INSIDE THIS ISSUE
Sanitizer 2
Hepatitis 3
Tobacco 21 4
Healthy Camping/ticks 5
TeenVax Challenge 6
Mental Health 7

COVID-19
MONTANA REOPENING GUIDE: PHASE TWO
With the phased reopening, do officials worry about upticks in COVID-19 cases?
Yes. With widespread testing and testing of close-contact cases (contact tracing), we expect to see new cases. As the Governor stated in this June 11 press conference, these cases serve as a reminder that we cannot get complacent and that if unchecked, this virus can spread quickly and quietly. In Montana, local and tribal public health are working carefully to perform contact tracing to get exposed individuals into quarantine and eliminate chains of transmission to keep the virus under control.

WHAT IS A CONTACT?
Per the Administrative Rules of Montana, local public health will conduct a communicable disease investigation of a reportable condition. One of the first steps is to determine who is at risk of contracting the disease from the patient, called a contact investigation. The type and duration of contact depends on the disease in question. Once at-risk individuals are identified, appropriate control measures such as post-exposure prophylaxis can be applied to prevent the continued transmission of disease. For most communicable diseases, contact investigations will include individuals from the categories below:

**HOUSEHOLD CONTACTS**
- Family members living in the same house*
- Roommates
- House guests

*May also include grandparents or other relatives who spend time in the home.

**SCHOOL/WORK CONTACTS**
- Classroom seatmates
- Cube mates
- Cafeteria
- Group classes
- School bus/carpool

**SOCIAL CONTACTS**
- Friends
- Boy/girlfriends
- Teammates
- After school clubs
- Religious groups

**CONTACTS IN SPECIAL SITUATIONS**
- Child care
- Healthcare
- Food preparation

Find us on Facebook:

Public Health:
Nicki Sullivan, LPN
nurse@ponderacounty.org

Chronic Disease Specialist:
Tammy Tottahal
tammyt@ponderacounty.org

WIC/Oral Health:
Shauna Wood, RN
shaunnaw@ponderacounty.org

Admin Asst.:
Michaela Orcutt
michaelaao@ponderacounty.org

311 South Virginia St.
Suite 1
Conrad, MT 59425
(406) 271-3247
(406) 271-3248 (fax)
Website: healthypondera.org

Check out our new website!!

PONDERA COUNTY PUBLIC HEALTH

Pondra County Health Department Newsletter

July 2020

COVID-19

Montana Reopening Guide: Phase Two

With the phased reopening, do officials worry about upticks in COVID-19 cases?

Yes. With widespread testing and testing of close-contact cases (contact tracing), we expect to see new cases. As the Governor stated in this June 11 press conference, these cases serve as a reminder that we cannot get complacent and that if unchecked, this virus can spread quickly and quietly. In Montana, local and tribal public health are working carefully to perform contact tracing to get exposed individuals into quarantine and eliminate chains of transmission to keep the virus under control.

What is a contact?

Per the Administrative Rules of Montana, local public health will conduct a communicable disease investigation of a reportable condition. One of the first steps is to determine who is at risk of contracting the disease from the patient, called a contact investigation. The type and duration of contact depends on the disease in question. Once at-risk individuals are identified, appropriate control measures such as post-exposure prophylaxis can be applied to prevent the continued transmission of disease. For most communicable diseases, contact investigations will include individuals from the categories below:

**Household Contacts**
- Family members living in the same house*
- Roommates
- House guests

*May also include grandparents or other relatives who spend time in the home.

**School/Work Contacts**
- Classroom seatmates
- Cube mates
- Cafeteria
- Group classes
- School bus/carpool

**Social Contacts**
- Friends
- Boy/girlfriends
- Teammates
- After school clubs
- Religious groups

**Contacts in Special Situations**
- Child care
- Healthcare
- Food preparation

Find us on Facebook:

Public Health:
Nicki Sullivan, LPN
nurse@ponderacounty.org

Chronic Disease Specialist:
Tammy Tottahal
tammyt@ponderacounty.org

WIC/Oral Health:
Shauna Wood, RN
shaunnaw@ponderacounty.org

Admin Asst.:
Michaela Orcutt
michaelaao@ponderacounty.org

311 South Virginia St.
Suite 1
Conrad, MT 59425
(406) 271-3247
(406) 271-3248 (fax)
Website: healthypondera.org

Check out our new website!!

Pondra County Health Department Newsletter

July 2020
A huge shout out to Windrift Hill! They volunteered their time to help us repackage the sanitizer we received from FEMA. Stop in and thank them and check out their store!

We have sanitizer at our office that can be picked up free of charge.

County secures hand sanitizer available from CARES grant
What is hepatitis?

Hepatitis refers to an inflammatory condition of the liver. It’s commonly caused by a viral infection, but there are other possible causes of hepatitis. These include autoimmune hepatitis and hepatitis that occurs as a secondary result of medications, drugs, toxins, and alcohol. Autoimmune hepatitis is a disease that occurs when your body makes antibodies against your liver tissue.

Your liver is located in the right upper area of your abdomen. It performs many critical functions that affect metabolism throughout your body, including:

- Bile production, which is essential to digestion
- Filtering of toxins from your body
- Breakdown of carbohydrates, fats, and proteins

Hepatitis A

Hepatitis A is caused by an infection with the hepatitis A virus (HAV). This type of hepatitis is most commonly transmitted by consuming food or water contaminated by feces from a person infected with hepatitis A.

Hepatitis B

Hepatitis B is transmitted through contact with infectious body fluids, such as blood, vaginal secretions, or semen, containing the hepatitis B virus (HBV). Injection drug use, having sex with an infected partner, or sharing razors with an infected person increase your risk of getting hepatitis B.

Hepatitis C

Hepatitis C comes from the hepatitis C virus (HCV). Hepatitis C is transmitted through direct contact with infected body fluids, typically through injection drug use and sexual contact. HCV is among the most common bloodborne viral infections in the United States.
New federal law raises the minimum age of sale of tobacco products from 18 to 21 years of age.

On December 20, 2019, the President signed legislation raising the federal minimum age of sale of tobacco products from 18 to 21 years of age. The FDA announced that, effective immediately, it is illegal to sell tobacco products to anyone under the age of 21. The FDA defines tobacco product as “any product made or derived from tobacco that is intended for human consumption, including any component, part, or accessory of a tobacco product,” and includes hookah, e-cigarettes (vapes), dissolvable, smokeless tobacco, cigarettes, all cigars, roll-your-own tobacco, pipe tobacco, and future tobacco products that meet the statutory definition of a tobacco product.

The Montana Department of Public Health and Human Services is awaiting additional guidance from the FDA and federal Substance Abuse and Mental Health Services Administration and will provide more information as it becomes available.

Tobacco product retailers in Montana should comply with the federal law and discontinue tobacco product sales to those under the age of 21. Federal compliance checks will continue to occur with the new age set at 21.

**Free signage** stating a person must be 21 years of age to purchase tobacco products is available from the Montana Department of Revenue. Contact our office and we can help get you the signage. Tobacco retailers can order hard copies of the signage and have it shipped to them for free. Tobacco retailers can also download copies of the signage and print it themselves.
Camping Health and Safety Tips

Camping is a fun way to get family and friends together to enjoy the outdoors. Follow these tips to help ensure your camping trip is safe and healthy.

Bring safe and healthy foods along on your camping trip. Eating contaminated food and drinking contaminated water can increase the risk of developing certain infectious diseases caused by germs.

Camping is a great way to get physical activity. Do things such as walking, hiking, biking, or swimming to stay active during your camping trip. Be sure to bring protective gear, such as helmets, sturdy shoes, and life jackets. Avoid poisonous plants, like poison ivy, poison oak, and poison sumac. Never hike or swim alone. Watch kids closely.

Carbon monoxide is odorless and colorless and can cause illness or death in people and pets. Never use fuel-burning equipment such as gas stoves, heaters, lanterns, and charcoal grills inside a tent, camper, or other enclosed shelter. It can cause dangerous levels of carbon monoxide to build up.

As alternative heat sources to fuel-burning appliances inside an enclosed shelter, campers should bring adequate bedding and clothing and should consume extra calories and fluids during the outing to prevent hypothermia (a dangerous loss of body warmth that can cause death).

Some wild animals carry diseases that are dangerous to people. Avoid touching, feeding, and getting near wild animals. Enjoy watching them from a safe distance in their natural surroundings. Keep foods stored in sealed containers and out of the reach of animals.

Mosquitoes, ticks, and other insects can cause certain diseases. To help fight the bite, apply insect repellent containing DEET to exposed skin. Wear long sleeves, pants, and other light-colored clothing to help prevent and spot ticks more easily.

Protection from ultraviolet (UV) radiation is important all year. UV rays from the sun can reach you on cloudy and hazy days, as well as bright and sunny days. Use a broad-spectrum (against UVA and UVB rays) sunscreen and lip screen with at least SPF 15. Seek shade, especially during midday hours, when the sun’s rays are strongest. Cover up with clothing, a wide-brimmed hat, and sunglasses.

Camping often includes playing in and around the water. Never swim alone. If you plan to ride in a boat, canoe, or other water vehicle, be sure to wear a life jacket.

TICK-BORNE ILLNESSES

There are many species of ticks capable of transmitting a variety of infections to humans and other mammals. Remember to check yourself, other family members, and pets for ticks after recreating outdoors. Early recognition and treatment of tick-borne infections significantly decreases the risk of serious complications.

The most common symptoms of tick-borne infections include fever and chills, aches and pains, rash, and fever of varying degrees. Although most tick-borne illnesses can be treated with antibiotics, they can be quite difficult to diagnose. Timely and proper removal of attached ticks can reduce the likelihood of a tick transmitting a tick-borne illness. See your doctor immediately if you have been bitten by a tick and if you experience any of the symptoms listed above.

How to properly remove an attached tick:

- Use fine-tipped tweezers to grasp the tick as close to the skin’s surface as possible.
- Pull upward with steady, even pressure. Don’t twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.
- After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.

AVOID folklore remedies such as “painting” the tick with nail polish or petroleum jelly, or using heat to make the tick detach from the skin. These methods are not recommended and may cause the tick to burrow deeper into the skin.
Now Open!
The MT TeenVax Challenge is part of a multi-year campaign that focuses on increasing awareness about the importance of teen vaccines.

This Challenge is an opportunity for parents/guardians of 11-17 year olds to enter their teen's name into a drawing for a $50 Amazon gift card if they have received at least 1 Tdap, 1 MCV4 (MenACWY), and 1 HPV vaccine (at any time). Only one entry per a teen. One gift card per a county will be given away.

If your teen has not received these vaccines, please consider catching them up on these teen vaccines.

The deadline to enter is October 31, 2020. Winners will be announced in November 2020.
Juvenile Arthritis Awareness

An estimated 300,000 children in the United States have a form of arthritis. Some children have arthritis for just a few months, while others have arthritis for several years. In rare cases, the condition can last a lifetime.

The exact cause of JIA isn’t known. However, researchers believe it’s primarily an autoimmune disease. In people with autoimmune diseases, the immune system mistakenly attacks harmless cells as though they’re dangerous invaders.

Most cases of JIA are mild, but severe cases may result in complications, such as joint damage and chronic pain. Knowing the symptoms of JIA is important for getting treatment before the condition progresses.