

## Your Health Department at Work

### 1st Quarter - (Jan-Apr)

Birth Records Filed: 623	Lab Services Provided: 2,996
Death Records Filed: 489	Dental Patients: 133
Immunizations Given: 1,825	Medical Services Provided: 5,774
WIC Participants Served: 11,331	Restaurant & Food Related Inspections: 664
	Nuisance Complaint Investigations: 39

## Events & Programs Public Health Day



Health Department Director Santos Navarrette, Jr. has his blood pressure checked during Public Health Day

Saturday, April 7<sup>th</sup>, 2018 was marked in our calendars as the First Annual Public Health Day hosted by the Abilene Taylor County Public Health District. The Abilene Public Health Day was celebrated in the 2018 Public Health Week as part of the American Public Health Association's goal of being the healthiest Nation by 2030.

Over 200 people said present to the First Annual Public Health Day Event. The celebration began with welcome from our Health Service Director, Santos Navarrette, and a proclamation read by our Judge [Insert Judge Name here] followed by a swing dance lesson provided by Dr. Cole Bennett and Ms. Sarah Sells from the ACU Swing Cats group.



The event continued as the MERCY Health Care Center provided no-cost screenings; community health organizations educated and spread awareness of the importance of healthy life choices; and volunteers from Texas Tech School of Nursing, University Church of Christ, University of Hardin Simmons, The AmeriCorps Vista, and Dyes Airforce engaged with our community engaged with our community in active health activities.



This year was a success, and looking forward to next year's Abilene Public Health Day!

### MESSAGE FROM OUR DIRECTOR

Santos Navarrette, Jr.

The ATCPHD has experienced 23 animal-to-human exposures to positive rabid animals since January 1, 2018. Twenty-one of the human cases were in Taylor County and the other two from surrounding areas.

ATCPHD provides the biologicals (vaccines) for the treatment of rabies and the cost of the vaccine is extremely expensive. For a complete series of biologicals the cost is over \$4,500, but it will save your life.

The best protection from not being exposed to rabies is to ensure your pets have up-to-date rabies vaccinations. ATCPHD recommends that you call animal control to remove stray animals. If bitten by potential rabid animal, wash wounds with soap and water and seek medical attention immediately.

The HEALTH CONNECTION

Employee Spotlight - Saul Delgado, Health Educator



Q. What is your role at the health department?

A. I am a Health Educator for the Abilene Taylor County Public Health District who works with the Healthy Texas Communities Program in Abilene. My role is to engage with our community, promote the importance of healthy life choices, and to assist our community with an assessment focused on implementing change reducing health risk factors.

Q. What is the most rewarding part of your job?

A. The The most reward part of my Job is engaging with the community and being an agent of change for a healthier life. While working in outreach events, or in the community garden, I notice how people become

more aware and empowered for their health when they become actively involved in their process of change. Seeing their enthusiasm motives me to continue the work I do and encourages me to keep forward for a healthier neighborhood.

Q. What are some fun facts about you?

A. I was born in Chicago and raised in Puerto Rico. I was in the Abilene Civic Orchestra as a Violist, and I was also a Salsa instructor in 2016. I love reading, teaching, and making people's day. Finally, this year I will be in two mission trips this summer: Baja California-Mexico in construction for low income communities; and Puerto Rico to help my parents and community with the continuous recovery after Hurricane Maria.

E. Coli

What you should know

This year's E. coli outbreak is the largest since 2006. 19 states across the country have recorded at least one case, affecting a total of 84 people. The CDC has advised not to eat and discard any forms of romaine lettuce. With all the buzz and panic around this outbreak, it is interesting to note that Abilene, like the rest of Texas, has yet to record an E. coli case related to the outbreak.

Does that mean that we can continue to eat our salads? Yes, but with caution. Unfortunately, the exact source of contamination has yet to be identified. The CDC has, however, narrowed the source to the Yuma region in Arizona. While this information is helpful, most produce does not label the exact growing region on their packages and rather states "Grown in the USA". Unfortunately, if you cannot be certain where the lettuce came from you run the risk of eating contaminated lettuce. As the CDC has

advised, if you don't know where exactly it came from do not eat it!

Quick Tips

Inquire the source of all forms of romaine lettuce. If you cannot identify the source it may not be safe for consumption. Remember only lettuce from Yuma Arizona is unsafe.

Double check salad mixes that may contain romaine lettuce.

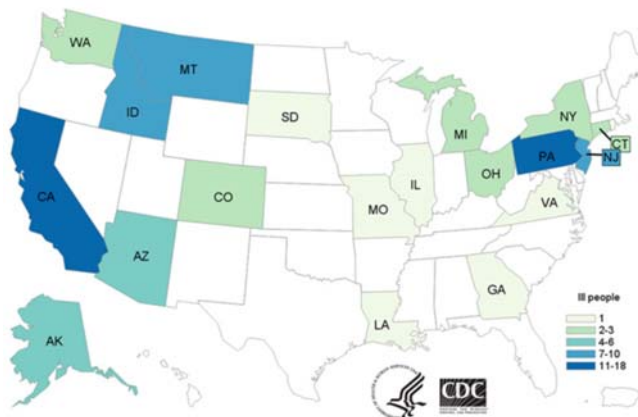
Many local restaurants have preemptively

stopped serving romaine lettuce. If you do order meals with lettuce inquire about the source.

Use this time to support your community by shopping at local farmers markets and grocers.

Stay healthy by exploring other salad leaves such as arugula, baby beet greens, baby spinach, kale and many more!

E.Coli infection symptoms can include diarrhea, abdominal cramping, nausea and vomiting. If you experience these symptoms contact your doctor or the Abilene-Taylor County Public Health District.



Current case count map as of today. Via CDC