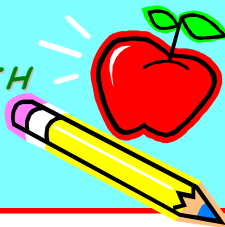




THE SCHOOL HEALTH TID-BIT TIMES



Sheboygan County
Division of Public Health

April 2010



Spring has sprung...time to refresh your Rabies and Lyme disease knowledge



Photo: Pediatric Associates of Connecticut

Rabies is a serious disease that affects the brain and spinal cord. If it is not prevented and treated, it will almost always cause death. Half of the people who die from rabies are under the age of 15. Here are some tips to reduce your child's risk of rabies exposure.

Rabies is caused by a virus that is found in the saliva of the infected animal. Any mammal (a warm blooded animal with fur) including bats can get rabies. In the United States, raccoons, skunks, foxes and bats are the main animals that get rabies.

Animals with rabies may act differently. It's always best to teach children to stay away from wild animals, stray dogs and cats and to be careful with other people's pets. If you or your child is bitten, wash out the wound with soap and water and see a doctor right away. If there's a chance the animal has rabies, your doctor will want to give you the rabies vaccine to make sure you don't get rabies too.

If you see a stray animal, an animal acting strangely or if you are bitten notify animal control for your area. In Sheboygan County, your local police department has authority for animal control. And, always make sure your pet is up-to-date with their vaccinations including rabies.

What if you wake up to find a bat flying around your bedroom or your child's room? DON'T help it fly out the window. A bat can scratch you in your sleep without you knowing it and expose you to rabies. For your own safety and to avoid vaccination, contain the bat if you can do so without additional risk or exposure. It needs to be exterminated (without crushing it) and tested for rabies. However, use caution.



For more information about rabies, rabies testing or Lyme disease, call the Sheboygan County Division of Public Health at 459-4382 or visit www.cdc.gov/rabies or <http://www.cdc.gov/Lyme/>

Lyme disease is caused by a bacterium transmitted to humans through the bite of a tiny tick commonly called the deer tick. The deer tick becomes active throughout Wisconsin from late March to November.



Photo credit: Lynne Rhodes (Old Saybrook, CT)

The illness often starts with a circular red patch around or near the site of the tick bite. This rash expands over a period of days or weeks, and can take on the appearance of a bull's-eye. During this stage, other symptoms such as fever, headache, fatigue, stiff neck, muscle and joint pain may be present. This could last for several weeks. Consult your Doctor if you notice a rash or any of these symptoms. If left untreated, late stage complications such as meningitis, facial palsy, heart abnormalities, and arthritis may occur within a few weeks to several months after the first symptoms.

Try to protect yourself from ticks by walking in the center of hiking trails, wearing a hat and light colored long sleeved clothing. Tuck shirts into waistbands and pants into socks and use insect repellent with DEET, but only place repellent on the clothing of young children. Ticks can ride into the house on clothing or animals. Make sure to wash and dry clothing worn in tick infested areas in warm/hot temperature settings. Use vet approved repellents for pets and perform daily tick checks on your family and pets. If you find one, use a tweezers to remove it, not a match or Vaseline.



Photo courtesy of the CDC

Got Your Shots?

School Immunization Law Requires Students Entering Grades 6, 9, or 12 This Fall to Have Shots

Parents are encouraged to schedule an appointment to have their child immunized this spring in order to avoid the summer rush at doctor's offices and public health clinics.

The Wisconsin Immunization Law requires:

- Students entering grades 6 and 12 show proof of having received two doses of chickenpox vaccine, or a reported history of having chicken pox disease.
- Students entering grades 6, 9, and 12 show proof of having received a dose of Tdap or tetanus containing booster within the past five years.

Parents are encouraged to review their child's vaccine record during the springtime to see if a booster dose of vaccine is needed in order to meet School Law Requirements. Tdap, Varicella and other vaccines recommended for adolescents (i.e. HPV, etc.) are available at healthcare provider offices and at the Division of Public Health.

A suggested donation of \$5.00 for each injection administered at Public Health Clinics to help cover the cost of immunization programming is requested. No one will be denied services due to an inability to make a donation.

Public Health Clinics will take place at the Sheboygan County Health and Human Services Building in Sheboygan and at the Family Resource Center in Plymouth.

Appointments are required for Public Health Clinics and can be made by calling 920-459-3030 or 1-800-596-1919 (Ext 3030).

A signed parental consent is required for those students less than 18 years of age. To access forms or vaccine information, visit:

<http://www.co.sheboygan.wi.us>

For more information regarding School Immunization Law requirements, visit:

<http://dhs.wisconsin.gov/immunization/reqs.htm>

H1N1 Vaccine is still available at Public Health FREE of charge

H1N1 Vaccine is available for individuals six months of age or older on a walk-in basis. No appointment is necessary!

Simply visit Public Health at 1011 N. 8th Street in Sheboygan from 8:00-11:30 AM or 1:00-4:00 PM Mondays through Fridays.

