

Wellness Buddy

Special points of interest:

- There have been no confirmed cases of measles among Florida residents
- If you think you have been exposed to measles contact your health care provider or the Florida Department of Health Jackson County for guidance right away.

Measles — A Vaccine Preventable Disease

Measles is a highly contagious disease, transmitted by respiratory aerosols when an infected person coughs or sneezes. The virus can live for up to two hours on surfaces or in an airspace where the infected person coughed or sneezed. The incubation period ranges from 7-21 (average 10-12) days and an individual can pass the virus to others before feeling ill. Signs and symptoms of measles include: blotchy rash, fever, cough, runny nose, red watery eyes, feeling

run down, achy, and tiny white spots with bluish-white centers found inside the mouth (Koplik's spots).

The most effective form of protection from this virus is through vaccination. Children should be immunized against measles with the combination measles, mumps and rubella vaccine (MMR) and should receive two doses, with the first at 12 to 15 months of age, and the second at four to six years of age. People with un-

derlying health conditions should talk with their health care provider to determine the need for additional booster doses. The Florida Department of Health encourages all Floridians who have not been immunized to get vaccinated immediately.

Vaccines are available at all Local County Health Departments at a minimal cost or free.

See the *Think Measles* handout on page 3 for more information.



Rash appears approximately 3 days **after** onset of illness.

Be Heart Smart—February is American Heart Month

Do you know your risk for heart disease? February is American Heart Month. Take a few moments and learn your risks for heart disease and stroke and begin the journey with steps to stay "heart healthy."

Uncontrollable risk factors include: 1) age, 2) gender, and 3) family history. Controllable risk factors include:

- 1) high blood pressure,
- 2) tobacco use,
- 3) raised blood glucose (diabetes),
- 4) physical inactivity,
- 5) unhealthy diet,
- 6) raised cholesterol/lipids, and
- 7) overweight/obesity.

The risk assessment tool at <http://cvdrisk.nhlbi.nih.gov/> uses information from the Framingham Heart Study to predict a person's chance of

having a heart attack in the next 10 years. This tool is designed for adults aged 20 and older who do not have heart disease or diabetes. To find your risk score, enter your information in the calculator below.



Florida Department of Health Jackson County

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Providing support and guidance to make the “healthy choice the easy choice!”

Mission: "To protect, promote, & improve the health of all people in Florida through integrated state, county, & community efforts."

Vision: To be the Healthiest State in the Nation

Values: (ICARE)

Innovation: We search for creative solutions and manage resources wisely.

Collaboration: We use teamwork to achieve common goals & solve problems.

Accountability: We perform with integrity & respect.

Responsiveness: We achieve our mission by serving our customers & engaging our partners.

We're on the
Web!

example.com



Look for it! 5,2,1,0 coming soon near you!



Chicken, Potato, and
Leek Pie from *Cook-
ing Light AUGUST
2012*

Chicken, Potato, and Leek Pie

Ingredients

- 1 slice smoked bacon, chopped
- 1 ½ cups cubed red potato (about 8 ounces)
- 1 cup chopped carrot
- 6 skinless, boneless chicken thighs, cut into bite-sized pieces
- 3 ½ tablespoons all-purpose flour
- 3 cups sliced leeks (about 2)
- ½ teaspoon kosher salt
- ¼ teaspoon pepper
- 2 cups fat-free, lower-sodium chicken broth

½ (14.1-ounce) package refrigerated pie dough

- 1 tablespoon fat-free milk
- 1 large egg white

Preparation

1. Preheat oven to 450°.
2. Cook bacon in a large Dutch oven over medium heat until almost crisp, stirring frequently. Increase heat to medium-high. Add potato and carrot to pan; sauté 3 minutes or until lightly browned, stirring occasionally. Stir in flour and next 3 ingredients (through pepper); sauté 1 minute, stirring frequently.

3. Slowly add broth to pan, stirring constantly; bring to a boil. Cook 2 minutes or until slightly thick, stirring occasionally. Spoon mixture into a 1 ½-quart glass or ceramic baking dish. Top with dough, folding under and pressing down on edges to seal.

4. Combine milk and egg white; brush mixture over top of dough. Cut small slits in dough to vent. Bake at 450° for 30 minutes or until crust is golden. Let stand 10 minutes.

Nutritional Information Amount per serving
Calories: 298 Fat: 11.9g Saturated fat: 4.5g
Monounsaturated fat: 3.6g Polyunsaturated fat: 3g Protein: 18g Carbohydrate: 31g
Fiber: 2.2g Cholesterol: 62mg Iron: 2.1mg
Sodium: 561mg Calcium: 42mg



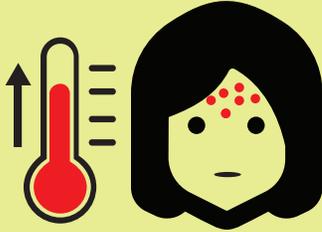
Think Measles

Florida Department of Health • Find county contact information at: FloridaHealth.gov

1. IDENTIFY

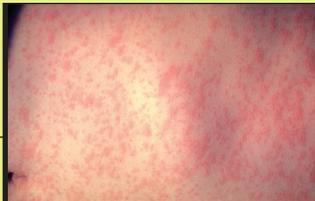
Suspect measles in patients with:

- Fever and rash.
- History of international travel or contact with visitors from locations with known measles outbreaks in the past 3 weeks.
- No or unknown MMR vaccine status. History of MMR vaccine **does not** exclude a measles diagnosis.



This is the skin of a patient after 3 days of measles infection.

Photo courtesy of the CDC.



Head and shoulders of boy with measles; third day of rash.

Photo courtesy of the CDC.



2. ISOLATE

- Implement airborne infection control precautions, mask and isolate patient in a negative pressure room, if available.
- Permit only staff immune to measles to be near the patient.
- Collect nasopharyngeal swab, urine, and serum for measles IgG, IgM and PCR.



3. INFORM

Immediately report **ALL** suspected measles infections to your county health department. Notify other facilities of suspected measles before transport.



< FIND YOUR COUNTY

Vaccination Protects Against Measles

A single dose is 93% effective and two doses are 97% effective.

Risk Factors

- History of international travel, contact with international travelers, or domestic travel to locations with known measles outbreaks.
- No or unknown MMR vaccine status. History of MMR vaccine does not exclude a measles diagnosis.
- Contact with a person that had a febrile rash illness.

Prodrome

- Fever, cough, coryza, conjunctivitis

Rash Onset

- Fever spikes, often up to 104°F.
- Red, maculopapular rash that may become confluent—typically starts at hairline, then face and spreads down body.
- The rash may be difficult to see on darker skin.
- Koplik's spots (small, red, irregularly-shaped spots with blue-white centers found on the oral mucosa) may be present in a small number of cases.

