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In Good Health

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the Jackson County
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PREVENTION IS KEY DURING CERVICAL HEALTH AWARENESS MONTH

The National Cervical Cancer Coalition and the Jackson County Department of Public Health urge women to talk with their healthcare provider about cervical health.

Each year in the United States, nearly 13,000 women are diagnosed with cervical cancer and more than 4,000 die as a result. The disease takes an even greater toll globally as the vast majority of cervical cancers occur in low-income countries. In both the US and abroad, cervical cancer is most often found in women living in poverty who lack access to healthcare.

Two prevention tools that women can take advantage of include Pap tests and cervical cancer vaccines. A Pap test can find cell changes in the cervix caused by HPV (the virus that can cause cervical cancer). The Jackson County Department of Public Health offers Pap tests per ACOG guidelines. Additionally, the Health Department provides the cervical cancer vaccination, or HPV vaccination. The vaccine is recommended at age 11 or 12 years to assist in developing a stronger immune response but can be given up to 26 years.

The Jackson County Department of Public Health provides access to these prevention tools—Pap tests are available through Family Planning, Adult Health, and BCCCP Programs while HPV vaccines are available through General Clinic. For more information, call 828-586-8994.

Women of childbearing age who need a form of birth control are eligible for the Family Planning Program. Appointments include:

- Comprehensive patient history
- Physical exam
- Pap test, if indicated
- Breast exam
- Lab work (may include STD screening)
- Education on birth control methods
- Instructions on birth control usage

Confidential counseling and testing for STDs are also available.

Parental permission is not required. Cost is based on a sliding scale fee.

**Need to make an appointment?
Call 828-587-8289 today.**

JCDPH in the Community

A large part of public health is just that—work with the public, with our people, in our community. The Jackson County Department of Public Health has a great outreach team who works to be present at many community events, sharing information about our agency and helping our community receive the services they need. Below are some highlights of just a few of our most recent outreach events:

On October 9-20th, Safe Kids Jackson County, Emergency Management, the Fire Marshal's Office, Code Enforcement, Harris EMS, local fire departments, and more partnered with Jackson County Public Schools to provide fire safety education in honor of **Fire Prevention Week**. Over 2000 children in grades K-5th received education on fire safety.

On October 28th, **Fish and More Pet Store** celebrated a **Grand Reopening** as it converted to a more humane business model. Now, the store works with animal shelters, including the Jackson County Animal Shelter, and rescues in

North Carolina to offer adoptable pets and cats. This is the first Humane Society of the US pet store conversion in North Carolina—a huge honor and accomplishment.

Both WIC and Safe Kids Jackson County staff participated in the **Pumpkin Patch** on October 31st. Staff passed out stickers, flyers, glow sticks, bracelets, and more to over 1500 children as they participated in the event. A big thanks to all who had a hand in coordinating such a large event.

The Injury & Substance Abuse Action Team hosted a **Medication Take Back Event** in partnership with the Jackson County Sheriff's Office and the Department on Aging on November 20th at the Senior Center. Close to 10,000 pills were received during the event, ensuring that these medications were disposed of properly.

In partnership with Multicultural Affairs at WCU, the Health Department offered **free HIV and syphilis testing at Western Carolina University** on November 30th. Over 30 students were tested during this event, increasing their

knowledge about sexually transmitted infections and safe sexual practices.



Members of the Omega Psi Phi Fraternity helping JCDPH staff during the HIV & Syphilis Screening at WCU

Don't forget to check out JCDPH's Community Calendar! Just visit <http://health.jacksonnc.org> and click on "Community Events."

Like us on Facebook! <https://www.facebook.com/JacksonCountyDepartmentofPublicHealth/>

Epi-News—Pertussis

What is Pertussis?

Pertussis, also known as whooping cough, is a highly contagious respiratory disease caused by the bacterium, *Bordetella pertussis*. Pertussis can cause serious illness in babies, children, teens, and adults.

Early Signs & Symptoms

- Runny nose
- Low-grade fever
- Apnea (A pause in breathing)

Later-Stage Signs & Symptoms

- Fits of many, rapid coughs followed by a high-pitch "whoop" sound

- Vomiting during or after cough fits
- Exhaustion after coughing fits

How it Spreads

People with pertussis usually spread the disease to another person by coughing or sneezing or when spending a lot of time near one another where you share breathing space.

Prevention

The best way to prevent pertussis is to get vaccinated. Two kinds of vaccines are available to help protect against pertussis:

- DTaP: Recommended for babies and children younger than 7 years
- Tdap: Recommended for older children and adults

Who Should Get Vaccinated?

- Babies and children
- Preteens and teens
- Pregnant women
- Adults who have never received Tdap

Questions about whether or not you should get vaccinated? Call the Health Department's General Clinic Nurse for more information at 828-587-8232.

REGULARLY AVAILABLE SERVICES

Adult Health

By appointment only

Car Seat Checks

Thursdays: By appointment only

Cashiers Clinic

WIC: 3rd Thursday of the month: 9AM-12 PM & 1PM- 4 PM

Other: By appointment only

Communicable Disease

Monday-Friday, 8 AM-5 PM, Walk-ins welcome

Cullowhee Community Garden Workdays

Wednesdays: 3 PM- dark

Saturdays: 8 AM- 12 PM

Employee Health Clinic

Monday-Friday, 8-11:30 AM, 1-4:30 PM

Appointments strongly recommended

Free Community Blood Pressure Clinics

Community Table: 2nd & 4th Tues, 4-6 PM

Sylva Senior Center; 2nd Tues, 9-11:30 AM

Thrift Shop: 3rd Tues, 10-12 PM

Cashiers Senior Center: 4th Tues, 10-11:30 AM

General Clinic

Mondays, Wednesdays, Fridays, 8 AM-4:30 PM

Immunizations/Vaccinations

Monday, Wednesday, Friday, 8 AM-4:30 PM

Injury & Substance Abuse Prevention Action Team Meeting

Last Wednesday of the month: 3 PM

Healthy for Life Action Team

4th Thursday of the month: 1 PM

Laboratory Services

Monday-Friday, 8 AM-4:30 PM, Walk-ins welcome

Sexual Health

Monday-Friday, 8 AM-4:30 PM, Walk-ins welcome

Teen Health

Monday-Friday, 8 AM-4:30 PM, Walk-ins welcome

Regular WIC Hours

Monday-Friday, 8 AM-5 PM

WIC Late Clinic

2nd & 4th Thursday of the month: 5-6 PM

Women's Health, Family Planning & Maternal Health

By appointment only

Upcoming Programs and Events

SERVICE SPOTLIGHT

Hepatitis means "inflammation of the liver." When the liver is inflamed and damaged, it's function can be affected. There are three types of viral Hepatitis—A, B, and C. Each type has different symptoms and requires different kinds of treatment.

The Jackson County Department of Public Health now offers free Hepatitis B and C testing for those who qualify. To find out more information about these tests, call the Health Department at 828-586-8994.

Looking for a program that can help you make lifestyle changes that may prevent type 2 diabetes? Consider joining the **Diabetes Prevention Lifestyle Program!** This program starts January 9, 2018. Call 828-587-8238 for more information.

The Food, Lodging, & Inspections Program of Environmental Health will offer a two-day **ServSafe Course** on January 8-9, 2018. This course is designed for food service managers who wish to learn more about sanitation, the flow of food, and sanitary facilities & pest management. Call 828-587-8250 for more information.

The Health Department will be attending a **Health Fair** at Fairview Elementary School on March 16, 2018. Health Department staff will be bringing information on school physicals, sports physicals, and immunizations for those that attend. Call 828-587-8225 for more information.

The **9th Annual Healthy Living Festival** will be held on March 24, 2018 at the Recreation Center in Cullowhee. Health resources, free screenings, and children's activities will be available.

Exhibitor applications will be available on January 16th. Call 828-587-8238 for more information.

Interested in making a change in the health of your community? Consider joining the **Community Health Assessment (CHA) Work Team**. This Team will work to identify health priorities in Jackson County and strategize ways to improve the health of our community. Call 828-587-8238 for more information.

Did you know that the Health Department has Child Passenger Safety Technicians on duty on Thursdays, **by appointment only**, to assist with child safety seat checks, providing educational information on child safety seats, and to assist with the purchase & installation of new child safety seats? Child safety seats cost \$25 for convertible and booster seats and \$10 for no-back booster seats. Call 828-587-8289 to make an appointment today.



Child Passenger Safety Technicians on duty at JCDPH

Employee Recognition

We at the Jackson County Department of Public Health would like to recognize Becky Nicholson this quarter. Becky recently graduated from Southwestern Community College with an Associate's Degree in Medical Office Administration while working full-time, raising a family, and attending to other responsibilities. We are honored to have her as a part of the Management Support Team and are so proud of her accomplishments.

CONGRATS BECKY!



Becky Nicholson, Lead Clerical, with JCDPH

The mission of the Jackson County Department of Public Health is to enhance, promote, and protect the health of all Jackson County residents with an overall effort to enhance their health status through prevention and education.

