

# Public Health Informer



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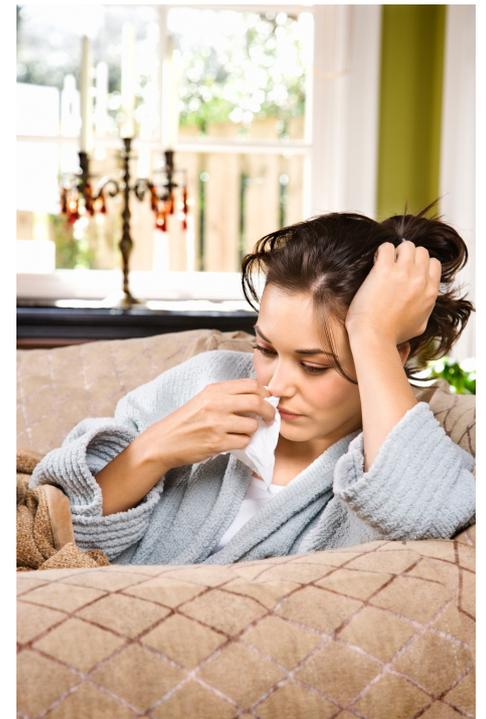


## 2018-2019 Flu Season

October is the start of everything spooky, including Seasonal Influenza! Fort Bend County health officials recommend that people get their flu vaccine by the end of October to reduce the possibility of the flu spreading into our community. This season, the flu vaccine has been updated to better match circulating viruses.

Take 3 actions to fight the flu this season:

1. Take time to get a flu vaccine.
2. Take everyday preventive actions to stop the spread of germs.
3. Take flu antiviral drugs if your doctor prescribes them.



# Preventing Mosquito-Borne Diseases... with technology!

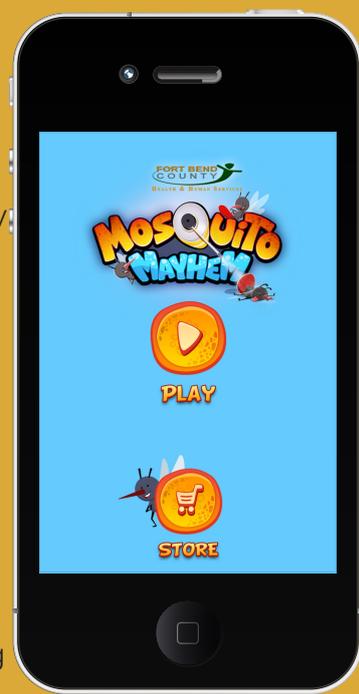


The Public Health Emergency Preparedness Program has developed a mobile app game to enhance public awareness of mosquito breeding conditions and ways they can be eliminated.

**Mosquito Mayhem** provides a fun and exciting way to learn about the routine activities people can do to control the attack of breeding mosquitoes around their home.

The app "gamifies" these activities by using a typical home as the main setting of the game. Around the home, there are multiple problem areas where mosquitoes can breed. These problem areas and preventive actions are executed as mini-games within the app. The gamer has to provide maintenance to the breeding spots in a timely manner to prevent mosquito attacks. The mini-games emphasize the need for people to prioritize mosquito control efforts and the elimination of breeding sites.

The game will be available to the public for free download on Android Google Play Store and Apple App Store.



Coming Soon to a mobile device near YOU!



## Rainy Weather & Mosquitoes



Mosquito activity has been at its highest peak due to rainy and humid weather in our area. Mosquitoes carry many diseases such as Zika, West Nile, and Chikungunya; take the steps to protect yourself and your family. Protect yourself from mosquito bites, exercise the "4D's":

- DUSK/DAWN** are the times of day you should try to stay indoors.
- DRESS** in long sleeves and pants when you are outside. For extra protection, you may want to spray thin clothing with repellent.
- DEET** (N, N-diethyl-m-toluamide) is an ingredient to look for in your insect repellent. Follow label instructions, and always wear repellent when outdoors.
- DRAIN** standing water in your backyard and neighborhood – old tires, flowerpots, and clogged rain gutters. These are mosquito-breeding sites.

### PROTECT YOURSELF FROM MOSQUITO BITES

Local mosquito-borne Zika virus transmission has been reported in the U.S.

Mosquitoes bite day and night.

- Wear long-sleeved shirts and long pants. Use repellent cream on exposed skin. Treat clothing with permethrin spray.
- Use EPA-registered insect repellent with one of the following: DEET, picaridin, IR3535, oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD), or 2-undecanone.
- Keep mosquitoes outside. Use screens on windows and doors. Use air conditioning.
- Cover cribs, strollers and carriers with mosquito netting. Do not use repellent on babies under two months. Do not use OLE or PMD on kids under three years.
- Keep mosquitoes from laying eggs in standing water. Tip and toss containers that hold water.
- Zika can be passed through sex with an infected person. Condoms can reduce the chance of getting Zika from sex.

For more information, visit:  
[www.fbchealth.org/zika](http://www.fbchealth.org/zika)  
[www.cdc.gov/zika](http://www.cdc.gov/zika) • [www.texaszika.org](http://www.texaszika.org)

# In the community!



The Public Health Emergency Preparedness (PHEP) team has had a busy summer getting involved with the community! The PHEP team attended multiple back-to-school fairs to teach children and adults about emergency preparedness. The PHEP team also coordinated various recycling drives throughout the county with the Medical Reserve Corps (MRC) team. County residents were encouraged to discard and recycle any unused tires to reduce disease carrying mosquitoes around their homes.

# Pet Preparedness Tips from KING The Preparedness Dog



There are many natural disasters that can affect our area with little to no notice. As you prepare your family's emergency kit, prepare one for your pets as well!

- Make sure that you have the following for each pet:
- recent photos of your pets in case you get separated
  - 3-7 days' worth of pet food
  - a secured collar with up-to-date ID tags
  - have your pet microchipped
  - photocopies of medical records and any medicine your pet requires
  - toys to keep your pets entertained
  - disposable garbage bags for clean-up



King the Preparedness Dog at the Fort Bend County Employee Fair

Don't wait until it's too late, hurricane season runs through the end of November,



# Fort Bend County Medical Reserve Corps Needs YOU!



**Next MRC Event:**  
**Open House**  
 Jones Creek Ranch  
 November 8, 2018  
 6:00pm-9:00pm

Fort Bend County Medical Reserve Corps (MRC) is always recruiting volunteers!

There are 3 tiers of membership in Fort Bend County MRC:

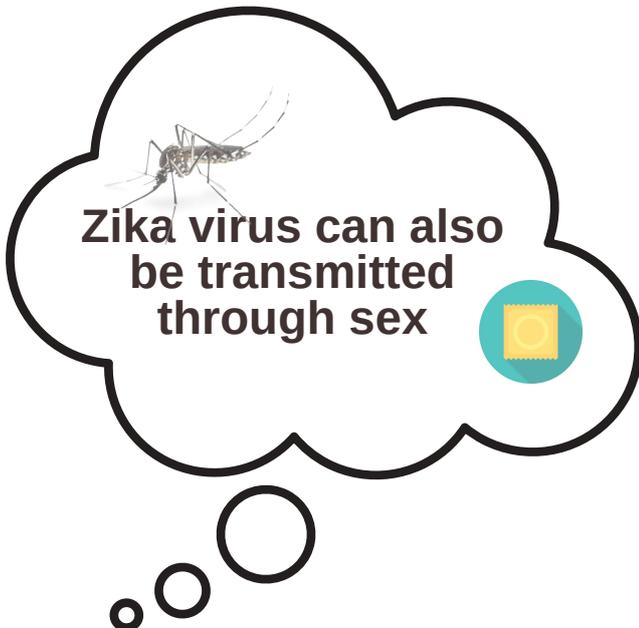
- Tier 1- Licensed Medical Professionals
- Tier 2- People that are not currently licensed but have medical experience (retired nurses, doctors)
- Tier 3: People without medical experience but can assist in handing out forms, directing patient flow, work in a phone bank, etc.

FBCMRC supplements the existing emergency response systems. If you are interested in becoming a local hero by becoming part of the Medical Reserve Corps, please contact: [info@homelandpreparedness.org](mailto:info@homelandpreparedness.org) or call 832-425-8524.

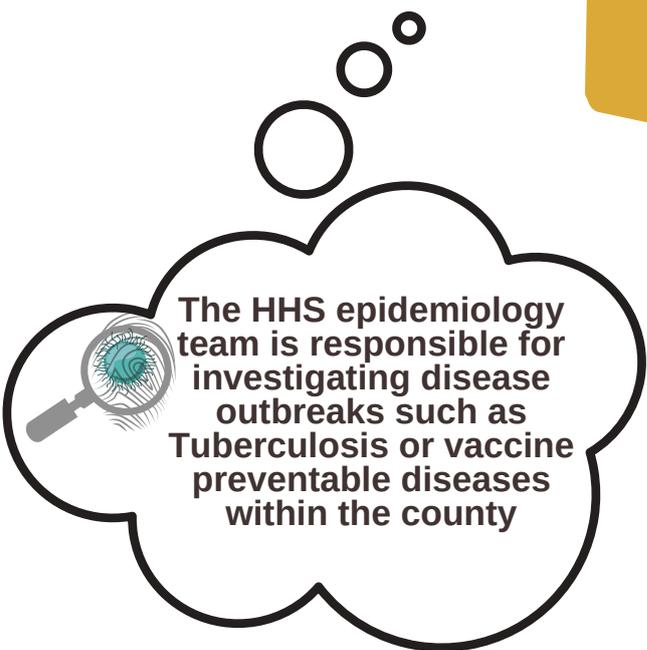
# DID YOU KNOW?!



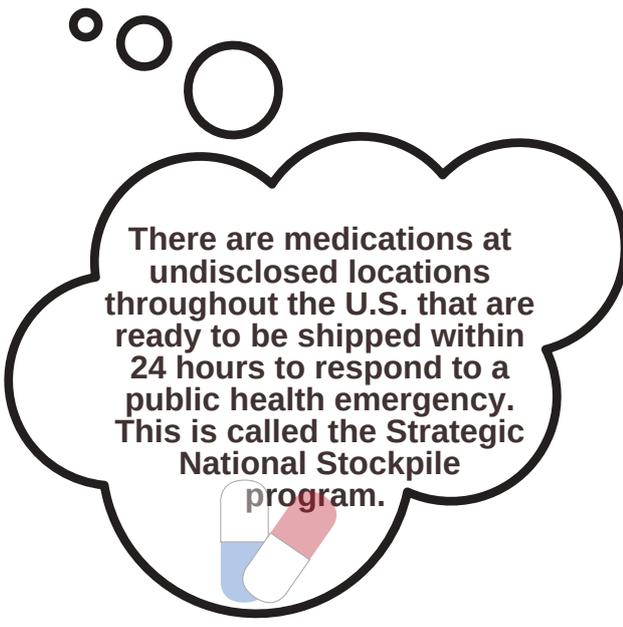
Hurricane season runs through the end of November.. it's never too late to prepare!



Zika virus can also be transmitted through sex



The HHS epidemiology team is responsible for investigating disease outbreaks such as Tuberculosis or vaccine preventable diseases within the county



There are medications at undisclosed locations throughout the U.S. that are ready to be shipped within 24 hours to respond to a public health emergency. This is called the Strategic National Stockpile program.



## Disease Spotlight Salmonella



With the Holiday Season around the corner, the importance of food safety and preparation is key in avoiding food-borne illnesses like Salmonella poisoning.

Salmonella is a bacteria that causes an estimated one million foodborne illnesses in the United States every year. The most common symptoms of individuals who have contracted Salmonella are diarrhea, fever, and abdominal cramps between 12-72 hours after infection.

The illness usually lasts 4 to 7 days and most people recover without treatment. However, individuals may be hospitalized if diarrhea is severe. Children under the age of 5 years and individuals with weakened immune systems are more likely to have severe infections. The CDC estimates that every year approximately 1.2 million illnesses and about 450 deaths occur due to non-typhoidal Salmonella.

There is no vaccine to prevent Salmonella. According to the CDC, the best way to prevent Salmonella infection is to follow these tips:

- Cook poultry, ground beef, and eggs thoroughly. Do not eat or drink foods containing raw eggs or raw (unpasteurized) milk.
- If you are served undercooked meat, poultry or eggs in a restaurant, don't hesitate to send it back to the kitchen for further cooking.
- Wash hands, kitchen work surfaces, and utensils with soap and warm water immediately after they have been in contact with raw meat or poultry.
- Be particularly careful with foods prepared for infants, the elderly, and the immunocompromised.
- Wash hands with soap after handling reptiles, birds, or baby chicks, and after contact with pet feces.
- Avoid direct contact or even indirect contact with reptiles (turtles, iguanas, other lizards, snakes) at the same time as caring for infants or immunocompromised persons.
- Don't work with raw poultry or meat at the same time as caring for an infant (e.g. feed, change, diaper).
- Mother's milk is the safest food for young infants. Breastfeeding helps to prevent Salmonellosis and many other health problems.



# Fort Bend Secure: A Bio-Defense Network



Fort Bend Secure: A Bio-Defense Network, is a proactive initiative to establish **CLOSED Dispensing Sites** with businesses throughout the county.

**CLOSED Dispensing Sites:**

- Are locations that are operated by private businesses, that will provide medications at no cost for their specific population (i.e., employees and their families).
- Minimize the impact of the emergency on businesses by maintaining continuity of operations, and on the community by saving lives.
- Are not open to the public.
- Distribute medications at no cost to recipients.

If your organization chooses to become a **CLOSED Dispensing Site**, you will have a tremendous opportunity to combat the impact of a public health threat or emergency. Together with your local public health agency, you will be able to address an assortment of public health issues in a groundbreaking way.

By becoming a **CLOSED Dispensing Site**, your business will be better protected in the event of a public health emergency. You'll receive and dispense medications and medical supplies directly to your employees and their families. By providing the materials and support they need, your business will help to ensure the general health and well being of not just your employees, but all of those affected by the public health emergency. With your cooperation, you will also be helping your community and your Health Department concentrate their efforts on dispensing medications to the general public.

To learn more about this program and how to become a Closed Dispensing Site partner contact:

Fort Bend County Health & Human Services  
Strategic National Stockpile Coordinator  
Office: 281-238-3514  
[php@fortbendcountytx.gov](mailto:php@fortbendcountytx.gov)

## CDC'S STRATEGIC NATIONAL STOCKPILE: A WISE INVESTMENT IN PROTECTING AMERICA'S HEALTH

When an emergency strikes, critical medicines and supplies must be in the right place at the right time to protect Americans.

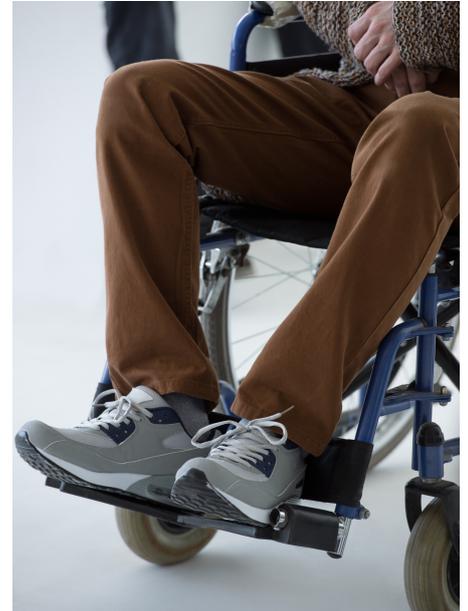


Centers for Disease Control (CDC)  
Strategic National Stockpile  
"Push Pack"

# Enable Fort Bend



www.enablefortbend.com



Storm season is here, it's never too late to get prepared! One way to prepare is by registering with Enable Fort Bend. Enable Fort Bend is a system that allows emergency management personnel to be aware of those with medical and functional needs in Fort Bend County.

### Who should Register?

Anyone at home who needs medical assistance including:

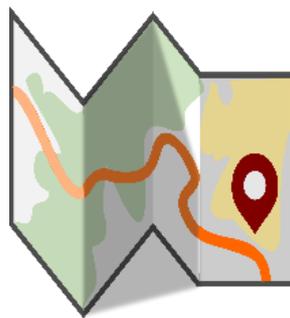
- Persons with a disability
- Persons with hearing and vision impairment
- Persons with hearing and vision impairment
- Persons requiring medical equipment
- Persons who anticipate needing assistance in an emergency

### Why Should I register?

During a disaster or an emergency, people with functional and medical needs may required assistance if they experience power outages, need medications or need medical support.

This survey will help identify individuals who may need assistance during an emergency and assist in planning for such an event.

To register go to [www.enablefortbend.com](http://www.enablefortbend.com) or call 281-238-3514.



## Get Ready

## Make a Plan

## Stay Informed



@FortBendHealth



@FortBendHealth



@FBCHealth



@KingThePreparednessDog

### Contact Us!

Fort Bend County  
 Health & Human Services  
 4520 Reading Rd.  
 Rosenberg, TX 77471  
 Phone: 281-238-3233  
[hhs@fortbendcountytexas.gov](mailto:hhs@fortbendcountytexas.gov)  
[www.fbchealth.org](http://www.fbchealth.org)