

**Hoke County Health Department**

*For more information  
Please contact us...  
Contact Info,  
683 E. Palmer Rd.  
Raeford, NC 28376  
Phone: 910-875-3717*

**UPCOMING EVENTS**

Join the Public Health Advisory Council & make a difference in your community, Contact Ulva @ (910) 875-3717 ex: 2106. Next Meeting 1/9/2014 @ 11:00AM

Flu Shots are available by appointments only from M-F; 8:00AM-4:00PM.

Hoke County Asthma Coalition meets every 3rd Wednesday @ 12:00PM. at the health department

Teen-Time : Health Clinic for teens; available the 1st & 3rd Monday of the month From 4:30PM-7:00PM.

Child Birth Education Classes Starts the first Thursday of the month from 6-8PM contact Cornelia @ (910) 875-3717 ex: 2104.

Save The Date  
2014 Survivorship Summit Thursday, April 24 & 25, For more information contact Cindy Morton @ (910) 875-3717 ex: 2115.

Community Health Opinion Survey is now Available. To participate, contact Cornelia @ (910) 875-3717 ex: 2104.

CPR Classes are available Contact Ulva for more information @ (910) 875-3717 ex:2106

HCHD Staff Work Anniversaries  
Betty Brown-5yrs  
Cornelia Murchison-9yrs  
Helene Edwards-13yrs  
Jenny McDuffie-18yrs  
Marilyn Oxendine-13yrs



**TRIPLE-H NEWS:  
HOKE HEALTHY HIGHLIGHTS**

**CDC Issues Alert About Early Reports of pH1N1-Associated Illnesses for 2013-14 Influenza Season**

01/05/2014

From November through December 2013, the Centers for Disease Control and Prevention (CDC) has received a number of reports of severe respiratory illness among young and middle-aged adults, many of whom were infected with influenza A (H1N1) pdm09 (pH1N1) virus. Multiple pH1N1-associated hospitalizations, including many requiring intensive care unit (ICU) admission, and some fatalities have been reported.

The pH1N1 virus that emerged in 2009 caused more illness in children and young adults, compared to older adults, although severe illness was seen in all age groups.

While it is not possible to predict which influenza viruses will predominate during the entire 2013-14 influenza season, pH1N1 has been the predominant circulating virus so far.

For the 2013-14 season, if pH1N1 virus continues to circulate widely, illness that disproportionately affects young and middle-aged adults may occur.

Seasonal influenza contributes to substantial morbidity and mortality each year in the United States. In the 2012-13 influenza season, the CDC

estimates that there were approximately 380,000 influenza-associated hospitalizations.

Although influenza activity nationally is currently at low levels, some areas of the United States are already experiencing high activity, and influenza activity is expected to increase during the next few weeks.

The spectrum of illness observed thus far in the 2013-14 season has ranged from mild to severe and is consistent with that of other influenza seasons.

While the CDC has not detected any significant changes in pH1N1 viruses that would suggest increased virulence or transmissibility, the agency is continuing to monitor for antigenic and genetic changes in circulating viruses, as well as watching morbidity and mortality surveillance systems that might indicate increased severity from pH1N1 virus infection. In addition, CDC is actively collaborating with state and local health departments in investigation and control efforts.

The CDC recommends annual influenza vaccination for everyone 6 months and older. Anyone who has not yet been vaccinated this season should get an influenza vaccine now.

While annual vaccination is the best tool for prevention of

influenza and its complications, treatment with antiviral drugs (oral oseltamivir and inhaled zanamivir) is an important second line of defense for those who become ill to reduce morbidity and mortality. Antiviral treatment is recommended as early as possible for any patient with confirmed or suspected influenza who is hospitalized; has severe, complicated, or progressive illness; or is at higher risk for influenza complications.

The risk of severe disease and complications from influenza is higher among children younger than 5 years of age, adults aged 65 years and older, pregnant women, and those with underlying medical conditions. In most influenza seasons, the majority of influenza-associated hospitalizations and deaths are among adults aged 65 years and older. However, during the 2009 pandemic, pH1N1 caused more illness in children and young adults than in older adults.

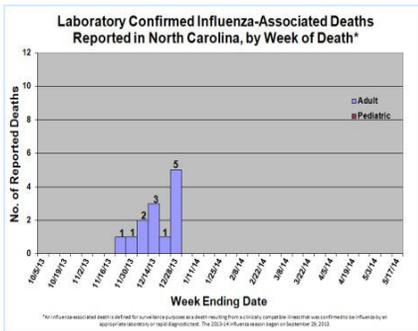
This was likely due in part to protection in older adults provided by cross-reactive immunity to pH1N1 caused by prior infection with antigenically-related viruses.

**Continue on page 2.**

**JANUARY**

Cervical Health Awareness Month  
National Birth Defects Prevention Month  
National Blood Donor Month

## Influenza-Associated Deaths Reported in North Carolina, by Week of Death



### Flu Continues:

The pandemic also was notable for reports of severe illness among pregnant women infected with pH1N1 and adverse neonatal outcomes.

<http://www.infectioncontroltoday.com/news/2014/01/cdc-issues-alert-about-early-reports-of-ph1n1-associated-illnesses-for-201314-influenza-season.aspx>

### Where can I get a flu vaccine?

Flu vaccines are offered in many locations, including doctor's offices, clinics, health departments, pharmacies and college health centers, as well as by many employers, and even in some schools.

Even if you don't have a regular doctor or nurse, you can get a flu vaccine somewhere else, like a health department, pharmacy, urgent care clinic, and often your school, college health center, or work..

<http://www.cdc.gov/flu/about/season/flu-season-2013-2014.htm>

### Norovirus is back in North Carolina

The season for the hard-to-fight intestinal illness has begun, say state health officials. The state Department of Health and Human Services is tracking 29 cases so far in Henderson and another six in Alamance County, said Ricky Diaz, a department spokesman. Outbreaks often occur in buildings where large numbers of people are in close proximity, such as homes for the elderly or schools. Both of the new outbreaks occurred in long-term care facilities.

"It is the typical time of year we'd expect to see norovirus," said Danny Staley, acting director of the N.C. Division of Public Health. "In the old days, the name people used for it actually was winter vomiting." Norovirus hits fast and hard. Its main symptoms – vomiting and nausea – can help distinguish it from flu. It also can trigger diarrhea and sometimes fever, headache, fatigue, stomach cramping and chills. Both winter illnesses can cause body aches, but flu hits the respiratory system with symptoms that can include lung congestion and sore throat.

Typically the symptoms last only an unpleasant day or two, but the virus can remain in those who are infected for several days or even weeks. The virus is found in vomit and feces and can be transmitted easily through direct contact or by touching surfaces or consuming food or liquids that have been contaminated. It is crucial to clean any contaminated surface with a bleach-based cleaning fluid, Staley said. Washing your hands frequently with soap and water is also important if you are in close contact with people who are infected.

Typical hand sanitizers can be ineffective against the virus. There are no medications to treat the illness once you acquire it.

*By Jay Price, Fayetteville News Observer  
December 23, 2013*

### MedAssist Prescription Help is Here!

This program is a prescription assistance programs offered to any resident of North Carolina who has an income at or below 200% of the Federal Poverty Level and has **no prescription insurance coverage**.

For more information contact **Kathy McLean @ (910) 875-3717 Ext: 2294**

### New Year's Resolutions Can Fuel a Fitter 2014

For people fighting to get fit in 2014, fitness experts say a New Year's resolution to get in shape can be an important first step and can increase overall success.

Losing weight and getting fit are among the top five resolutions every year although many good intentions run aground by the spring. But the resolution itself carries some power.

"Research suggests that success is higher (among those who make resolutions), than those who make no resolutions at all," said Dr. Barbara Bushman, a clinical exercise specialist with the American College of Sports Medicine.

Bushman, a professor at Missouri State University, said success favors the realistic. About 45 percent of Americans make New Year's resolutions, according to researchers at the University of Scranton. About eight percent achieve their goal. Jacqueline Ratliff, an exercise physiologist with the American Council on Exercise, borrows an acronym from project management to delineate successful goal-setting.

"With regard to New Year's resolutions, it is important for people to make these goals S.M.A.R.T. (specific, measurable, attainable, relevant, and time-bound)," she explained. Although the initial motivation might be something intrinsic, like the desire to fit into a smaller size, Ratliff said success is sustained through internal motivation, such as enjoying the feelings associated with working out. "Think of health and fitness like the stock market," she added. "Your goal in initially investing is not to get rich quick, it is to secure long-term wealth or, in this case, health."

Arizona-based wellness and weight management coach Lauve Metcalfe said: "Many people have difficulty with New Year's resolutions because they have unrealistic expectations." She said lack of positive support and negative family dynamics can wreak havoc on the best of intentions. "Putting yourself first is paramount," she added.

*BY DORENE INTERNICOLA  
HTTP://WWW.REUTERS.COM/ARTICLE/2014/01/06/US-FITNESS-RESOLUTIONS-  
IDUSBREA050OX20140106*



[www.tcsasports.org](http://www.tcsasports.org)

Get to know your county! [www.hokecounty.net](http://www.hokecounty.net)

### Communicable Disease Stats

#### December 2013

Flu H1N1: 3

Latent TB Infection: 1

TB Suspect/Cases: 0/2

#### Positive Cases

Chlamydia: 6

Gonorrhea: 5

Syphilis: 0

NGU: 3

HIV: 1

Hepatitis B: 2

Salmonella: 0

Campylobacter: 0

#### Tests

HIV Tests : 56

