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Allegan County Public Health Update

June 7, 2023

Allegan County Health Department (ACHD) provides bi-monthly health updates to the community. If you no longer want to receive these updates, please [unsubscribe](#) at the bottom of this email.

Tell us how we're doing. Fill out our [Customer Satisfaction Survey](#).



COUNTY PUBLIC HEALTH UPDATES

ACHD at Bridgefest - June 10!

Find us at Bridgefest near our Outreach services bus in downtown Allegan this **Saturday, June 10**, in downtown Allegan from **11 am to 6 pm!** We will provide information and freebies around mosquito and tick prevention and our many other ACHD services!

ACHD at *Bridgefest!*



Find us at our outreach services bus!
 Downtown Allegan
Saturday, June 10
11 am to 6 pm

We will be offering information on ACHD services, free tick and mosquito prevention SWAG, and more!



HEALTH Department

Recycling Event: June 10

Resource Recovery Participants: Our upcoming Household Hazardous Waste Event on **Saturday, June 10**, at the Allegan County Health Department **from 9 am to 12 pm!**

View the flyer below for more information, including what you can and can't bring to the event.

RESOURCE RECOVERY RECYCLING EVENT

JUNE 10, 2023 **9 AM TO 12 PM**

BRING YOUR HOUSEHOLD HAZARDOUS WASTE & E-WASTE
 NO BUSINESSES

3255 122nd Avenue, Allegan



Open to residents from Heath Township, Manlius Township, Overisel Township, Monterey Township, Allegan Township, and all other Resource Recovery Participants.

This event is hosted by Allegan County Resource Recovery



For more information, contact dfritsch@allegancounty.org or (269) 673-5415

Bring your 2023 Resource Recovery Card or Driver's License to show residence in a participating community



WHAT YOU CAN BRING:

- Household electronics**
 - Radio, CD players
 - Answering Machines
 - Calculators
 - Copiers/Scanners/Fax/Printers
 - DVD Players, VCR's, Gaming Units
 - iPODS/MP3 Players
 - Telephones/Cell Phones
 - Televisions (2 per vehicle)
 - Various Media (disks, CD's, memory)
 - Microwaves
- Computer & Accessories**
 - APC Battery Back-ups
 - Circuit Boards
 - Docking Stations
 - Power Cords/Cables
 - Keyboards & Mice
 - Laptops, MAC's, PC's
 - Modems
 - Monitors
 - Speakers/Towers
 - Internal/External disk drives
 - Servers, server racks
- Hazardous Household Waste**
 - oil-based paint
 - wood stain
 - cleaning products
 - paint thinner
 - adhesives
 - glues
 - weed killer
 - fertilizer
 - pest poisons
 - pool chemicals
 - antifreeze
 - deck sealer
 - auto fluids
 - fluorescent light bulbs & CFL's
 - mercury thermometers
 - batteries (not auto)
 - aerosol cans

WHAT WE ASK YOU TO LEAVE AT HOME:

- Absolutely NO Latex Paint!
- Appliances/Freon
- Tires
- Co-mingled/single stream recycling
- Trash
- Furniture
- Construction materials or yard waste
- Vacuums
- No barrels or drums
- VHS/Cassettes
- Hair dryer
- Curling irons
- Toasters/Ovens
- Coffee makers
- Hot plates
- Kitchen devices
- Blenders
- Can openers



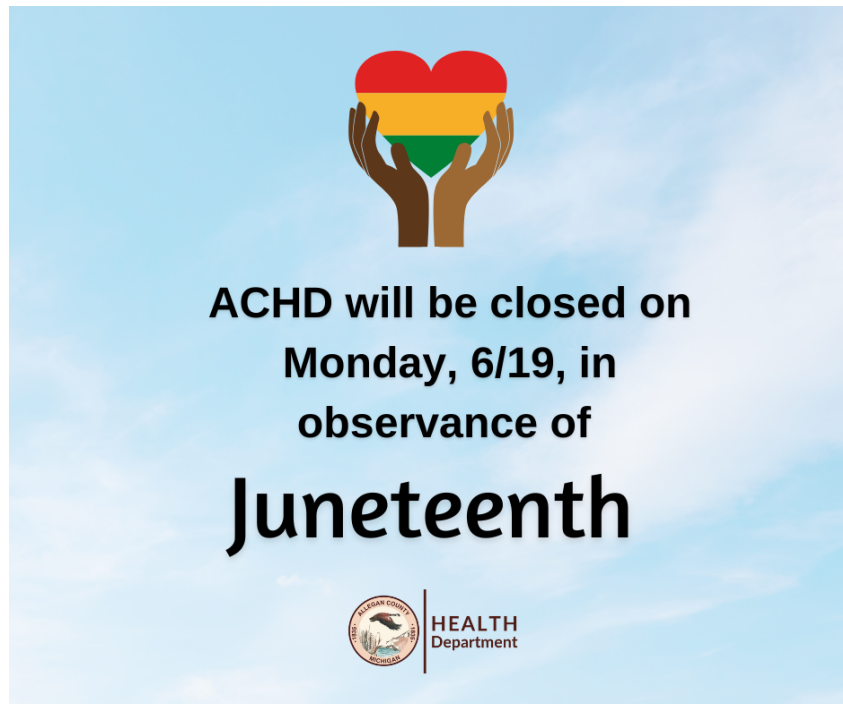
NOTE: These items will not be accepted

Click on images above to expand

Juneteenth - Allegan County Offices Closed

On Monday, **6/19**, the ACHD office will be closed in observance of Juneteenth. Regular business hours will resume on **Tuesday, 6/20, at 8 am.**

Juneteenth is a federal holiday in the United States commemorating the emancipation of enslaved African Americans. Learn more about the [history of Juneteenth](#).



Community Funding Opportunities through USDA Rural Dev. 💰

The United States Department of Agriculture (USDA) [offers several grants and loans](#) for improvements to homeowners, businesses, and local government units in rural communities.

A few programs include:

- [Help for Communities and Municipalities](#): This program funds projects that improve infrastructure, support public health and safety, or promote economic development.
- [Assistance for Rural Healthcare](#): This program provides financial assistance to improve rural healthcare facilities, equipment, and services.
- [Help for Nonprofit Organizations](#): This program provides grants and loans for nonprofit organizations to help build or repair housing, for community facilities and services, and to promote economic development.

- [Community Facilities Direct Loan and Grant](#): This program provides affordable funding to develop essential community facilities in rural areas.

[Check a home, town, or service location to verify eligibility for Rural Programs](#). For additional information, call [1 \(800\) 670-6553](tel:1-800-670-6553) or visit www.rd.usda.gov.

OTHER PUBLIC HEALTH NEWS



Summer is almost here! With temperatures warming and people spending more time outdoors, it's important to know how to protect yourself from pesky mosquitos!

Mosquitos can carry diseases such as [Eastern Equine Encephalitis](#) (EEE) and [West Nile Virus](#) (WNV), making you or your loved ones sick. Prevention is the best way to protect yourself and your family.

Prevent mosquito bites by:

- Using insect repellents. For children, apply products with less than 30 percent DEET.
- Wearing long-sleeved shirts and long-legged pants and spraying clothes with [permethrin](#)-containing repellent.
- Emptying standing water from around your home regularly. Standing water can be found in flowerpots, gutters, buckets, pool covers, pet water dishes, discarded tires, and birdbaths.
- Installing or repairing screens on windows and doors to keep mosquitoes outside. Use air conditioning if possible.



 **HEALTH**
Department

PREVENT MOSQUITO BITES

Use Insect Repellent

Use EPA-registered insect repellents with one of the active ingredients below:

- DEET
- Picaridin
- IR3535
- Oil of lemon eucalyptus (OLE)
- or para menthane-diol (PMD)
- 2-undecanone

When used as directed, EPA-registered insect repellents are safe and effective, even for pregnant and breastfeeding women.

Tips for Babies & Children

- Always follow instructions when applying insect repellent to children.
- Do not use insect repellent on babies younger than 2 months old.
- Do not apply insect repellent onto a child's hands, eyes, mouth, and cut or irritated skin.
 - Adults: Spray insect repellent onto your hands and then apply to a child's face.
- Do not use products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) on children under 3 years old.

Adapted from Michigan Department of Health & Human Services (MDHHS)

Click on the image above to expand

Beat the Heat this Summer

As temperatures increase, ensure you and your loved ones are prepared for extreme summer heat. Excessive heat can lead to heat-related illnesses. [Heat-related illnesses](#), like heat exhaustion or heat stroke, happen when the body cannot cool itself properly.

Everyone should take steps to prevent heat-related illness and death during hot weather by staying cool, hydrated, and informed:

- **Stay Cool**
 - Wear appropriate clothing (lightweight, loose-fitting).
 - Stay in an air-conditioned place as much as possible. If your home does not have air conditioning, go to the shopping mall or public library, or other public facilities.
 - Limit your outdoor activity to when it's coolest, like morning and evening hours.
 - Cut down on exercise during the heat.
 - Wear [sunscreen](#).

- Do not leave children or pets in cars.
- Avoid hot and heavy meals.
- **Stay Hydrated**
 - Drink more fluids, regardless of how active you are. Don't wait until you're thirsty to drink.
 - Stay away from very sugary or alcoholic drinks.
 - Replace salt and minerals with a sports drink when sweating heavily.
 - Keep your pets hydrated.
- **Stay Informed**
 - Check your local news for extreme heat alerts and safety tips, and learn about any cooling shelters in your area.
 - Learn the signs and [symptoms of heat-related illnesses](#) and how to treat them.
 - Check on those at High Risk for heat-related illness:
 - Infants and young children
 - People 65 years of age or older
 - People who are overweight
 - People who overexert during work or exercise
 - People who are physically ill, especially with heart disease or high blood pressure, or take certain medications, such as depression, insomnia, or poor circulation.

Learn more by visiting the [CDC Heat-related Illness webpage](#).



Click on the images above to expand

Men's Health Week: June 12-18

[Men's Health Week](#) is celebrated each year as the week leading up to and including Father's Day! Take care of your health during Men's Health Week and always by following some of these helpful tips:

- Encourage the men in your life to join you in a dry week, or a week free of tobacco and alcohol, in recognition of Men's Health Week.
- Get a regular yearly check-up at the doctor.
- Know the recommended [cancer screening schedule](#) and get screened if recommended.
- Maintain a well-balanced diet.
- Get more exercise throughout your week.
- Remove the stigma around mental health - Mental health is as important as physical health and should not be ignored. Break the taboo by having open conversations about mental health with the men in your life.

Learn how you can promote Better Health Through Better Understanding at:

minorityhealth.hhs.gov/mens-health



World Elder Abuse Awareness Day, June 15

Every year an estimated 1 in 10 older Americans are victims of [elder abuse, neglect, or exploitation](#). And that's only part of the picture: Experts believe that elder abuse is significantly under-reported, partly because so many of our communities lack the social support to make it easier for those who experience abuse to report it. Research suggests that as few as 1 in 14 cases of elder abuse come to the attention of authorities. Check out the resources below to learn

how to make a difference.

Resources:

- [National Center on Elder Abuse](#)
- [World Elder Abuse Awareness Day Infographic and Bingo Game](#)
- [Protect Our Community from Scams](#)
- [National Center on Elder Abuse, 1 \(800\) 855-3537](#)
- [Training Resources on Elder Abuse](#)
- Eldercare Locator: [1 \(800\) 677-1116](#) for information, support, and referrals
- [MDHHS Adult Protective Services, 1 \(855\) 444-3911](#)
- [Mandated Reporters](#)

SPOTTING THE SIGNS OF ELDER ABUSE

Abuse can happen to any older person, by a loved one, a hired caregiver, or a stranger. Abuse can happen at home, at a relative's home, or in an eldercare facility.

There are many types of abuse:

- physical
- emotional
- neglect
- sexual
- financial
- abandonment

Watch for these signs of abuse:

- Seems **depressed, confused, or withdrawn**
- Isolated** from friends and family
- Has **unexplained bruises, burns, or scars**
- Appears **dirty, underfed, dehydrated, over- or undermedicated**, or not receiving needed care for medical problems
- Has **bed sores** or other preventable conditions
- Recent **changes in banking or spending patterns**

Talk with the older adult and then contact the local Adult Protective Services, Long-Term Care Ombudsman, or the police.

Visit <https://www.nia.nih.gov/health/topics/elder-abuse> to learn more about elder abuse and how to get help.

NIH National Institute on Aging

Click on the images above to expand

Summer Travel Plans Abroad?  

It's summer, which for many means time for travel and vacations. If you plan to go somewhere outside of the U.S., [visit CDC's Travelers' Health website](#) for essential travel information on your destination. The Travelers' Health website posts travel health notices and outbreak updates, provides information on vaccines or medicines you may need, includes resources for healthcare professionals, and contains information for specific groups like families with children and older adults.

STATE PUBLIC HEALTH UPDATES

Great Lakes and Freshwater Week

It's Great Lakes and Fresh Water Week ([GLFWW](#))! This week brings awareness of the Great Lakes and Michigan's inland lakes, rivers, streams, groundwater, and water education and protection resources. From June 3-11, let's focus on ways to explore and enjoy our Michigan waters responsibly, learn about freshwater systems and how our actions affect them, and prep for careers in Michigan's water-centered blue economy.

A Few Ways to Celebrate Michigan Waters & "Make a Splash":

- Check out [EGLE](#), Michigan Department of Natural Resources ([DNR](#)), and Southeast Michigan Council of Governments ([SEMCOG](#)) social media pages for GLFWW news, information, and suggestions, using hashtags #MIGreatLakesWeek and #MakeMISplash.
- Test your Great Lakes knowledge with daily trivia questions June 5-9 on the DNR's [Mi Nature Facebook page](#) and at [EGLE's Twitter feed](#).
- Visit [EGLE's Facebook page](#) to make a case for your favorite Michigan waterway and maybe share a photo.
- [Fish for free Saturday and Sunday, June 10-11](#). On these two days, the DNR will waive the need for a fishing license, off-road vehicle license, trail permit, and the Recreation Passport requirement for admission to Michigan state parks and boating access sites.
- Enjoy the outdoors in and around Michigan waterways safely and sustainably by following [tips for responsible recreation](#).

To view more information and resources/webinars during #GLFWW, visit the [EGLE GLFWW webpage](#).

Dry Weather Fire Prevention



Warm, sunny days across most of Michigan have sparked people's interest in outdoor fun, but warmer weather also stokes wildfire danger. Make fire safety a priority when working in the yard, riding all-terrain vehicles, or building an evening bonfire.

Nine out of 10 wildland fires are caused by people, and yard waste burning is the top cause of wildfires in Michigan.

Here are tips to keep your outdoor activities fire-safe:

- Keep a hose or other water source nearby when burning.
- Prevent sparks. Keep trailer chains from dragging when you're on the road; don't park hot equipment on dry grass.
- Contain your campfire or bonfire in a pit or ring, and put it out thoroughly before leaving for the night. Douse the fire with water, stir the ashes, and douse again.
- Never leave any fire — including hot coals — unattended.
- Never shoot fireworks into the woods, dry grass, or shrubs.
- It's illegal to burn plastic, hazardous materials, foam, or other household trash. This can release dangerous chemicals into the air.
- Use a burn barrel with a screen to burn paper, leaves, and natural materials.

Fire safety information, including a daily fire danger rating [mapdaily fire danger rating](#), is available at Michigan.gov/FireManagement.

▶▶ Double Red Flag? Don't Go in the Water! 🌊

To help boost awareness of changing conditions at Great Lakes beaches and save lives, [double red warning flags](#) are now in place at state-designated swim beaches along the [Great Lakes in Michigan](#) state parks.



If you see double red flags, you are not allowed to enter the water from the beach. Unless otherwise directed, visitors can still enjoy spending time on the beach when double red flags are up. Such closures/limits can also be identified by park signage and/or by verbal communication from DNR parks or law enforcement staff.

Specifically, [DNR Land Use Order 5.1.6](#) makes it illegal to enter the water from a state-designated swim beach when there is a risk to human health and safety. Risks can include severe weather events identified by the National Weather Service, hazardous waves, and/or dangerous water conditions, active rescue or recovery efforts, and environmental hazards.

The Great Lakes flag warning system is in place at state-designated swim beaches to advise visitors of current water conditions and any applicable environmental warnings. The updated system now includes the following:

- **Double red flag** = water access closed**. Do not enter the water; dangerous conditions.
- **Red flag** = high hazard. High surf and/or strong currents. It's recommended that you stay on the beach.
- **Yellow flag** = medium hazard. Moderate surf and/or currents. Watch for dangerous currents and high waves.
- **Green flag** = low hazard. Calm conditions. Enter the water, but exercise caution.

Feeling Hot? Chances Are Your Animals Are Too!

As temperatures rise in Michigan, MDARD reminds owners of some of the best ways to keep animals cool and safe. [View the full press release here.](#)

Keep animals safe from the heat by following these tips:

- **Let it Flow: Provide unlimited cool, clean, fresh water**

- **Know Their Limits:** An animal's ability to tolerate heat varies
- **Happy Paws:** Test surfaces to make sure they won't burn paws
- **Get in Gear:** Parked vehicles are not places to park pets
- **A Place to Chill:** Make sure animals have a place to cool down



An Outbreak of Suspected Fungal Meningitis from Mexico

If you had epidural anesthesia in Matamoros, Mexico, at River Side Surgical Center or Clinica K-3 from January 1 to May 13, 2023, you may have been exposed and potentially at risk for [fungal meningitis](#). Contact your doctor, or visit the nearest health center, urgent care, or emergency room as soon as possible to be evaluated. [Learn more](#) from the CDC.

COVID-19 RESOURCES

As of May 11, 2023, CDC no longer reports aggregate cases and deaths, COVID-19 Community

Levels, COVID-19 Community Transmission Levels, or COVID-19 Electronic Laboratory Reporting (CELR) data. Moving forward, COVID-19 hospital admission levels and wastewater surveillance will help you and your communities decide what prevention steps to take.

Allegan County COVID-19 Hospital Admission Level: Low

Allegan County Health Department recommends everyone to:

- Stay up to date on COVID-19 Vaccines**
- Get tested if you have symptoms**

People may choose to mask at any time. People with symptoms, a positive test, or exposure to someone with COVID-19 should wear a mask.

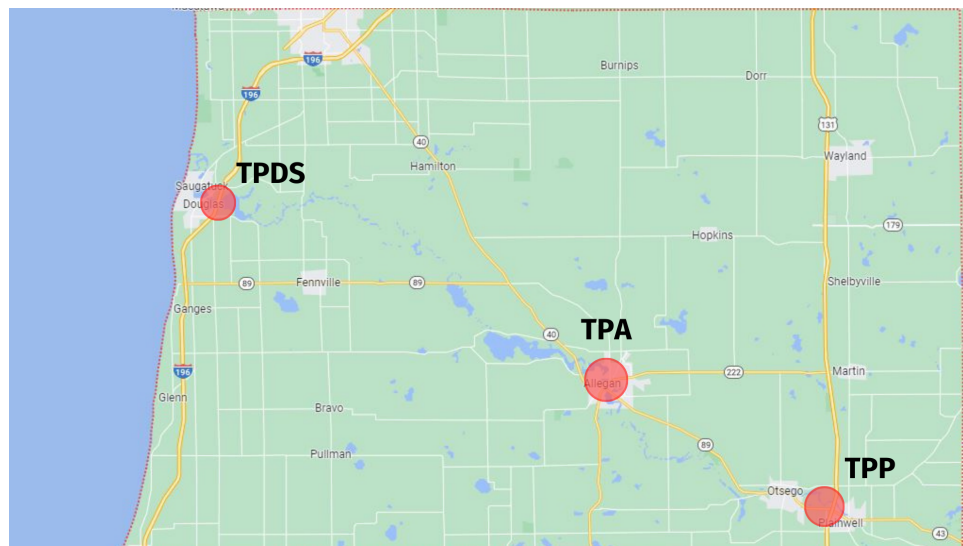
Learn more about CDC's COVID-19 Hospital Admission Levels [here](#).

HEALTH Department

Allegan County remains at a low hospital admission level, but it is important to [make a COVID-19 plan](#) for yourself and your loved ones if you test positive.

- Stay up-to-date on COVID-19 vaccinations and get boosted when eligible ([vaccines.gov](https://www.vaccines.gov))
- Get tested if you develop symptoms (View our [Testing Page](#) for more information on locations and at-home test pick-up or visit michigan.gov/covidtest)
- If you test positive for COVID-19, talk to your doctor about whether you should get antibody or antiviral treatment and where you can find treatment. ([Michigan COVID-19 Therapeutics](#)).
- View our [Mask Page](#) for more information on where you can pick up free masks in Allegan County for yourself and your loved ones.
- COVID-19 Hospital Admission Levels can be low, medium, or high. Find out more about COVID-19 hospital admission levels [here](#).

Wastewater Monitoring Update



The SARS-CoV-2 virus, which causes COVID-19, is currently being monitored in wastewater around the state as an additional effort to identify the presence of the virus in a community and prevent the further spread of COVID-19. If increases in the virus levels are found in wastewater, it can provide an early indicator that COVID-19 cases may be on the rise. This virus can be detected in wastewater before potentially related increases in reported clinical cases.

Allegan Sewershed Sites	Trend Dates	Current Trend Patterns
TPA	5/29/23 →	Stable
TPP	5/24/23 →	Stable
TPDS	5/30/23 →	Stable

The ACHD uses this information and clinical case data to make decisions about the ongoing pandemic. ACHD will provide updates on trends in wastewater monitoring from the three Allegan County wastewater sites, included in the chart above, which have:

- Allegan Water Resource Recovery Facility (TPA)
- Plainwell Water Treatment Plant (TPP)
- Douglas/Saugatuck WWTP – Kalamazoo Lake Sewer and Water Authority Wastewater Treatment Plant (TPDS)

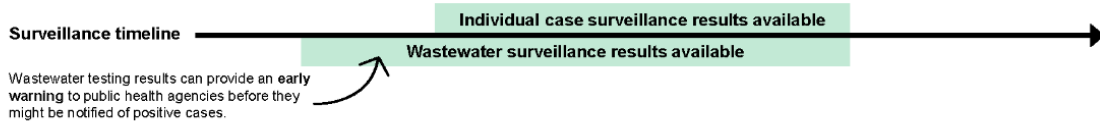
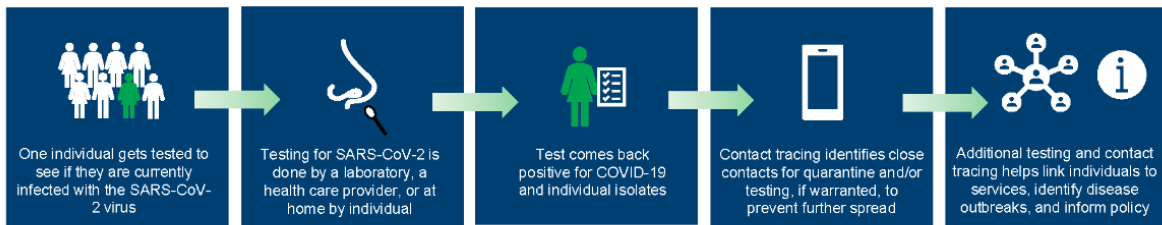
Hope College has collaborated with ACHD to produce a dashboard that displays the most recent wastewater readings and case counts. With this dashboard, ACHD has been able to forecast a rise in cases, which has improved with mitigation responses. Over the last 9 days, 5/22/2023-5/30/2023, all three sites, TPA, TPP, and TPDS, have shown a trend of staying stable. No large influxes or variations among the signal ratios.

[Read more](#) about using wastewater surveillance data to monitor case patterns at individual and population levels related to the SARS-CoV-2 infection.

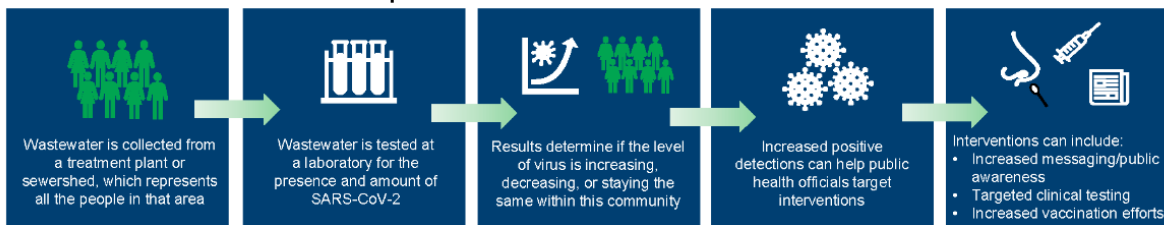
For more information on wastewater monitoring in Michigan, visit the [Wastewater Surveillance for COVID-19 website](#).

How does wastewater monitoring fit in with overall COVID-19 surveillance?

Individual Case Surveillance



Population-Level Wastewater Surveillance



 Michigan Department of Health and Human Services

Developed by the Michigan Department of Health and Human Services. Contact MDHHS-SEWERNetwork@michigan.gov for more information.

Published: Sept. 2021

Click on the image above to expand.

Find COVID-19 Testing:

[MDHHS COVID Testing](#)

Find COVID-19 Vaccine Clinics:

vaccines.gov

[COVID.gov](https://www.covid.gov)

[Test to Treat Locations](#)

Where to Find COVID-19 Data for Your Area

The following websites are available for individuals to look at COVID-19 case data and vaccination data for Michigan and Allegan County:

- [Michigan COVID-19 Data](#)

- [Michigan COVID-19 Vaccine Data](#)
- [MI SAFE START Map](#)
- [CDC COVID-19 Data: Allegan County](#)
- [COVID-19 Community Levels by County](#)

Questions or concerns? Fill out our [inquiry form](#)



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