



Clayton County Board of Health Epidemiology Newsletter October - December 2017

INTRODUCTION



HAPPY NEW YEAR!!!

We look forward to making 2018 a healthy year for Clayton County Board of Health staff and residents.

Be reminded to:

- Stay hydrated
- Wear proper clothing
- Increase vegetable consumption
- Exercise! Even while watching TV
- Get your flu shot

QUARTER IN REVIEW

- The department received and worked on (some ongoing) approximately 580 reportable infections in the last quarter of 2017. Approximately 230 were general notifiables and 350 Sexually Transmitted Infections (STIs).
- A total of 11 incidents of animal bites were reported. Prophylaxis was recommended for the victims involved as needed.
- During the winter months, temperatures are extreme and there is an increased risk of house fires resulting from cooking equipment and alternative heating methods.

Remember to check on family members and neighbors at risk from cold weather hazards

To learn about fire safety and keeping warm this season, visit www.usfa.fema.gov.

DID YOU KNOW...

- January is Cervical Health Awareness Month. Nearly 13,000 women in the US are diagnosed with cervical cancer each year. This disease is preventable with vaccination and appropriate screening.
- High blood pressure is a leading risk factor for kidney disease and heart disease. You can manage your blood pressure by eating well, staying active physically, not smoking, and taking prescribed medicines as directed.
- According to a report by the CDC, only 1 in 10 adults meet the federal fruit and vegetable recommendations. Eating a diet rich in fruits and vegetables daily can help reduce the risk of many leading causes of illness and chronic diseases.
- Severe weather and loss of power may lead to using alternative sources of power. This can cause carbon monoxide (CO) to build up inside a home and poison the people and animals inside.
 - CO poisoning is entirely preventable, to learn more about prevention tips, visit: WWW.CDC.GOV/FEATURES/COPOISONING/
 - Carbon monoxide cannot be seen, smelled or heard.
 - Check and test each smoke alarm often. The normal lifespan of a smoke alarm is 10 years with monthly testing.
- Stay safe and healthy by preparing for the hazards of winter.



Have questions? Call the Epidemiology department

678-610-7193 or 678-479-2200.

References: www.sendss.state.ga.us; www.cdc.gov;
www.dph.georgia.gov;
<https://www.hhs.gov>

