM BACK VEGETATION — Mosquitoes feast on plant nectar when they aren't prowling for blood, so they spend a lot of time in tall grasses or around shrubs and bushes. You can reduce your mosquito population by trimming vegetation near the home and keeping lawns mowed.

CONSIDER MOSQUITO-REPELLING PLANTS — Several types of plants act as a natural mosquito repellent. Mosquitoes avoid citronella, catnip, lavender, marigolds, basil and peppermint.

REMOVE YARD DEBRIS — Be aware of areas where debris collects in the yard, such as grass clippings and piles of leaves.

TRY PROFESSIONAL MOSQUITO CONTROL — If prevention doesn't produce adequate results, professional mosquito control companies provide barrier spray treatments that kill adult mosquitoes, and larvicides that kill mosquitoes in the larvae stage.

TAKE STEPS TO PREVENT MOSQUITO BITES

- ✓ Wear long-sleeved shirts and long pants.
- ✓ Stay in places with air conditioning, window and door screens to keep mosquitoes outside.
- ✓ Sleep under a mosquito bed net if you are overseas or outside and are not able to protect yourself from mosquito bites.
- ✓ Use Environmental Protection Agency (EPA)-registered insect repellents with one of the following active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus, or para-menthane-diol. Choosing an EPA-registered repellent ensures the EPA has evaluated the product for effectiveness. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breast-feeding women.
- ✓ Always follow the product label instructions, and reapply insect repellent as directed. Do not spray insect repellent on the skin under clothing.
- ✓ If you are also using sunscreen, apply sunscreen before applying insect repellent.
- ✓ Treat clothing and gear with permethrin or purchase permethrin-treated items. Treated clothing remains protective after multiple washings, but check product information to learn how long the protection will last. If treating items yourself, follow the product instructions carefully. Do NOT use permethrin products directly on skin; they are intended to treat clothing only.

Special Considerations When Protecting Your Child From Mosquito Bites

- ✓ Do not use insect repellent on babies younger than 2 months old.
- ✓ Do not use products containing oil of lemon eucalyptus or para-menthane-diol on children younger than 3 years old.
- ✓ Dress your child in clothing that covers arms and legs.
- ✓ Cover crib, stroller, and baby carrier with mosquito netting.
- ✓ Do not apply insect repellent onto a child's hands, eyes, mouth, and cut or irritated skin. Spray insect repellent onto your hands and then apply to a child's face.



PROTECT YOUR FAMILY AND COMMUNITY: HOW ZIKA SPREADS

Most people get Zika from a mosquito bite; however, less common ways people get Zika is by passing the Zika virus to the fetus during pregnancy, or by sexually transmitting the virus to one's partner, or through blood transfusions. When the Zika virus is from a mosquito bite the mosquito originally became infected from a primate; the infected mosquito will often live or hide in a single house during its lifetime; the infected mosquito bites a family member or neighbor and infects them; more mosquitoes get infected from biting people with Zika virus and spread the virus to other people; more members in the community become infected and travel. In the continental United States, there are no reported native mosquitoes with Zika at this time. All reported cases of Zika virus have been transmitted from mosquitoes infected outside of the continental United States.

SYMPTOMS

The symptoms of Zika are similar to those of dengue and chikungunya diseases spread through the same mosquitoes that transmit Zika. Common symptoms of Zika are fever, rash, joint pain, muscle pain, headache, and/or conjunctivitis. Otherwise known as “pink eye”, conjunctivitis is the inflammation or infection of the transparent membrane, or conjunctiva, that lines your eyelid and covers the white part of your eyeball. Some people may not have any symptoms and may be unaware they are infected.

The incubation period (the time from exposure to symptoms) for the Zika virus is not known. You should see your doctor, or other healthcare provider, if you develop any of the symptoms listed above within 2 weeks of traveling to a place where Zika has been reported — and this is especially crucial if you are pregnant. The illness is usually mild with the symptoms lasting for several days to a week, rarely requiring hospitalization. The virus usually remains in the blood of an infected person for about a week or longer, and once infected, a person is likely to be protected from future infections.

DIAGNOSIS & TREATMENT

If you are diagnosed with the Zika virus, you should take precautions to prevent mosquito bites for the first week of your illness. During the first week of infection, the Zika virus can be found in the blood and passed from an infected person to a mosquito through mosquito bites. The infected mosquito can then spread the virus to other people. There is no vaccine to prevent or medicine to treat Zika virus, but there are ways to treat the symptoms.

- ✓ Get plenty of rest.
- ✓ Drink fluids to prevent dehydration.
- ✓ Take medicine such as acetaminophen, such as Tylenol®, to reduce fever and pain.
- ✓ DO NOT take aspirin or other non-steroidal anti-inflammatory drugs (NSAIDs) until dengue can be ruled out to reduce the risk of bleeding.
- ✓ If you are taking medicine for another medical condition, talk to your doctor or other healthcare provider before taking additional medication.

Even if they do not feel sick, travelers returning to the United States from an area with Zika should take steps to prevent mosquito bites for 3 weeks so they do not spread Zika to mosquitoes that could spread the virus to other people.



Check out these websites mentioned in this edition of “It’s Your Health”

<http://www.mayoclinic.org/diseases-conditions/pink-eye/basics/definition/CON-20022732>

<http://www.medicinenet.com/microcephaly/article.htm>

<https://www.angieslist.com/articles/how-keep-mosquitoes-out-your-yard.htm>

http://www.medicinenet.com/heat_stroke/article.htm

[http://www.skincancer.org/skin-cancer-information/melanoma/melanoma-warning-signs-and-](http://www.skincancer.org/skin-cancer-information/melanoma/melanoma-warning-signs-and)

<http://www.skincancer.org/prevention>

<http://www.cdc.gov/zika/index.html>

<https://www.healthypeople.gov/2020/topics-objectives/topic/disability-and-health>

<http://www.who.int/en/>



Surviving Summer

Make sure your day at the beach is just that — a day at the beach and not a trip to the emergency room! A simple tip for summer safety is being prepared, and always travel with a first aid kit, be sure to have it where it's readily available, and be aware of summer dangers such as the following:

HEAT STROKE

Heat stroke is a form of hyperthermia in which the body temperature is elevated dramatically, causing a medical emergency which can be fatal if not promptly and properly treated. The cause of heat stroke is an elevation in body temperature, often accompanied by dehydration.

Symptoms

Symptoms of heat stroke can include confusion, agitation, disorientation, the absence of sweating, and coma. The first sign is often cramping in the legs — cramping and light sweating can give way to heavier sweating, feeling lightheaded and maybe a little nauseous. When you progress to heat stroke, your body stops sweating and can no longer cool itself. Another peril of heat stroke is that as the body gets hotter and hotter, your blood gets thick and sludgy and makes you more likely to have a stroke.

Prevention

Heat stroke is a big problem for many people, but especially older people or anyone in a hot apartment with no air conditioning. Infants, the elderly, athletes, and outdoor workers are the groups at greatest risk for heat stroke. The most important measures to prevent heat strokes are to avoid becoming dehydrated and to avoid vigorous physical activities in hot and humid weather. While water is OK, sports drinks that have electrolytes are far better to rehydrate because they help replace salt and retain fluid. Be sure to limit activities in the hot sun to no more than 15 or 20 minute intervals. Be aware that even in moderate weather, leaving infants, children, or animals in cars poses a risk for heat stroke and the temperature inside a closed car can reach dangerous levels.

Treatment

Always notify emergency services immediately if heat stroke is suspected. Cooling the victim is a critical step in the treatment of heat stroke. Some ways to cool the body include putting ice packs on the groin, armpits and neck where blood flows close to the surface, immersing the body in cool water, a cool shower, or wrapping the person in a cool, wet blanket.

SUMMER SPORTS SAFETY

Children pose a special challenge when playing sports in the summer sun and heat. Keep a close eye on your child, and be aware if they appear to be overheating, complaining about the heat and have started sweating. If overheating gets to an extreme level, they will stop sweating. Take them out of the sun immediately if they complains of lightheadedness! Get them into a cool place and make sure they are hydrated with water or a sports drink.

WATER SAFETY

It's not just heat that makes summer fun problematic — cold can be a big problem for swimmers, and especially young children. When a swimmer has been in the water so long that their lips are blue, they are shivering, and their body temperature has dropped, they could be headed for trouble. Get them out of the water and let their body temperature return to 98.6 degrees before allowing them back in.

To prevent drowning, never leave children unattended around any water, and always be sure the adult supervising them knows how to swim. Most of us probably recall being told that you can drown if you go into the water too soon after eating. The truth is that when you are digesting food, there is less blood flow in your body, and this takes away from strength you have available. If you are swimming in a body of water with an undertow, you may not have the strength you need to fight it. So it is best to wait a half an hour after you eat before getting back into the water.

FOOD SAFETY

What's a summer without a barbecue? With some food safety tips you can make sure that your meal goes off without an emergency trip to the restroom or the ER! Make sure that mayonnaise and salads with mayonnaise stay out

SIGNS OF HEAT STROKE INCLUDE:

- ✓ Red, hot, dry skin
- ✓ Rapid pulse
- ✓ Throbbing headache
- ✓ Confusion
- ✓ Dizziness

of the sun — do not let them sit out more than 15 minutes in hot weather. Grilling up some burgers? Be sure they are cooked thoroughly and not pink on the inside.

WHERE THE WILD THINGS ARE...STINGING AND BITING!

Bees and wasps offer the greatest chance of serious allergic reactions, and thankfully, many people who know they are highly allergic carry an EpiPen with them as a precaution. The EpiPen injects epinephrine to prevent a severe allergic reaction. However, many people do not know they are allergic until they are stung. Signs of a severe, life-threatening reaction include dizziness (due to a drop in blood pressure), an inability to breathe from swelling in the nose and throat, and hives. People who are not allergic or mildly allergic, may only have a local reaction where the sting took place. Be sure to get the stinger out quickly by using a credit card, blunt-edge object, or even your finger, to scrape it out. Put ice on the sting site to reduce swelling and minimize discomfort, and keep the area as clean as possible, and use a topical anesthetic to stave off itch and pain that can accompany a bite or sting.

LYME DISEASE

Lyme disease is caused by the bite of a tick infected with the bacteria that causes the disease. It is most common during the late spring and summer months, and occurs mostly in the northeast and upper mid-west regions of the U.S. To prevent tick bites, wear light-colored clothing so you can spot any ticks quickly, apply an insect repellent containing DEET to your clothes and exposed skin, and apply permethrin (which kills ticks on contact) to clothes. If you do find a tick on your skin, remember it's important to get as much of the tick out as possible. Bring tweezers with you if you are going to be in a tick-infested area to get it out as fast as possible. You may want to keep the tick to show it to your doctor, since certain ticks are more likely to carry the bacteria that causes Lyme disease. Symptoms may appear a few days to weeks after the tick bite, and may include a "bull's-eye" rash, fever, headache, muscle or joint pain, or a flu-like illness.

SUN BURNS

Stay safe in the sun and avoid skin cancer by taking the following precautions:

- ✓ Seek the shade, especially between 10:00 AM and 4:00 PM.
- ✓ Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- ✓ Use a broad spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher, and for extended outdoor activity, use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher. Reapply sunscreen every two hours or immediately after swimming or excessive sweating.
- ✓ Keep newborns out of the sun. Sunscreen should be used on babies over the age of six months.

If sunburn is severe, you may develop swelling and blisters, and may feel like you have the flu with a fever, chills, nausea, headache, and weakness. After a few days, your skin may peel and itch as your body tries to rid itself of sun-damaged cells. Call a doctor if you notice any of these more serious sunburn signs: fever of 102° or higher, chills, severe pain, and/or blisters covering 20% or more of your body. Also beware of dry mouth, thirst, reduced urination, dizziness, and fatigue — all of which are signs of dehydration. Some home remedies for milder cases of sunburn include: applying cold compresses to your skin; taking a cool bath; applying cream or gel containing ingredients such as menthol, camphor, or aloe; taking ibuprofen or naproxen to relieve swelling and pain; drinking plenty of water/fluids to prevent dehydration, and staying out of the sun until your sunburn heals.

SKIN CANCER

Keep an eye out for irregular moles — ones that look funny, change size or become more speckled and spotted — as these are warning signs of a potentially fatal form of skin cancer, melanoma. If you are fair skinned, have been exposure frequently to the sun and have a family history of melanoma, you should examine your skin head-to-toe every month and see a dermatologist annually to have your moles evaluated. When doing skin self-exams, if any moles exhibit "ABCDE", you should see your doctor immediately.

A Asymmetry: In suspicious moles, one half of the mole may not match the other half.

B Border: Suspicious moles may have an irregular border.

C Color: Suspicious moles may have more than one color, such as black, tan, or brown and sometimes red, white, or blue.

D Diameter: A mole should be no larger than six millimeters, which is roughly the size of a pencil eraser.

E Evolving: Common, benign moles look the same over time. If a mole starts to evolve or change, such as any change in size, shape, color, elevation, or any bleeding, itching or crusting — this points to danger.



DISABILITY AND HEALTH

Disability is part of human existence, can occur at any point in life, and have conditions ranging from mild to severe even among those with the same diagnosis. Individuals with disabilities represent 18.7% (about 56.7 million people) of the U.S. population. A diagnosis of impairment, or disabling condition, does not define individuals, their talents and abilities, or their health behaviors and health status. Consistent with the World Health Organization's (WHO) model of social determinants of health, Healthy

People recognizes that what defines individuals with disabilities, their abilities, and their health outcomes more often depends on their community, including social and environmental circumstances.

Envisioning a society in which all people live long, healthy lives, Healthy People provides science-based, 10-year national objectives for improving the health of all Americans. For three decades, Healthy People has established benchmarks and monitored progress over time in order to encourage collaborations across communities and sectors, empower individuals toward making informed health decisions and measure the impact of prevention activities. The mission of Healthy People 2020's Disability and Health Objective is to maximize health, prevent chronic disease, improve social and environmental living conditions, and promote full community participation, choice, health equity, and quality of life among individuals with disabilities of all ages.

To be healthy, all individuals with or without disabilities must have opportunities to take part in meaningful daily activities that add to their growth, development, fulfillment, and community contribution. This principle is central to all objectives outlined in this topic area. Meeting the Disability and Health objectives over the decade will require that all public health programs develop and implement ways to include individuals with disabilities in program activities.

WHY IS DISABILITY AND HEALTH IMPORTANT?

The first objective of Health People's 2020 Disability and Health is called DH-1, and is critical for understanding why disability and health is important. DH-1 calls for including measures of disability in all health data collection systems as well as analyzing and publishing the data in a standard demographic format to help monitor progress toward reducing health disparities and achieving health equity. Until recently, people with disabilities have been overlooked in public health surveys, data analyses, and health reports, making it difficult to raise awareness about their health status and existing disparities. Emerging data indicates that individuals with disabilities, as a group, experience health disparities in routine public health arenas such as health behaviors, clinical preventive services, and chronic conditions. Compared with individuals without disabilities, individuals with disabilities are:



- Less likely to receive recommended preventive health care services, such as routine teeth cleanings and cancer screenings.
- At a high risk for poor health outcomes such as obesity, hypertension, falls-related injuries, and mood disorders such as depression.
- More likely to engage in unhealthy behaviors that put their health at risk, such as cigarette smoking and inadequate physical activity.

UNDERSTANDING DISABILITY AND HEALTH

There are many factors that determine or influence one's health. Healthy People 2020 organizes the social determinants of health around 5 key domains:

1. Economic Stability
2. Education
3. Health and Health Care
4. Neighborhood and Built Environment
5. Social and Community Context

Within each of these domains, compared to individuals without disabilities, individuals with disabilities are more likely to experience challenges finding a job, being included in regular educational classrooms, attending college, receiving preventive health care services, being able to visit homes in the neighborhood, using fitness facilities, using health information technology, and obtaining sufficient social-emotional support.

TO ADDRESS THESE AND OTHER HEALTH DETERMINANTS, THE FOLLOWING WHO PRINCIPLES OF ACTION ARE RECOMMENDED:

1. Improve the conditions of daily life by:

- Encouraging communities to be accessible so all can live in, move through, and interact with their environment;
- Encouraging community living; and
- Removing barriers in the environment using both physical universal design concepts and operational policy shifts.

2. Address the inequitable distribution of resources among individuals with disabilities and those without disabilities by increasing:

- Appropriate health care for individuals with disabilities;
- Education and work opportunities;
- Social participation; and
- Access to needed technologies and assistive supports.

3. Expanding the knowledge base and raising awareness about determinants of health for individuals with disabilities by increasing:

- The inclusion of individuals with disabilities in public health data collection efforts across the lifespan;
- The inclusion of individuals with disabilities in health promotion activities; and
- The expansion of disability and health training opportunities for public health and health care professionals.

3 EMERGING ISSUES IN DISABILITY AND HEALTH

1. The need for better disability health data to inform policy and program development regarding critical issues of health disparities and health equity. A solution is to ensure that standard disability items are included in all public health surveillance instruments and that data is analyzed for individuals with disabilities where disability is in the data source.
2. The need to increase the implementation of evidence-based health and wellness programs that have been demonstrated to be effective among people with disabilities in community settings, including adequate strategies for preparedness and response for individuals with disabilities. Related to this is the need to translate existing evidence-based interventions demonstrated to be effective in clinical settings for people with disabilities to community programs. A solution is to add individuals with disabilities to community-based health promotion efforts where possible.
3. The need to improve environmental designs and public infrastructure. Solutions include:
 - Ensuring the accessibility of technology, health information technology tools and systems, broadly defined, for people with physical, sensory, and cognitive disabilities. This includes electronic health records and personal health records as well as wearable technologies and home monitoring systems.
 - Designing homes and community spaces that are fully accessible to individuals with disabilities.
 - Ensuring that professional degree programs offer coursework in disability and health.

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The logo for The Advocacy Alliance, featuring the organization's name in a stylized, cursive font with wavy lines above the word "Alliance".

Ideas for Our Newsletter?

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