



Tidbit Times

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Back To School Edition

Protection, Preparedness, Prevention and Participation

Meningococcal Vaccine (MCV4) : Protect Your Child

Public health authorities recommend that teenagers and college-bound students be immunized against a potentially fatal bacterial infection called meningococcal disease, a type of meningitis. Meningococcal disease can cause severe swelling of the brain and spinal cord (meningitis) or a serious blood infection (meningococemia). The disease can progress rapidly and can cause death or permanent disability within 48 hours of initial symptoms.

Teenagers and college students are at increased risk for meningococcal disease compared to the general population, accounting for



nearly one third of all U.S. cases every year. The disease is spread

through direct contact with respiratory and/or oral secretions from infected persons (for example, kissing or sharing drinking containers or eating utensils).

A meningococcal vaccine (MCV4) is available that

protects against four out of five strains of bacterium that cause meningococcal disease in the U.S. The Centers for Disease Control and Prevention (CDC) and other leading medical organizations recommends that all 11-12 years olds should be vaccinated with MCV4 vaccine.

A booster shot is recommended for teens at age 16 to continue providing protection when their risk for meningococcal disease is highest. Teens who received MCV4 for the first time at age 13 through 15 years will need a one-time booster dose at 16 through 18 years of age.

If a teenager missed getting the vaccine altogether, they should ask the doctor about getting it now, especially if they are about to move into a college dorm or military barracks. Check with your insurance company to verify coverage before calling your doctor.

The Division of Public Health has MCV4 available, for a \$5.00 donation, to those 11 through 18 years of age who are in need of a first or second dose of vaccine who are uninsured or whose insurance does not cover the vaccine. Call 920-459-3030 for an appointment. For more information about MCV4 visit www.vaccines.gov.



other in different emergency situations.

September is National Preparedness Month

This year marks the tenth anniversary of 9/11. While remembering that fateful day, when the world was a much different place, FEMA also wants to remind Americans to prepare for emergencies caused by nature or man.

Ready.gov is FEMA's website which teaches and encourages Americans to be prepared for emergencies in their homes, businesses, and communities. FEMA breaks this down into 3 easy steps to preparedness.

1. Get a Kit.

Everyone should have supplies on hand so you and your family can survive for three days if an emergency occurs.



2. Make a Plan.

Sit down as a family to plan in advance what you will do in an emergency. Your family may not be together when disaster strikes, so plan how you will contact each



3. Be Informed.



Learn about the potential emergencies that could happen locally and the best way to respond at ready.wi.gov. This site, hosted by Wisconsin Emergency Management, has detailed information on these 3 steps to create a plan specific to the needs of your family.



Sheboygan County Division of Public Health

1011 N. 8th St.

Sheboygan, WI 53081

Phone: 920-459-4382

Fax: 920-459-0529

Email:

[publichealth@](mailto:publichealth@co.sheboygan.wi.us)

[co.sheboygan.wi.us](mailto:publichealth@co.sheboygan.wi.us)



Public Health
Prevent. Promote. Protect.

September is "STEP-tember"



Join us this month in a variety of family health & fitness activities throughout Sheboygan County for free or reduced cost. Sponsored by the Sheboygan County Activity and Nutrition Coalition (SCAN).

Camp Anokijig – FallaPalooza Sunday, Sept. 18th 9:30 - 3:00 Family activity & "All You Can Eat" Brunch. Participation Fee.

Family Resource Center - Plymouth Monday, Sept. 29th 6:30 - 7:30pm "Sock It To Me!" Registration required 920-892-6706. Participation Fee.

Sheboygan Lakers Ice Center Saturday, October 1st 12 - 3 pm Public ice skating. Free Admission and charge for skates.

Events for Saturday, September 24th

Cedar Grove/ Belgium Gym and Pool

1 - 3pm Free Family Swim - Gym.

Sports Core Free Activities 12 - 4pm

1- 3pm Family Swim.

Oostburg Community Fitness Center

6:00 -10:30 am Facility use, 10 -12 Free use of Climbing Wall.

Tom and Jerry's Mini Golf, Plymouth

12 - 4 pm Mini Golf 18 holes. Reduced rate of \$5/adults and \$4.50/children.

Sheboygan Falls Aquatic Center 2:30 -

5:30 pm Free Admission.

Sheboygan Falls YMCA 1-4pm Free Admis-

sion. Proof of ID required for those over 16

Maywood 1:30-3:30pm Free walking trails and information.

Sheboygan YMCA 1-4pm Free Admission.

Proof of ID required for those over 16.

SASD – Horace Mann Gym 10 - 12 pm

Options for all ages – including Zumba. **Lakeshore Lanes** 1 - 4 pm 1 game of free bowling. Additional games discounted. **Bookworm Gardens** 10 - 4 pm Activities for families.

Events for Sunday, September 25th

Anchor Lanes, Elkhart Lake 4 - 7 pm 1 game of free bowling. Additional games discounted.

JB's Entertainment Center, Howards

Grove 4 - 7 pm 1 game of free bowling. Additional games discounted.

Sheboygan County Tennis Assoc. (Kohler HS) 1 - 3 pm Tennis drills and games for the whole family. Equipment provided.

Odyssey Fun Center, Sheboygan Falls

4 - 7 pm 1 game of free bowling. Additional games discounted.

Maple Lanes 1 - 4pm Free bowling & shoes.

Reducing Risk for Sports-Related Injuries

About 3.5 million children receive medical treatment for a sports-related injury each year, and as many as half of these injuries are preventable according to the Centers for Disease Control and Prevention (CDC)



With many school athletes working hard to prepare for fall sports, Safe Kids Sheboygan County is encouraging parents and coaches to keep children safe on and off the field by preventing sports injuries, including

heat-related illnesses. Nearly 3/4 of U.S. households have at least one child who plays organized sports. "With practice sessions underway for school age children, parents and coaches have an even greater role to play in keeping children safe and injury free," said Diane Liebenthal, Program Supervisor for Sheboygan County Division of Public Health and member of Safe Kids Sheboygan County. "It's important to set realistic expectations for children about sports and understand how to help them prepare properly, prevent injuries and play safely."

Safe Kids Sheboygan County encourages parents to review the ways to prevent the most common causes of preventable sports injuries in young athletes including overuse injuries, heat-related illness, concussions and injuries caused by pre-existing medical conditions. Safe Kids also encourages parents to have consistent communications with their child's coach in order to take a proactive role in keeping their child safe while playing sports.

Pre-Participation Physical Evaluations

Safe Kids USA and the American Academy of Pediatrics (AAP) recommend every child receive an annual pre-participation evaluation (PPE), which will help determine readiness to play sports and may uncover any underlying conditions that could limit participation or increase the risk for injury or a medical emergency. Parents should talk to their child's doctor and

ask them to perform the full pre-participation evaluation, which was recently updated by the AAP.

Dehydration/Health Related Illness

Young athletes need to drink water before, during and after practice, in order to prevent dehydration and the risk of a more serious heat-related illness such as heat exhaustion and heat stroke. Athletes should start practice/play fully hydrated, and drink water every 20 minutes of play.

Overuse Injuries

An overuse injury is difficult to diagnose and treat because they are usually subtle and occur over time. Fatigue, burnout or playing while injured can lead to overuse injuries such as repetitive motion injuries as well as acute injuries including sprains (mostly ankle), muscle strains, bone or growth plate injuries. Warming up and stretching before play is essential to preventing sports related injuries. This helps athletes avoid injuries such as muscle tears or sprains by stretching and releasing any muscle tension.

Concussion

Children who do not wear or use protective equipment are at greater risk of sustaining sports-related injuries. Parents can reduce their child's risk of minor or serious injuries such as concussions by making sure their child wears the appropriate and properly fitted sports equipment during practice and competitive play and knowing the signs and symptoms of a concussion.

Press release from Safe Kids USA

