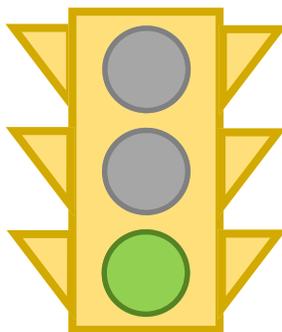
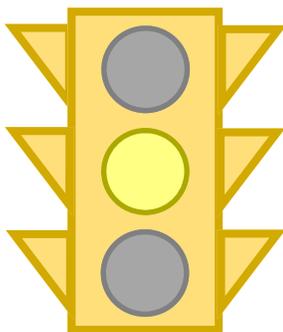
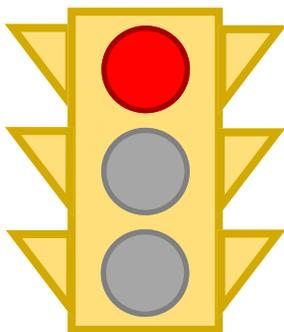


# Health Indicator Progress Report

## Lincoln County Health Department

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November 2011



## Introduction to the 2011 Health Indicator Progress Report

The Lincoln County Health Department produced its first Health Indicator Report in 2008. While three years seems like an enough time to collect and analyze data in a small county, like Lincoln County, it's not quite enough time to see any significant changes in our community. Ideally, looking at five year groupings of data over a fifteen or twenty year period will give a more accurate description of what's happening in a small area. With that said, there are a handful of indicators from the first report that do not have updated data and are not included in this progress report, they include:

**Oral Health:** tracking the percentage of people 65 & older who have had a dental visit within the past year. (data source: Washington State, Behavioral Risk Factor Surveillance Survey)

**Adult Smoking:** tracking the percentage of adults who are current cigarette smokers. (data source: Washington State, Behavioral Risk Factor Surveillance Survey) We do know in 2009 approximately 16.7 of Lincoln County adults smoked and 11.3 of Washington State adults smoked. While Lincoln County seems to have a higher percentage rate, the confidence intervals overlap which indicates there is not a statistical significance between the two data points. This is a perfect example of why small counties and communities look at data over time. When there is more data to look at the confidence intervals become smaller making the data a better representation of the population it reflects.

**Adult Binge Drinking:** tracking the percentage of adults who report binge drinking at least once in the past thirty days. (data source: Washington State, Behavioral Risk Factor Surveillance Survey)

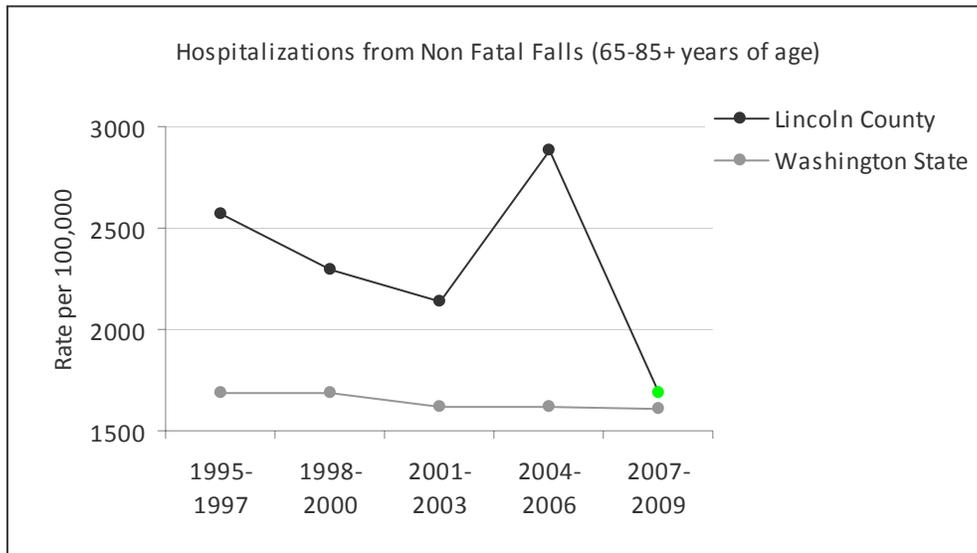
**Adult Physical Activity:** tracking the percentage of adults who report being physically active in the past 30 days. (data source: Washington State, Behavioral Risk Factor Surveillance Survey)

**Diabetes:** tracking the percentage of adults who have been told by a doctor that they have diabetes. (data source: Washington State, Behavioral Risk Factor Surveillance Survey)



## Indicator (injury): Falls Resulting in Hospitalizations

➤ Update: *Lincoln County has seen a significant decrease in falls.\**



Data Source: Hospitalization Discharge Data: Comprehensive Hospital Abstract Reporting System (CHARS), Washington State Department of Health, Center for Health Statistics.

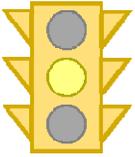
\*In the original report this indicator for Lincoln County was consistently higher than Washington State. While this graph shows 3 year increments and the previous graph used 5 year increments we still see a recent decrease in falls resulting in hospitalizations.

Falls at any age can be life changing but a fall for a senior could lead to other medical issues and reduce an individual's lifespan.

### How to help prevent falls:

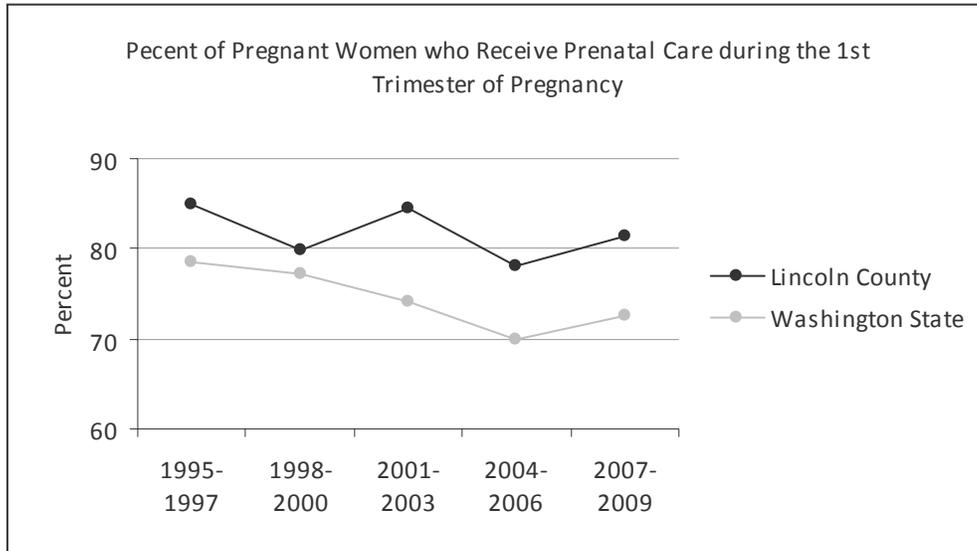
- **Exercise regularly** – exercises that improve balance and coordination are most helpful. Think - yoga, tai chi, Pilates, or any core strengthening activities. Don't wait to start; exercise is beneficial at any age.
- **Review your medications with your doctor** – the way medications work in our bodies can change as we age. Some medicine, or combinations of medicines, can make us sleepy or dizzy and can cause us to fall.
- **Check your vision** – Everyone should have their vision checked by an eye doctor at least once a year. Wearing the wrong glasses or having an eye condition may limit an individual's vision. Poor vision can increase the chance of falling.
- **Create a safe living environment** – A few suggestions include removing things you may trip over, securing rugs to the floor with double stick tape, making sure stairs are well lit and have a handrail. Be sure to customize improvements to your home and needs.

\*This information is from the Centers for Disease Control and Prevention, [www.cdc.gov](http://www.cdc.gov)



## Indicator (access & behavior): Prenatal Care

➤ *Update: Pregnant women in Lincoln County have been consistently receiving prenatal care within their first trimester of pregnancy.*



Data Source: Birth Certificate Data: Washington State Department of Health, Center for Health Statistics.

### ***Importance of Prenatal Care***

Receiving early and regular prenatal care is one of the best ways to promote a healthy pregnancy. Prenatal care is more than just health care: it often includes education and counseling about how to handle different aspects of pregnancy, such as nutrition and physical activity, what to expect from the birth itself, and basic skills for caring for your infant.

Prenatal visits also give the mother and family a chance to talk about any questions or concerns related to the pregnancy, birth or parenthood.

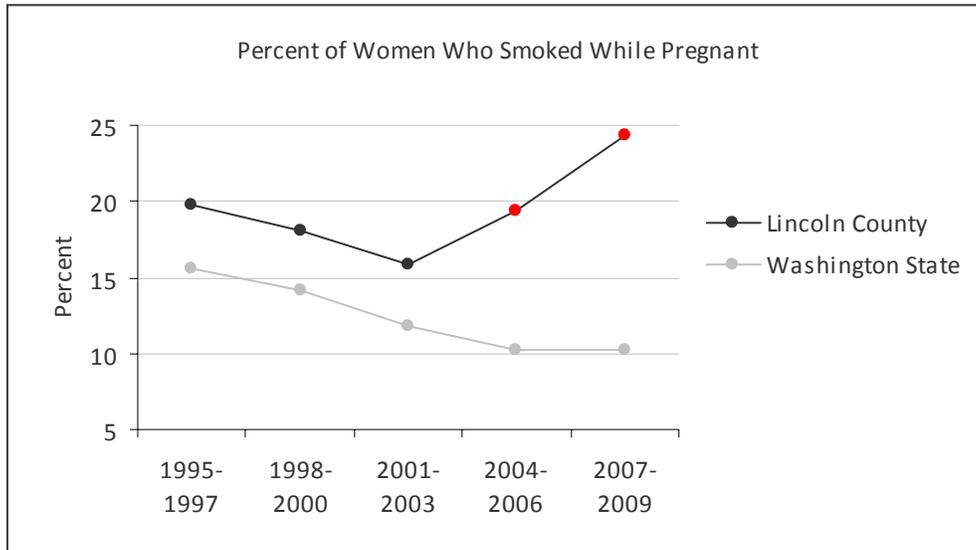
Many health care providers recommend that a woman who is only thinking about getting pregnant see a health care provider about preconception health. There are steps that can be taken to reduce the risk of certain problems.

\*This information is from the National Institutes of Health



## Indicator (behavior): Smoking while Pregnant

➤ Update: *Lincoln County is seeing an increase in women who smoke while pregnant.\**



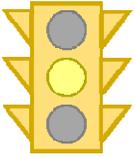
Data Source: Birth Certificate Data: Washington State Department of Health, Center for Health Statistics.

\*Lincoln County is witnessing a disturbing trend when it comes to women smoking while pregnant. While Washington State seems to be leveling off at about 10%, Lincoln County is moving in the opposite direction with about 24% of women smoking while pregnant. This is despite a statewide campaign as well as local efforts targeted to help pregnant women who smoke quit.

### ***Effects of smoking while pregnant***

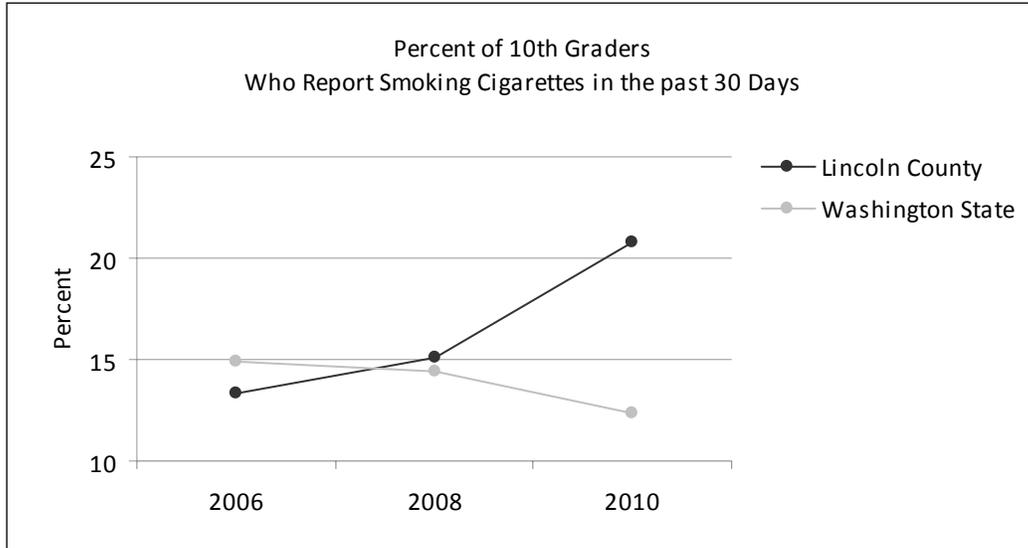
- Research has shown that women's smoking during pregnancy increases the risk of pregnancy complications, premature delivery, low-birth-weight infants, stillbirth, and sudden infant death syndrome (SIDS).
- The nicotine in cigarettes may cause constrictions in the blood vessels of the umbilical cord and uterus, thereby decreasing the amount of oxygen available to the fetus. Nicotine also may reduce the amount of blood in the fetal cardiovascular system.
- Nicotine is found in breast milk.
- Babies of mothers who smoked during pregnancy have lower birth weights. Low birth weight is a leading cause of infant deaths.
- In general, pregnant smokers eat more than pregnant nonsmokers, yet their babies weigh less than babies of nonsmokers. This weight deficit is smaller if smokers quit early in their pregnancy.
- Smoking by the mother causes sudden infant death syndrome (SIDS). Compared with unexposed infants, babies exposed to secondhand smoke after birth are at twice the risk for SIDS, and infants whose mothers smoked before and after birth are at three to four times greater risk.

\*This information is from the Centers for Disease Control and Prevention, 2004 Surgeon General's Report



## Indicator (behavior): Youth Smoking

➤ Update: Lincoln County has seen no significant change in youth smoking rates.\*



Data Source: Healthy Youth Survey 2006, 2008, 2010

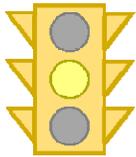
\*While it looks like Lincoln County's youth smoking rates are increasing they are not increasing with any significance. It's important to remember that each year is just a snap shot so it's possible for one year to be outside of "normal range" but not be a cause for concern.

### ***The importance of preventing teen smoking & tobacco use***

Youth smoking might begin innocently, but it can become a long term problem. In fact, most adult smokers begin smoking as teenagers and long time smokers can suffer from a long list of diseases as a result. As a result tobacco still holds the top spot of "#1 Preventable Cause of Death" and preventing teen smoking is one way to change that. Below are some of the factors that contribute to youth tobacco use:

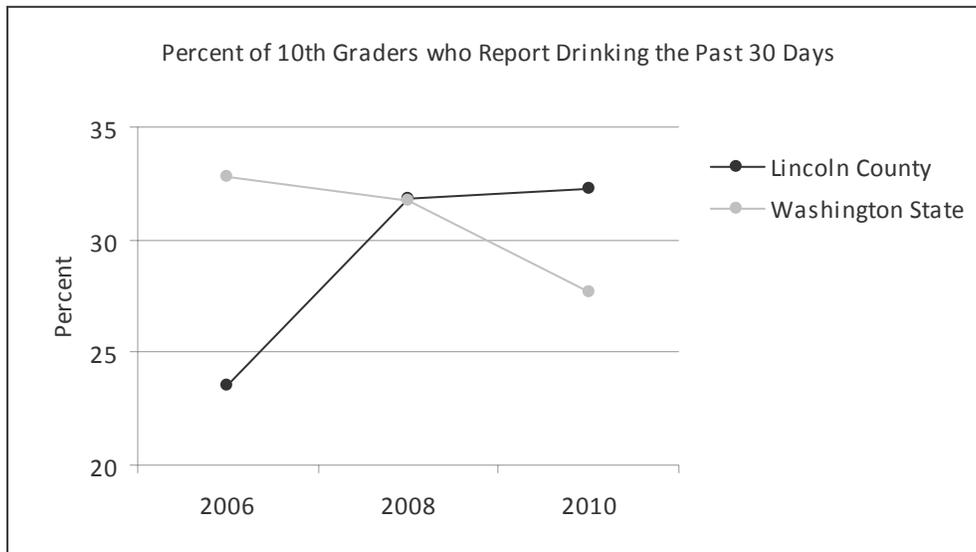
- Low socioeconomic status
- Use and approval of tobacco use by peers or siblings
- Smoking by parents or guardians
- Accessibility
- Availability and price of tobacco products
- A perception that tobacco use is normative
- Lack of parental support or involvement
- Low levels of academic achievement
- Lower self-image or self-esteem
- Belief in functional benefits of tobacco use
- Lack of self-efficacy to refuse offers of tobacco

\*This Information is from the Centers for Disease Control and Prevention [www.cdc.gov](http://www.cdc.gov)



## Indicator (Behavior): Youth Alcohol Use

➤ Update: There has been no significant change in youth drinking rates.\*



Data Source: Healthy Youth Survey 2006, 2008, 2010

\*While it looks like Lincoln County's youth drinking rates are increasing they are not increasing with any significance. It's important to remember that each year is just a snap shot so it's possible for one year to be outside of "normal range" but not be a cause for concern.

### ***The importance of preventing youth alcohol use***

Youth who start drinking before age 15 years are five times more likely to develop alcohol dependence or abuse later in life than those who begin drinking at or after age 21 years. Youth who drink alcohol are also more likely to experience:

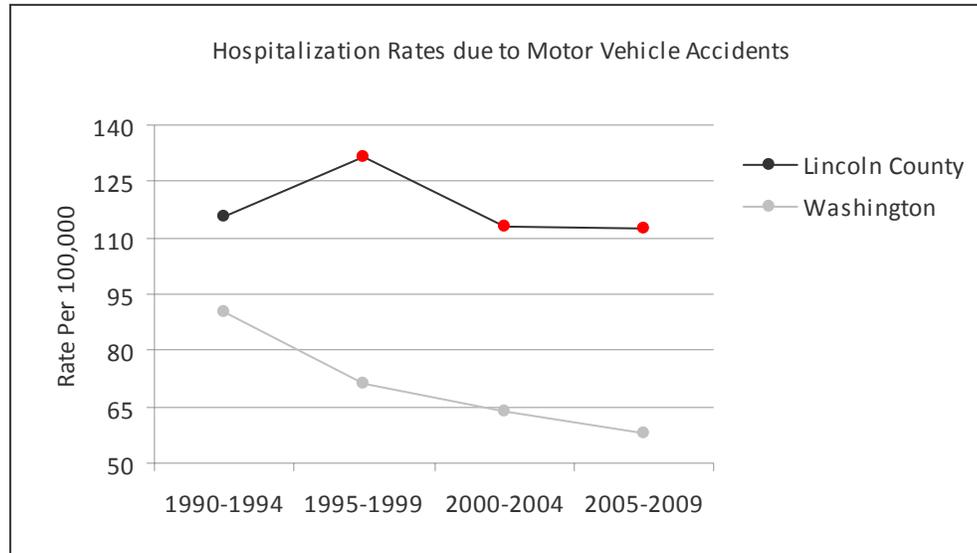
- School problems, such as higher absence and poor or failing grades.
- Social problems, such as fighting and lack of participation in youth activities.
- Legal problems, such as arrest for driving or physically hurting someone while drunk.
- Physical problems, such as hangovers or illnesses.
- Unwanted, unplanned, and unprotected sexual activity.
- Disruption of normal growth and sexual development.
- Physical and sexual assault.
- Higher risk for suicide and homicide.
- Alcohol-related car crashes and other unintentional injuries, such as burns, falls, and drowning.
- Memory problems.
- Abuse of other drugs.
- Changes in brain development that may have life-long effects.
- Death from alcohol poisoning.

\*This information is from the Centers for Disease Control and Prevention; [www.cdc.gov/alcohol/quickstats/underage\\_drinking.htm](http://www.cdc.gov/alcohol/quickstats/underage_drinking.htm)



## Indicator (Behavior): Motor Vehicle Accidents

➤ *Update: Lincoln County has seen no significant change in motor vehicle accident rates but the county rates are double the state rates.\**



Data Source: Hospitalization Discharge Data: Comprehensive Hospital Abstract Reporting System (CHARS), Washington State Department of Health, Center for Health Statistics.

\* When comparing Lincoln County to Washington State, Lincoln County rates are significantly higher, almost double over the last 15 years. Washington State has seen a significant decrease in motor vehicle accidents with each data point.

### ***Prevent motor vehicle accidents - Be aware of what distracts you***

*Don't touch that dial* - Adjust seat positions, climate controls, sounds systems, and other devices before you leave or while the vehicle is stopped. Use presets for radio and climate control, or have your passenger adjust them.

*Stop to eat or drink* - Drive through windows and giant cup holders make it tempting to have a meal while driving, but it's safer when you stop to eat or drink. If you can't avoid eating while driving, at least steer clear of messy foods.

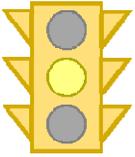
*Pull over to a safe place to use your cell phone* - Cell phones can be a great resource for getting help or reporting trouble, but using them while driving can be distracting. Be sure to pull off the road in a safe place to talk, text or email or just wait until you arrive at your destination.

*Plan Ahead* - Read maps, check traffic and/or preset GPS unit before you leave, so you will be prepared for your journey.

*Don't multitask and drive* - Don't use the vehicles mirrors for personal grooming when the vehicle is in motion. Don't try to read or write while driving. Just Drive.

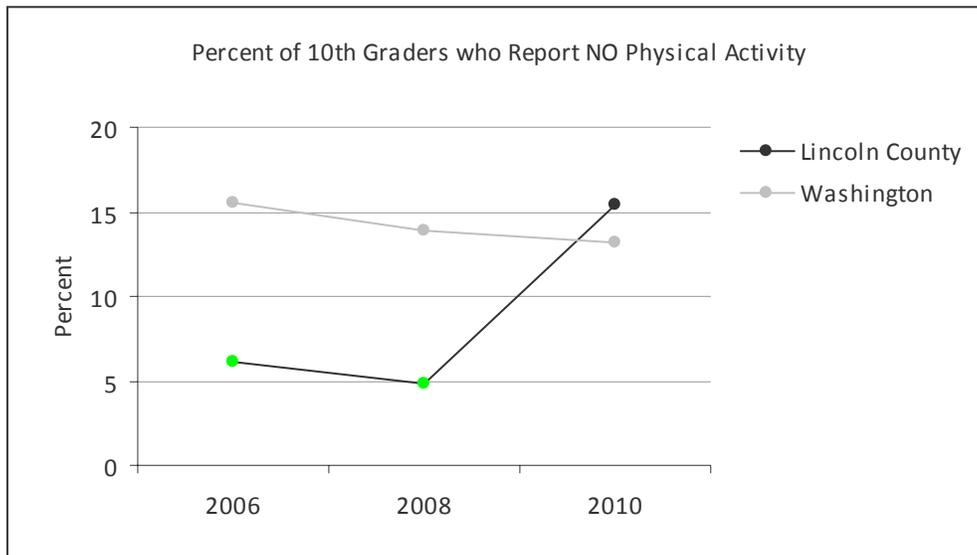
*Pull over to care for children* - Change the baby, feed the kids, and buckle them into their vehicle seats before you leave. If you need to attend to them pull over in a safe place to tend to them.

\*This information is from the AAA Foundation; [www.aaafoundation.org/pdf/DistractedDrivingBrochure.pdf](http://www.aaafoundation.org/pdf/DistractedDrivingBrochure.pdf)



## Indicator (Behavior): Physical Activity - Youth

➤ Update: Lincoln County 10<sup>th</sup> graders have been more active than Washington State 10 graders until 2010 where there is no statistical difference.\*



Data Source: Healthy Youth Survey 2006, 2008, 2010

\* While it looks like Lincoln County 10<sup>th</sup> graders are participating in less physical activity the spike is not significant. It's important to remember that each year is just a snap shot and it's possible to have one year outside "normal range" but not be cause for concern.

### **Benefits for Physical Activity in Youth**

New research suggests that children do better academically when their bodies are fit. Whether kids are learning their ABCs or studying for the SATs, adding more physical activities to their schedules could help them on the path to success. Studies show that through its positive effects on alertness and mental health, such as increases in self-esteem and reductions in anxiety and stress, physical activity may actually increase a child's capacity to learn.

Physical activity benefits everyone, and it's never too early to encourage activities for the children in your life. In the last 20 years the number of children in the United States who are physically active has decreased while the number of children who are overweight has doubled. According to the President's Report on Promoting Better Health for Young People through Physical Activity and Sports, it is recommended that children should have 60 minutes of physical activity a day. This does not necessarily mean that kids must have a "workout"; they can accumulate 60 minutes through 10 to 15 minute periods of movement throughout the day to fulfill the recommendation.

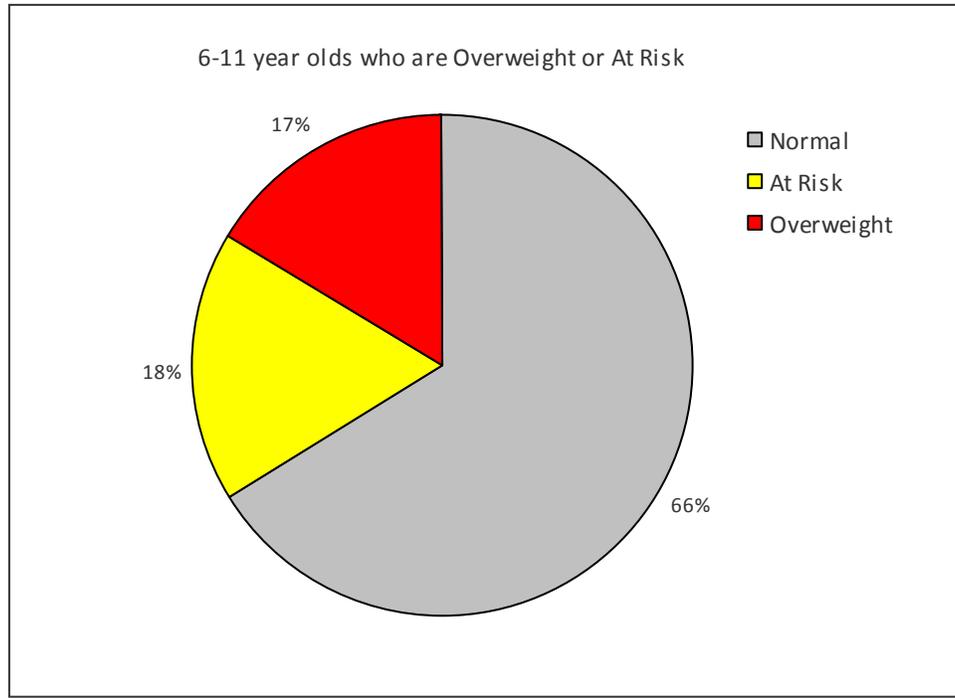
It is important that parents, caregivers, teachers, and others influential in a child's life be positive role models for a physically active lifestyle. Just spending time to play with your kids is a great way to have fun and improve your whole family's health at the same time. Regular family outings, such as walking, cycling, swimming, etc., are great alternatives to sedentary behavior. It is important that your child enjoys these activities and that they are consistent with his or her skill level.

\*This information is from the Centers for Disease Control and Prevention;  
<http://www.cdc.gov/youthcampaign/pressroom/article/physical.htm>



## Indicator (Behavior): Overweight or At Risk Youth

➤ *Update: Since 2005, Lincoln County has continued to see a consistent percentage of youth who are overweight and at risk for being overweight.*

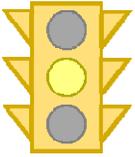


Data Source: "The Health of Lincoln County's Children; A look at childhood obesity in Lincoln County" Report, 2010

### ***The importance of obesity prevention in children***

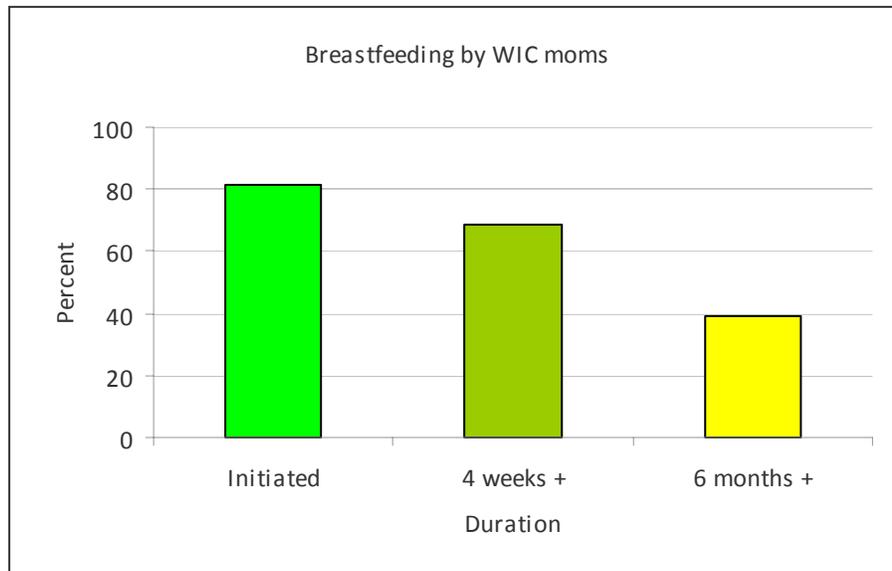
Obesity has become the second leading cause of preventable death, only behind tobacco use. In Washington State, obesity is linked to four chronic diseases: cancer, cardiovascular disease, chronic lower respiratory disease and diabetes. In children, the risk of developing chronic diseases such as asthma, heart disease, bone and joint disorders, mental health/emotional problems and type 2 diabetes is rising. These diseases are typically thought of as adult issues. Unfortunately, they have not discriminated against the youth of our county, state and nation. Childhood obesity not only compromises children's health but also can affect their well-being and may affect their performance in school. Early intervention is a must, since it becomes increasingly difficult to curb the path of obesity the longer it continues. Incorporate these healthy behaviors daily to achieve and maintain a healthy weight:

- Eat 5 or more fruits and vegetables
- Drink 4 or more glasses of water
- Consume 3 servings of low fat dairy
- Spend 2 or less hours in front of the TV, gaming and computer
- Engage in 1 or more hours of physical activity



## Indicator (Behavior): Breastfeeding - WIC

➤ Update: Lincoln County has had consistent rates of breastfeeding with WIC moms.\*



Data Source: WIC Nutrition Program, Breastfeeding Statistics Report 2007-2010

\* The first indicators reported 83% of WIC moms initiated breastfeeding and 67% of WIC moms breastfed for one month or more. The six month breastfeeding indicator was added since the WIC recommendation for breastfeeding is for all newborns to be breastfed exclusively to six months of age.

### ***Benefits of Breastfeeding***

#### For Baby

- Breast milk is the most complete form of nutrition for infants. A mother's milk has just the right amount of fat, sugar, water, and protein that is needed for a baby's growth and development.
- Breastfed infants grow exactly the way they should. They tend to gain less unnecessary weight and to be leaner. This may result in being less overweight later in life.
- Breastfed babies score higher on IQ tests, especially babies who were pre-mature.

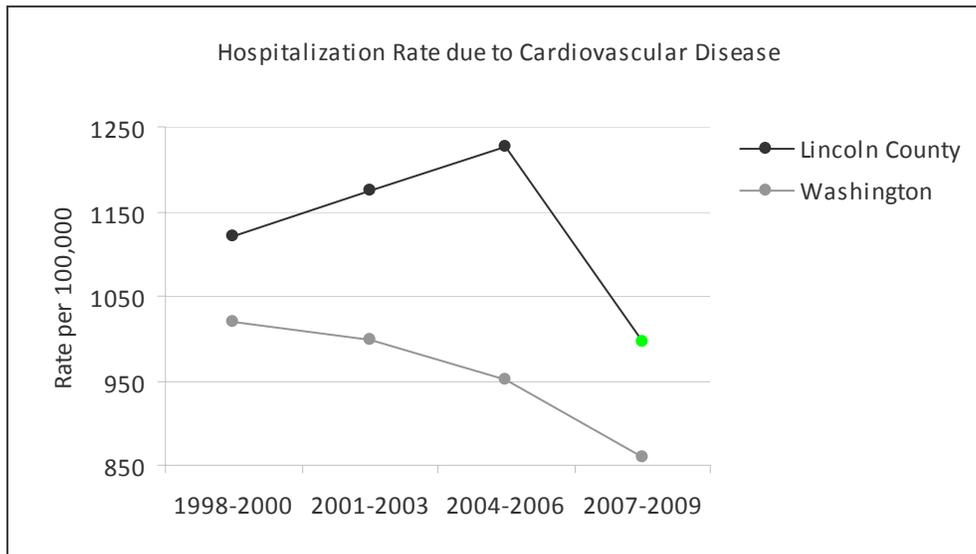
#### For Mom

- Nursing uses up extra calories, making it easier to lose the pounds of pregnancy. It also helps the uterus to get back to its original size.
- Breastfeeding lowers the risk of breast and ovarian cancers, and possibly the risk of hip fractures and osteoporosis after menopause.
- Breastfeeding can help a mother to bond with her baby. Physical contact is important to newborns and can help them feel more secure, warm and comforted.



## Indicator (Chronic Disease): Cardiovascular Disease-Hospitalizations

➤ *Update: Lincoln County has seen a significant decrease in hospitalizations due to cardiovascular disease.*



Data Source: Hospitalization Discharge Data: Comprehensive Hospital Abstract Reporting System (CHARS), Washington State Department of Health, Center for Health Statistics.

### ***Tips to help prevent heart disease***

Heart disease may be a leading cause of death, but that doesn't mean you have to accept it as your fate. You can avoid heart problems in the future by adopting a healthy lifestyle today. Here are five heart disease prevention tips to get you started.

**Don't smoke or use tobacco** - Smoking or using tobacco is one of the most significant risk factors for developing heart disease. Chemicals in tobacco can damage your heart and blood vessels, leading to narrowing of the arteries (atherosclerosis). Atherosclerosis can ultimately lead to a heart attack. When it comes to heart disease prevention, no amount of smoking is safe. Smokeless tobacco and low-tar and low-nicotine cigarettes also are risky, as is exposure to secondhand smoke.

**Exercise for 30 minutes on most days of the week** - Physical activity helps you control your weight and can reduce your chances of developing other conditions that may put a strain on your heart, such as high blood pressure, high cholesterol and diabetes. It also reduces stress, which may be a factor in heart disease.

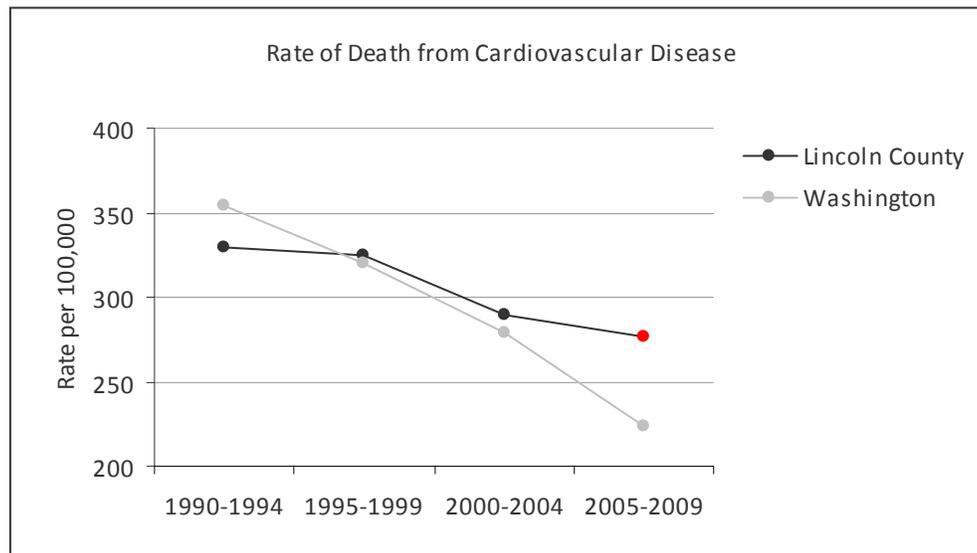
**Eat a heart-healthy diet** - Eating a special diet called the Dietary Approaches to Stop Hypertension (DASH) eating plan can help protect your heart. Following the DASH diet means eating foods that are low in fat, cholesterol and salt. The diet is rich in fruits, vegetables, whole grains and low-fat dairy products, which can help protect your heart. Beans, other low-fat sources of protein and certain types of fish also can reduce your risk of heart disease.

\*This information is from the Mayo Clinic, [www.mayoclinic.com/health/heart-disease-prevention/WO00041](http://www.mayoclinic.com/health/heart-disease-prevention/WO00041)



## Indicator (Chronic Disease): Cardiovascular Disease-Death

➤ *Update: Lincoln County has seen a leveling off but Washington State has continued to drop causing a statistical significance between the two data points.*



Data source: Death Certificate Data: Washington State Department of Health, Center for Health Statistics.

### ***Additional prevention strategies for heart disease***

**Maintain a healthy weight** - One way to see if your weight is healthy is to calculate your body mass index (BMI), which considers your height and weight in determining whether you have a healthy or unhealthy percentage of body fat. BMI numbers 25 and higher are associated with higher blood fats, higher blood pressure, and an increased risk of heart disease and stroke.

**Get regular health screenings** - High blood pressure and high cholesterol can damage your heart and blood vessels. But without testing for them, you probably won't know whether you have these conditions. Regular screening can tell you what your numbers are and whether you need to take action.

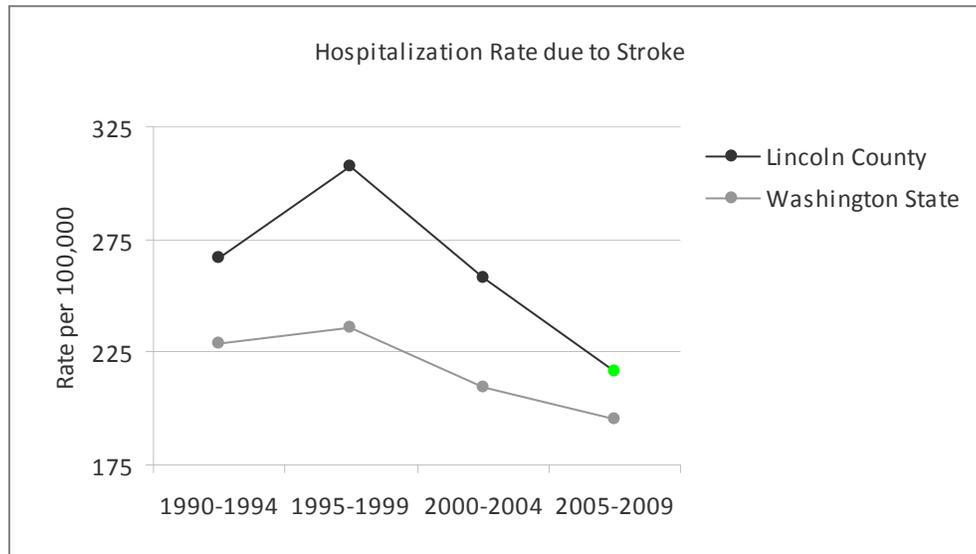
- **Blood pressure** - Regular blood pressure screenings start in childhood. Adults should have their blood pressure checked at least every two years. You may need more-frequent checks if your numbers aren't ideal or if you have other risk factors for heart disease. Optimal blood pressure is less than 120/80 millimeters of mercury.
- **Cholesterol levels** - Adults should have their cholesterol measured at least once every five years starting at age 20. You may need more frequent testing if your numbers aren't optimal or if you have other risk factors for heart disease. Some children may need their blood cholesterol tested if they have a strong family history of heart disease.
- **Diabetes screening** - Since diabetes is a risk factor for developing heart disease, you may want to consider being screened for diabetes. Talk to your doctor about when you should have a fasting blood sugar test to check for diabetes. Depending on your risk factors, such as being overweight or a family history of diabetes, your doctor may recommend first testing you for diabetes sometime between ages 30 and 45, and then retesting every three to five years.

\*This information is from the Mayo Clinic, [www.mayoclinic.com/health/heart-disease-prevention/WO00041](http://www.mayoclinic.com/health/heart-disease-prevention/WO00041)



## Indicator (Chronic Disease): Stroke - Hospitalizations

➤ Update: *Lincoln County is seeing fewer hospitalizations due to stroke.\**



Data Source: Hospitalization Discharge Data: Comprehensive Hospital Abstract Reporting System (CHARS), Washington State Department of Health, Center for Health Statistics.

\* Lincoln County has been statistically higher than Washington State until this last data set when Lincoln County is currently in line with Washington State.

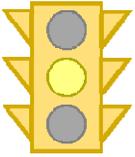
### ***Lower your risk of stroke***

Everyone can take steps to lower their risk for stroke, whether they have had a stroke or not. Things you can do to lower the risk of stroke include:

- Prevent and control high blood pressure
- Prevent and control diabetes
- No tobacco
- Treat atrial fibrillation
- Prevent and control high cholesterol
- Moderate alcohol use
- Maintain a healthy weight
- Diet and nutrition
- Genetic Risk Factors
- Exercise

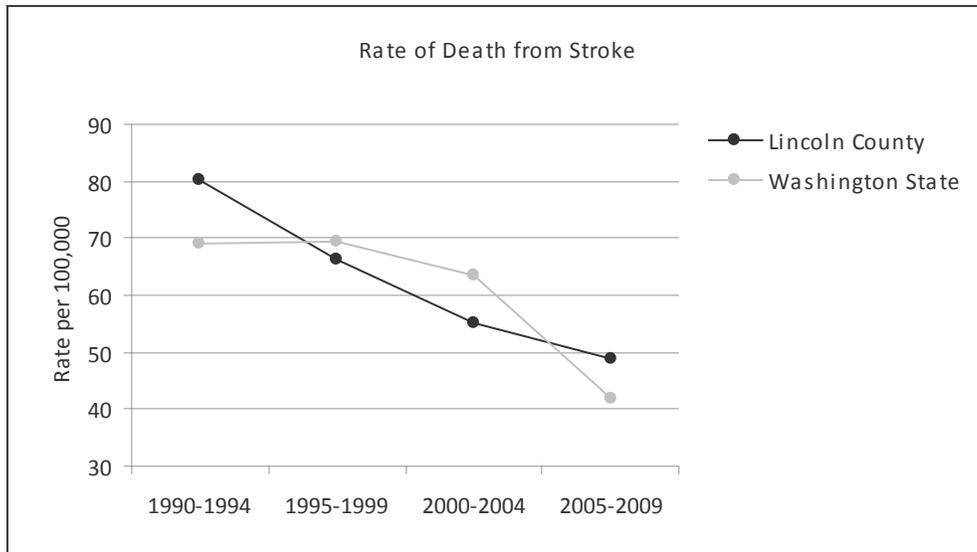
Many of the recommendations for preventing stroke are the same recommendations for preventing cardiovascular disease and other illnesses.

\*This Information is from the Centers for Disease Control and Prevention



## Indicator (Chronic Disease): Stroke - Death

➤ Update: Lincoln County deaths due to stroke seem to be declining.



Data Source: Death Certificate Data: Washington State Department of Health, Center for Health Statistics.

### **Know the signs of stroke**

A stroke, or cerebrovascular accident, occurs when the blood supply to the brain is cut off (an ischemic stroke) or when a blood vessel bursts (a hemorrhagic stroke). Without oxygen, brain cells begin to die. Death or permanent disability can result. With timely treatment, the risk of death and disability from stroke can be lowered. It is very important to know the symptoms of a stroke and act right away.

The National Institute of Neurological Disorders and Stroke notes these five major signs of stroke:

- Sudden numbness or weakness of the face, arms, or legs.
- Sudden confusion or trouble speaking or understanding others.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, or loss of balance or coordination.
- Sudden severe headache with no known cause.

All of the major symptoms of stroke appear suddenly, and often there is more than one symptom at the same time.

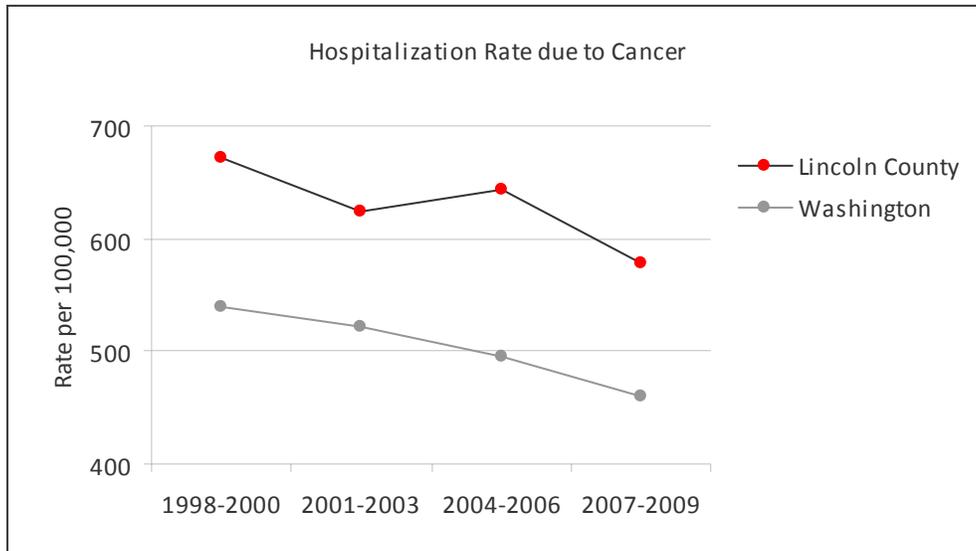
If you think someone is having a stroke, you should call 9–1–1 or emergency medical services immediately. Receiving immediate treatment is critical in lowering the risk of disability and even death.

\*This information is from the Centers for Disease Control; Division of Heart Disease and Stroke Prevention, National Center for Chronic Disease Prevention and Health Promotion, [www.cdc.gov/stroke/signs\\_symptoms.htm](http://www.cdc.gov/stroke/signs_symptoms.htm)



## Indicator (Chronic Disease): Cancer - Hospitalizations

➤ Update: *Lincoln County continues to have a higher than expected rate of hospitalizations due to cancer.*



Data Source: Hospitalization Discharge Data: Comprehensive Hospital Abstract Reporting System (CHARS), Washington State Department of Health, Center for Health Statistics.

### ***Steps to help reduce your chances of developing cancer***

Maintain a healthy weight throughout life.

- Balance calorie intake with physical activity.
- Avoid excessive weight gain throughout life.
- Achieve and maintain a healthy weight if currently overweight or obese.

Adopt a physically active lifestyle.

- Adults: Engage in at least 30 minutes of moderate to vigorous physical activity, above usual activities, on 5 or more days of the week; 45 to 60 minutes of intentional physical activity are preferable.
- Children and adolescents: Engage in at least 60 minutes per day of moderate to vigorous physical activity at least 5 days per week.

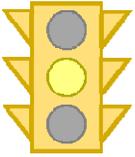
Eat a healthy diet, with an emphasis on plant sources.

- Choose foods and drinks in amounts that help achieve and maintain a healthy weight.
- Eat 5 or more servings of a variety of vegetables and fruit every day.
- Choose whole grains over processed (refined) grains.
- Limit intake of processed and red meats.

If you drink alcoholic beverages, limit your intake.

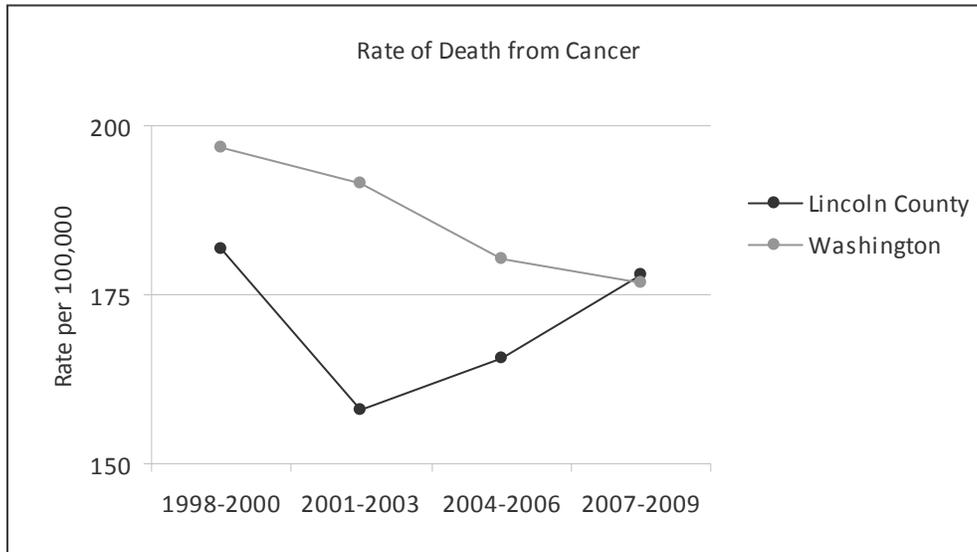
- Drink no more than 1 drink per day for women or 2 per day for men.

\*This Information is from the American Cancer Society cancer.org; Prevention and Early Detection: At a Glance-Nutrition and physical Activity



## Indicator (Chronic Disease): Cancer – Death

➤ *Update: Lincoln County has seen no significant change in rate of death due to cancer.\**



Death Certificate Data: Washington State Department of Health, Center for Health Statistics.

\* This will be an indicator to watch, while there is currently no statistical change between data points Lincoln County looks to have an increasing rate of death from cancer.

### **Recommended Cancer Screenings**

If you can't prevent cancer, the next best thing you can do to protect your health is to detect it early. Recognizing symptoms, getting regular check-ups, and performing self-exams are just a few ways you can do this.

#### Breast Cancer

Mammograms are the best way to detect breast cancer early when it is easier to treat. Having regular mammograms can lower the risk of dying from breast cancer. For women 40 years or older, be sure to have a screening mammogram every one or two years.

Clinical breast exams and monthly self breast exams are used to check for lumps, changes in size or shape of the breast or any other changes in the breasts or underarm.

#### Cervical Cancer

Pap tests are one of the most reliable and effective cancer screening tests available. Women should start getting a regular Pap test at age 21 or within three years of the first time you have sex-which ever happens first.

HPV vaccine for 9-26 years of age to prevent cervical cancer. Remember that even with the vaccine a women still needs to schedule routine Pap tests.

#### Colorectal Cancer

Screening tests for colorectal cancer can find precancerous polyps, so that they can be removed before they turn into cancer. These tests can also find colorectal cancer early, when treatment works best.

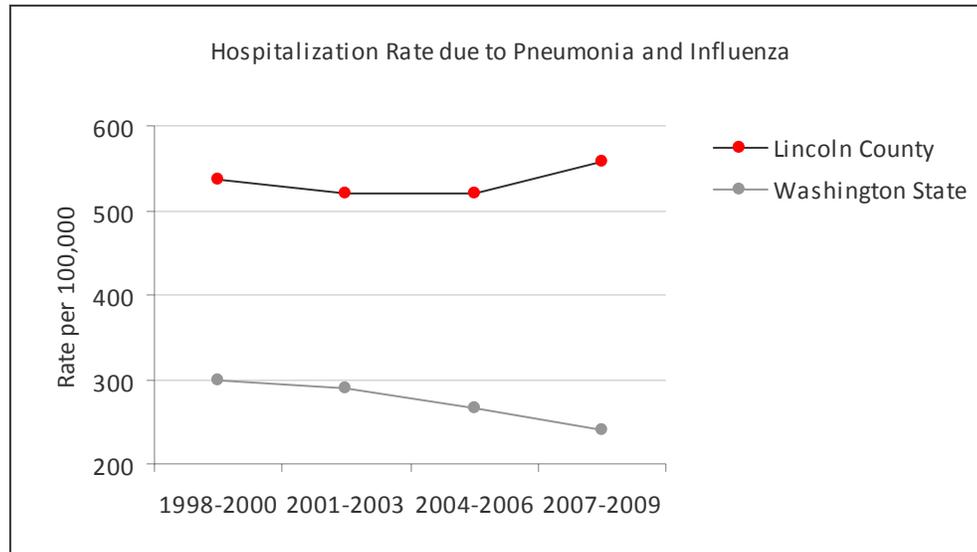
People 50 and older should be screened in regular intervals. Some people may need to be tested earlier, be sure to talk with your doctor to find out your screening needs.

\* This Information is from: CDC.gov Preventative Cancer Screening and Vaccination



## Indicator (Communicable Disease): Influenza & Pneumonia

➤ *Update: Lincoln County continues to have an increased rate of hospitalizations due to pneumonia and influenza.*



Data Source: Hospitalization Discharge Data: Comprehensive Hospital Abstract Reporting System (CHARS), Washington State Department of Health, Center for Health Statistics.

### ***Prevent the Flu***

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help prevent respiratory illness like the flu.

#### **Avoid close contact**

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

#### **Stay home when you are sick**

- If possible, stay home from work, school and errands when you are sick. You will help prevent others from catching your illness.

#### **Cover your mouth and nose**

- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

#### **Clean your hands**

- Washing your hands often will help protect you from germs.

#### **Avoid touching your eyes, nose or mouth**

- Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.

#### **Practice good health habits**

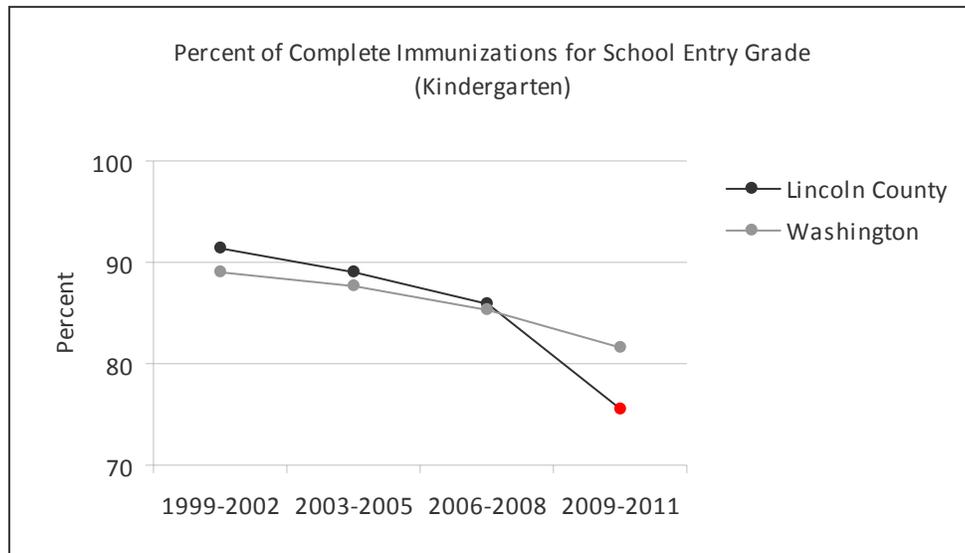
- Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

\*This information is from the Centers for Disease Control and Prevention, [www.cdc.gov/flu/protect/habits.htm](http://www.cdc.gov/flu/protect/habits.htm)



## Indicator (Communicable Disease): Immunizations

➤ Update: *Lincoln County has seen a recent decrease in immunization rates in kindergarten students.*



Data Source: Washington Department of Health Immunization Program/CHILD Profile School and Childcare Assessment Database

### **Why Immunize?**

To prevent common but serious illnesses

Some diseases, like pertussis (whooping cough), flu, varicella (chicken pox) and rotavirus, are very common in the U.S. Choosing not to vaccinate is a choice to risk getting or spreading a serious and sometimes deadly disease.

To prevent diseases that still exist

Some diseases, like measles and mumps, still occur in the U.S. at low levels. If fewer people are immunized against these diseases, outbreaks can occur.

To prevent diseases that are common in other parts of the world

Although some diseases, like polio, are rare or do not exist in the U.S., they are still common in other parts of the world. They are only a plane ride away.

To protect others in your family and community

By immunizing your child, you also protect those who:

- Have weak immune systems
- Cannot get shots because of a medical condition or because they are too young or too old
- Are not fully immunized

\*This information is from: "Immunizations, Birth through 6 years: A guide to protecting your child" Washington State Department of Health