



Have you heard about **Hepatitis A?**



Hepatitis A is a very contagious liver disease caused by the hepatitis A virus. It is found in the feces (poop) of people with hepatitis A. Hepatitis A can be spread through contaminated food or water. It can also be spread when someone has sex with an infected person.

Hepatitis A is preventable. You can prevent it by washing your hands after using the bathroom and before eating, **and also by getting a Hepatitis A vaccine.**

Illness can appear 15-50 days after contact and you can be sick for many weeks.

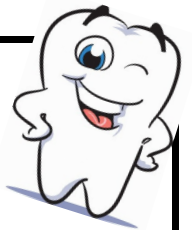
Symptoms are:

- nausea and vomiting
- belly pain
- feeling tired
- fever
- loss of appetite
- yellowing of the skin and eyes
- dark urine
- pale-colored poop
- joint pain

The BEST prevention is a vaccine. LCHD offers the hepatitis A vaccine. If you are in one of the at-risk groups below, you can ask if you qualify to receive federally funded vaccine from LCHD.

- History of substance abuse
- Homeless or in transient living
- Men who have sex with men (MSM)
- Incarcerated persons
- Food handlers
- Persons with acute or chronic liver disease
- Persons who are in close contact with hepatitis A virus (HAV)-infected individuals

Change One Thing... Floss at least once per day



20%
of Americans
NEVER floss.

- Flossing is an important part of taking care of your teeth & gums.
- Flossing removes food & plaque and keeps the space between your teeth clean and prevents cavities.
- Adults and kids should floss their teeth every day.

February is National Children's Dental Health Month!

Head Start

Head Start preschool enrollments are starting. What is Head Start? Head Start is a FREE high-quality preschool offered to Livingston County residents by LESA.

Decisions for enrollment into Head Start and Great Start Readiness Program classrooms are based on individual family experiences; one or more of these experiences may qualify your child:

- Family Income
- Concerns about your child's development
- Challenging behavior
- English as a second language
- Family school difficulties
- Environmental Risk (Abuse, Addiction, Mental Health)
- Single parent home due to divorce, deployment, incarceration, illness
- Change in guardianship

For more information, or to schedule an enrollment appointment, call: 517-548-2100. or visit their website: www.livingstonesa.org.

Community Connect

February 3, 2018 from 9 am - 2 pm
Parker Middle School
400 Wright Rd Howell, 48843.

There will be resources, information, financial services, **free lunch**, legal consultation, haircuts, health screenings, baby items, books, clothing & children's activities.



Did you know?

January is National Radon Action Month

You can't see, smell or taste radon, but it could be in your home. Radon is the leading cause of lung cancer deaths among nonsmokers in the U.S.

Being exposed to radon is a preventable health risk because you can test the radon levels in your home to prevent unnecessary exposure. If you have high radon levels, you can take steps to fix the problem and protect yourself and your family.

During the month of January, LCHD is giving away FREE radon test kits. Pick yours up today!

Health Department Immunization Clinic Hours

Wednesdays: 8:30 a.m. - 4:30 p.m.

(late hours until 7 p.m. on the 2nd & 4th Wednesday of the month)

No appointment necessary!



WIC Breastfeeding Peer Counselor

Jennifer Kaiser

email: jkaiser@livgov.com

phone: 517-375-0554

- Help with breast pumps
- Offer breastfeeding encouragement
- Help plan for the return to work/school
- Provide education, problem-solving and support



This institution is an equal opportunity provider.

