

# **PENNINGTON & RED LAKE COUNTIES WELLNESS COALITION NEWSLETTER November 2014**

## **Enterovirus D68**

Information from the CDC: Over the last several months, the United States has experienced a nationwide outbreak of enterovirus D68 (EV-D68) associated with severe respiratory illness. From mid-August to November 3, 2014, CDC or state public health laboratories have confirmed a total of 1,105 people in 47 states and the District of Columbia with respiratory illness caused by EV-D68. EV-D68 is one of more than 100 types of enteroviruses. It was first identified in California in 1962. Since then, EV-D68 infections have not been commonly reported in the United States. Most enterovirus infections in the United States tend to occur in the summer and fall. The CDC does expect that, as with other enteroviruses, EV-D68 infections will likely begin to decline by late fall.

EV-D68, similar to other enteroviruses, is known to cause infections primarily in children but has been known to infect adults. EV-D68 can shed from an infected person's respiratory secretions, such as saliva, nasal mucus, or sputum. The virus likely spreads from person to person when an infected person coughs, sneezes, or touches surfaces. EV-D68 can cause mild to severe respiratory illness.

\*Mild symptoms may include fever, runny nose, sneezing, cough, and body and muscle aches.

\*Severe symptoms may include wheezing and difficulty breathing.

If your child has asthma, he or she may be at greater risk for severe respiratory illness from EV-D68. Call your child's doctor if he or she is having difficulty breathing, if you feel you are unable to control symptoms, or if symptoms are getting worse. Although there are no vaccines to prevent EV-D68 infections, here are some steps to follow for prevention:

\* Wash hands often with soap and water for 20 seconds.

\* Avoid touching eyes, nose and mouth with unwashed hands.

\* Avoid close contact, such as kissing, hugging, and sharing cups or eating utensils, with people who are sick.

\* Cover your coughs and sneezes with a tissue or shirt sleeve, not your hands.

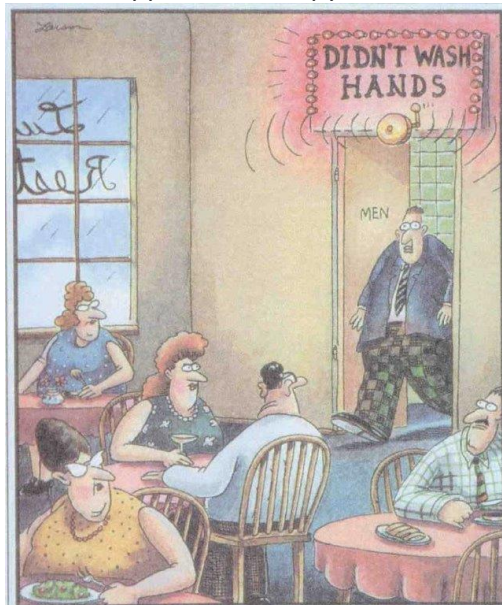
# **INTER-COUNTY NURSING SERVICE**



\* Disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick.

\* Stay home when you are sick and keep sick children out of school.

Once diagnosed, there is no specific treatment for EV-D68 infection. Also, no antiviral medications are available for EV-D68. Some patients with severe respiratory illness may need to be hospitalized and receive supportive therapy.



## **Tweets from our Teens**

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For your health-don't be one of these statistics:

\* 9 out of 10 smokers start before the age of 18, and 98% start smoking by age 26.

\* 1 in 5 adults and teenagers smoke.

\* Approximately 18% of high school students smoke cigarettes.

\* Smokers are 30% to 40% more likely to develop type 2 diabetes than nonsmokers.

\* 15% of high school boys use smokeless tobacco, and an estimated 9% of all high school students use smokeless tobacco.

\* 3.5% of all adults use smokeless tobacco.

## Concern Over E-cigs on Planes

BOSTON (AP) — Federal regulators should consider further regulations on electronic cigarettes on airplanes, Massachusetts Fire Marshal Stephen Coan said after his office concluded one of the devices caused a small fire on a plane at Logan Airport. The Aug. 9 fire, confined to a single piece of luggage in the cargo hold, forced a temporary evacuation of the plane. A baggage handler located and extinguished the fire before the JetBlue aircraft took off for Buffalo, New York. His office's investigators confirmed that an e-cigarette packed in a passenger's checked luggage somehow turned on, causing the fire.

In a letter to the Federal Aviation Administration, he expressed concern that the devices can be inadvertently triggered in the normal handling of luggage. "If this fire had started in the cargo luggage area and was undetected while the plane was in flight, a major tragedy could have occurred," Coan wrote. "The fire service would like to be assured that the appropriate federal authorities are not only aware of this life safety hazard but are actively taking steps to address it."

In light of Coan's letter, U.S. Sen. Edward Markey said he'll ask the FAA to investigate whether e-cigarettes should be allowed on airplanes at all. "This troubling incident at Boston's airport is a warning for the entire airline industry and every person who steps onto an airplane," the Massachusetts Democrat said in a statement. "Until this fire is fully investigated by the FAA, the agency should consider banning e-cigarettes from the cargo holds of passenger planes before tragedy strikes."

E-cigarettes are battery-powered devices that can heat up to more than 200 degrees Fahrenheit as they convert liquid nicotine into an inhalable vapor. Airlines allow passengers to bring the devices onto planes but generally prohibit their use in-flight. About three years ago, the U.S. Department of Transportation proposed specifically banning their use on commercial flights. The proposal has not been finalized.

In the wake of the August fire, the Massachusetts Port Authority, which operates Logan Airport, called for further restrictions for e-cigarettes on planes.

## Parenting Tips – Bullying continued

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting problems.

In order to be considered bullying, the behavior must be aggressive and include:

**An Imbalance of Power:** Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.

**Repetition:** Bullying behaviors happen more than once or have the potential to happen more than once.

Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

### Types of Bullying

There are three types of bullying:

1. Verbal bullying is saying or writing mean things. Verbal bullying includes: Teasing, Name-calling, Inappropriate sexual comments, Taunting, Threatening to cause harm

2. Social bullying, sometimes referred to as relational bullying, involves hurting someone's reputation or relationships.

Social bullying includes: Leaving someone out on purpose, Telling other children not to be friends with someone, Spreading rumors about someone, Embarrassing someone in public

3. Physical bullying involves hurting a person's body or possessions.

Physical bullying includes: Hitting/kicking/pinching, Spitting, Tripping/pushing, Taking or breaking someone's things, Making mean or rude hand gestures *from: <http://www.stopbullying.gov>*



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