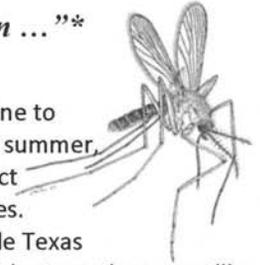


TEXAS MOSQUITOES

*"... two of them could whip a dog ... four of them could hold a man down ..."**



MOSQUITO MANAGEMENT IS A WELL ORGANIZED SYSTEM where federal, state, and local agencies combine to provide a comprehensive approach to control mosquitoes and the diseases they transmit. Every spring and summer, campaigns are launched to persuade citizens to do their share by monitoring places where water may collect and become mosquito breeding places and to survey their homes for possible points of entry by mosquitoes.

Despite those efforts, we know that mosquitoes will still be a fact of life in Texas this summer, and while Texas mosquitoes may not warrant the description of "formidable and lawless" like the mosquitoes in Mark Twain's story, they are still a potentially harmful and extremely aggravating fact of life.

In spite of the inevitability of mosquitoes where we picnic, garden, play, gather, or travel, there are many things that can be done to increase our avoidance of mosquito bites. While insects will bite at any time of day and under the most unexpected circumstances, the Centers for Disease Control and Prevention (CDC)* makes the following recommendations to lower your chances of being bitten:

Be Aware of Peak Mosquito Hours

The hours from dusk to dawn are peak biting times for many species of mosquitoes. Take *extra* care to use repellent and protective clothing during evening and early morning -- or consider avoiding outdoor activities during these times.

Clothing Can Help Reduce Mosquito Bites

When weather permits, wear long-sleeves, long pants, and socks when outdoors. Mosquitoes may bite through thin clothing, so spraying clothes with repellent containing permethrin or another EPA-registered repellent will give extra protection. Don't apply repellents containing permethrin directly to skin. Do not spray repellent on the skin under your clothing.

Use Insect Repellent

Use an EPA-registered insect repellent such as those with DEET, picaridin or oil of lemon eucalyptus on exposed skin when you go outside. Being outdoors for only a short time can be long enough to get a mosquito bite.

While mosquitoes and other animals can transmit diseases to both humans and animals, statistical data shows that the most serious zoonotic diseases are not as prevalent as media exposure may suggest. This may mean that our largest threat is the consequences of swatting ourselves while we (and the pests) enjoy our summer.

*Twain, Mark. "Life on the Mississippi." (A character in the book describes Lake Providence mosquitoes.)

**The Centers for Disease Control and Prevention/ Phone: (970) 221-6400/E-mail: dybid@cdc.gov

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FUNDING OPPORTUNITIES

Alzheimer's Foundation of America

Family Respite Care Grants of \$1,000 each given to dozens of families to help alleviate the cost of respite care when caring for loved ones with Alzheimer's disease or a related dementia. See program website for details: http://www.alzfdn.org/AFAServices/family_grant.html

The Baseball Tomorrow Fund

A joint initiative of Major League Baseball and the MLB Players Association to promote the growth of youth participation in baseball and softball. Funds granted for programs, fields, coaches' training, purchase of uniforms and equipment. See how to apply at website: http://mlb.mlb.com/mlb/official_info/community/btf_grant_process.jsp

Wells Fargo

Three primary areas considered are community development, education, and human services. Priority given to programs or organizations with a chief purpose to benefit low or moderate-income individuals and families. To apply, go to website https://www.wellsfargo.com/about/charitable/tx_guidelines



DIRECTOR'S CORNER

I hope that each of you is looking forward to the Texas summer. We want to take time to thank each of you for your work in making North Texas public health a priority. Your work is making North Texas a healthier place!

How have you been able to make an impact in your community? Many of you have participated in public health coalitions. Through those collaborations, you have provided some high school students an opportunity to attend a *no tobacco* conference, taught the community about methamphetamines and illegal drug use, and helped a jail facility obtain a health care provider, which, in turn, enabled that community to purchase a new police squad car

because of the reduction in emergency room costs brought about because of on site medical care.

These coalitions are currently helping to reduce bacterial pneumonia in their community. They have also planned and implemented a successful wellness fair with over six hundred participants, and have held informational meetings on cancer.

Sustaining a coalition is not easy. It takes time away from your regular responsibilities. It requires dedication and extra work to produce the intervention. However, in the end, you can see the positive change in your community's health. We thank you for your time and dedication to increasing public health in your community.

SUSAN SENN

Director of Community Health Services



If you are interested in participating in a public health coalition in your community, please contact Susan Senn at 817.264-4736 or by email at susan.senn@dshs.state.tx.us.

REGIONAL PROGRAM HIGHLIGHTS ZOOONOSIS CONTROL

THE ZOOONOSIS CONTROL PROGRAM contributes on a daily basis to the Texas Department of State Health Services' overall objective of promoting and protecting the health and well being of the citizens of the State of Texas. The goals of the program are to reduce the incidence of zoonotic diseases and animal bites within Health Service Regions 2 and 3. These goals are met through education of citizens on zoonotic disease and animal control issues, as well as through disease surveillance and epidemiologic investigations.

Some of the activities the Zoonosis control program conducts to achieve these goals include:

- Rabies risk assessments and consultations for persons bitten by animals.
- Dispensing rabies post-exposure biologics (vaccine and immune globulin) to persons with physician's prescription and a valid rabies exposure risk.
- Investigating legally reportable zoonotic diseases in humans and animals.
- Educating medical professionals (human and veterinary), media, government officials, and general public through telephone consultations, quarterly newsletters, educational pamphlets, and speaking engagements.
- Coordinating and delivering training of professional animal control officers.
- Inspection of rabies quarantine facilities.
- Registering animal shelters mandated to undergo annual inspection by a private veterinarian.
- Reviewing animal shelter rabies quarantine facility construction plans.
- Providing consultation on updating local animal control ordinances.
- Conducting emerging disease investigations (i.e. *Hantavirus, Tularemia, West Nile Virus*).
- Participating in special projects (i.e. *Oral rabies Vaccination Program, graduate level and veterinary student unpaid internships; disease outbreak investigations unrelated to Zoonosis Control*).



If you would like additional information, please contact the Zoonosis Control Program at 817-264-4920.

REGIONAL PROGRAM HIGHLIGHTS

FAQs

Q What is Zoonosis?

A Zoonoses are diseases transmitted from animals to people. The Zoonosis Control Program of the Texas Department of State Health Services promotes public health through the prevention and control of these diseases. There are over 150 different recognized zoonoses in the State of Texas alone. A few frequently reported zoonoses are rabies, animal bites, Lyme borreliosis and brucellosis.

Q Exactly what is rabies?

A Rabies is a viral infection of the nervous system and may affect almost any warm blooded animal. This disease is present in many wild animals in the State of Texas, especially bats, skunks, foxes, coyotes and raccoons.

Q How do you get rabies?

A Humans are usually exposed to rabies by direct contact (bites) with rabid wildlife or by contact with dogs or cats that have acquired the infection from rabid wildlife.

Q Is rabies fatal?

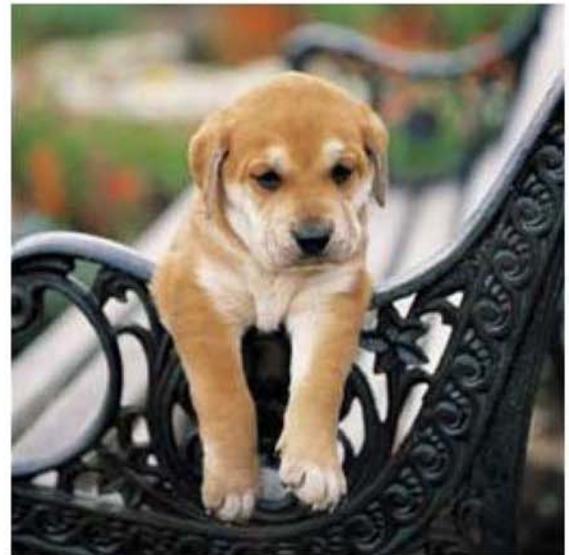
A Rabies is always fatal if untreated; however, vaccination is so effective that only 2 or 3 deaths a year occur in this country.

Q What other diseases do we get from animals?

A Lyme disease is the most frequently reported tick-borne illness in the State of Texas. Other tick-borne diseases include Rocky Mountain spotted fever and ehrlichiosis. Several other zoonoses in Texas include murine typhus, West Nile virus and anthrax. Some bacterial zoonoses attract heavy media attention, such as anthrax, or Escherichia coli (E. coli). Some diseases have been sensationalized but pose no actual threat in this county, such as variant Creutzfeldt-Jakob disease (vCJD), the human disease related to bovine spongiform encephalopathy or "Mad Cow." Food safety standards based on research including epidemiologic data are constantly evolving to address the challenge of disease control, and common sense measures such as cooking food to proper temperatures, and hand washing reduce the probability of many food borne diseases.

Q How can I protect my family, my pets, and my livestock?

A Preventing disease in the first place is the best way to begin. Make sure your pets and livestock have regular veterinarian care, and appropriate living conditions. Be diligent about hand washing before, during, and after preparing food, before eating, after using the bathroom, after changing diapers or helping clean a child who needs help in the bathroom. Also, make sure you wash hands thoroughly after touching an animal or animal waste or after touching garbage. Also, take advantage of the information and recommendations provided by The Texas Department of State Health Services.



Upcoming Events

June 10, 2011

10 am - 1:30 pm

Go Red For Women Luncheon
The Hilton Anatole Grand Ballroom
Dallas, Texas

<https://ahadallas.ejoinme.org/MyEvents/20102011DallasGoRedLuncheon/EventAttendancetabid/237119/Default.aspx>

July 30, 2011

Texas Autism

Research Conference

University of Texas (Austin, Texas)

<http://www.texaspha.org/Default.aspx?pagelid=425478&eventId=332634&EventViewMode=EventDetails>

August 9-11, 2011

**National Conference on Health
Communication, Marketing,
and Media**

Centers for Disease Control and
Prevention

Atlanta, Georgia

<http://www.cdc.gov/NCHCMM/#>



'ROUND THE REGION

PUBLIC HEALTH REGION 2/3 COVERS 49 COUNTIES, 38 of which do not have local health departments. Geographically, it covers an area larger than 17 states and has a population greater than 33 states.

The region employs a multi-disciplinary team of public health professionals that serve the public health needs of the 38 counties without health departments and acts as a primary resource for local health agencies.

Additional information about Health Service Region 2/3 may be found at

<http://www.dshs.state.tx.us/region2-3/default.shtm>,

or by contacting us using any of the methods shown on the last page (back cover) of this newsletter.

STEPHENS COUNTY FORMS PUBLIC HEALTH COALITION

STEPHENS COUNTY STAKEHOLDERS representing business, education, health care, local government, mental health, transportation, and public health, met with Texas Department of State Health Services staff members Marsha Waters and Susan Senn at Texas State Technical College (TSTC) in Breckenridge on May 3 to review information from the recent Behavioral Risk Factor Surveillance System (BRFSS). This research was the result of interviews from 491 Stephens County citizens. Data was collected on lifestyle risk factors that contribute to death and chronic disease.

The stakeholders discussed and prioritized public health concerns, deciding upon the following health issues for immediate concentration:

- Diabetes/Nutrition/Obesity
- Education
- Substance Abuse
- Water/Kidney Dialysis

The participants were enthusiastic about the immediate establishment of a public health coalition in Stephens County. The first meeting of the new coalition will be held Wednesday, June 1, at TSTC, where participants will formalize the organization by creating a name, electing officers, and considering bylaws. The coalition will then give immediate attention to the development of a strategic plan to tackle the issues that were named as top priority during the forum.

WILBARGER COUNTY COALITION RECOGNIZED

The Texas Rural Health Association (TRHA), a nonprofit organization whose primary goal is to improve the health of rural Texans, honored the Wilbarger County Public Health Coalition with its "Outstanding Program Award" for 2010. This award is given to those who develop and implement rural health projects that make a significant difference in improving the health of residents in rural areas.

The Wilbarger County Coalition, a group of Wilbarger county stakeholders, organized after a 2009 health forum that delivered data resulting from a Behavioral Risk Factor Surveillance System (BRFSS). Within a year, the members facilitated education on diabetes self-management, worked with county schools on tobacco use issues, and improved access to healthcare by working with the hospital to form after-hour clinics.



REMINDER: THE SUN IS UP THERE 365 DAYS A YEAR!

Everyday exposure counts – even when we're not in direct sunlight. To keep skin healthy, we should practice the following sun-protection basics in all seasons.

MAINTAINING HEALTHY SKIN

Use a sunscreen of SPF 15 or higher whenever you spend time outdoors. This applies to all outdoor activities: athletics, shopping, picnicking, walking or jogging, gardening, even waiting for a bus. Use a broad spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant **broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.**

Apply liberally and evenly to all exposed skin. The average adult in a bathing suit should use approximately one ounce of sunscreen per application. ***Not using enough will effectively reduce the product's SPF and the protection you get!*** Be sure to cover often-missed spots: lips, ears, around eyes, neck, scalp if hair is thinning, hands, and feet.

Reapply at least every 2 hours, more often if some of the product may have been removed while swimming, sweating, or towel-drying.

Choose a product that suits your skin and your activity. Sunscreens are available in lotion, gel, spray, cream, and stick forms. Some are labeled as water resistant, sweat proof, or especially for sports; as fragrance-free, hypoallergenic, or especially for sensitive skin or children.

Cover up. Wear long-sleeved shirts and long pants. Tightly woven fabrics and dark colors, such as deep blue and black, or bright colors, such as orange and red, offer more protection. ***If you can see light through a fabric, UV rays can get through too!*** Water makes fabrics more translucent, so do not rely on a wet T-shirt. A broad-brimmed hat goes a long way toward preventing skin cancer in often-exposed areas like the neck, ears, scalp, and face. Opt for a 3-4 inch brim that extends all around the hat. Baseball caps and visors shade the face but leave neck, lower face, and ears exposed. UV-blocking sunglasses with wraparound or large frames protect your eyelids and the sensitive skin around your eyes, common sites for skin cancer and sun-induced aging. Sunglasses also help reduce the risk of cataracts later in life.

Seek the shade. Be aware, however, that sunlight bouncing off reflective surfaces can reach you even beneath an umbrella or a tree.

Never seek a tan. There is no such thing as a healthy tan. A tan is the skin's response to the sun's damaging rays. ***Stay away from tanning parlors and artificial tanning devices!*** The UV radiation emitted by indoor tanning lamps is many times more intense than natural sunlight. Dangers include burns, premature aging of the skin, and the increased risk of skin cancer.

Protect children and teach them sun safety at an early age. Healthy habits are best learned young. Because skin damage occurs with each unprotected exposure and accumulates over the course of a lifetime, sun safety for children should be a priority!

"The Skin Cancer Foundation - Year-Round Sun Protection|guidelines." The Skin Cancer Foundation. N.p., n.d. Web. 14 Apr. 2011. <<http://www.skincancer.org/year-round-sun-protection.html>>.



POSTAGE
AREA

PUBLIC HEALTH IMPROVEMENT

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PUBLIC HEALTH OBSERVANCES

Information on events, sponsors, and additional details is available at the American Public Health Association website:
<http://www.apha.org/about/calendar/pubhealthcalendar>

JUNE 2011

6/6: National Cancer Survivors Day

6/13 — 6/19: Men's Health Week

6/19: World Sickle Cell Day

6/27: National HIV Testing Day

JULY 2011

Cord Blood Awareness Month

International Group B Strep Awareness Month

Juvenile Arthritis Awareness Month

National Cleft & Craniofacial Awareness & Prevention Month

UV Safety Month

AUGUST 2011

Children's Eye Health and Safety Month

National Immunization Awareness Month

8/1 — 8/7 World Breastfeeding Week