



418 Mineral Avenue
Libby, MT 59923
(406) 283-2442

www.lincolnmthealth.com

Environmental Health
•(406) 283-2442
County Nurse
•(406) 283-2447
Tobacco Prevention
•(406) 283-2467
Asbestos Resource Program
•(406)291-5335
Animal Control
•Libby (406) 283-4040
•Eureka (406) 293-1189
Landfill
•Libby (406) 293-7416
•Eureka (406) 889-5117
•Troy (406) 283-1713

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Lincoln County Health Department News

Volume 2, Issue 7

July 2018

Fireworks Safety by Amy Fantozzi



Summer is synonymous with barbecues, parades and fireworks displays. But along with all the festivities are plenty of visits to emergency rooms – especially during July.

In 2015, 11 people died and about 11,500 were injured badly enough to require medical treatment after fireworks-related incidents, according to the U.S. Consumer Product Safety Commission. And while the majority of these incidents were due to amateurs attempting to use professional-grade, homemade or other illegal fireworks or explosives, thousands were from less powerful devices like small firecrackers and sparklers.

Fireworks also are responsible for thousands of fires each year. The National Fire Protection Association reports that in 2013, fireworks caused about 1,400 structure

If you choose to use fireworks, be sure to follow the following safety tips:

- Never allow young children to handle fireworks
- Older children should use them only under close adult supervision
- Anyone using fireworks or standing nearby should wear protective eyewear
- Never light them indoors
- Only use them away from people, houses and flammable material
- Only light one device at a time and maintain a safe distance after lighting
- Never ignite devices in a container
- Do not try to re-light or handle malfunctioning fireworks
- Soak unused fireworks in water for a few hours before discarding
- Keep a bucket of water nearby to fully extinguish fireworks that don't go off or in case of fire

For more info:
National Safety Council @ www.nsc.org

4th JULY
INDEPENDENCE DAY



Swimming Lessons

Libby Christian Church

July 23 - 26

1-5 pm

It's a cool place to be in the heat of summer... the church sets up three giant swimming pools and offers swimming lessons by trained instructors.

For information or to register, go to libbychristianchurch.com.



PILATES IN THE PARK



FRIDAYS IN JULY AND AUGUST @ 8 AM
RIVERFRONT PARK IN LIBBY

OPEN TO THE PUBLIC
PAYMENT BY DONATION

BRING YOUR MAT, A GREAT ATTITUDE
AND A FRIEND

Swimming and Water Safety

By Amy Fantozzi

School is out and the weather is warm- the summer months are here! During hot summer days many people like to relax by going to the pool or the lake. Swimming is extremely popular, good exercise and fun – but caution must be present. Drowning is the second leading cause of death for children ages 1 to 14 years.

Here are some things parents can do to keep their kids safe while swimming this summer.



- **Keep a Close Watch on Children**
According to the CDC, most drownings among children ages 1-4 happened in pools at houses while both parents were home. It is important to keep a close eye on children of all ages around pools, especially young children under the age of 5. Fences around pools and life jackets help parents protect their children.
- **Do Not Swim Alone**
No matter what age, it is not a smart idea to swim alone, especially in waters that are new to the swimmer. Swimming with buddies or where lifeguards are on duty are always safest options.
- **Always Put Swim Diapers on Young Children**
It is very easy to spread and catch diseases spread by water, and children with regular diapers on or no diapers at all, are at risk for spreading and catching these dangerous diseases.
- **Do Not Swim With Diarrhea**
Swimming with diarrhea is one of the easiest ways to spread diseases that live in pool water. If you or your kids are sick, do not swim until you can no longer spread the illness.
- **Always Obey Posted Warning Signs and Rules**

For more information see:

Centers for Disease Control and Prevention: <http://www.cdc.gov/healthywater/swimming/>

Preventing illness during your summer vacations

Riley Black, RN

Summer has arrived and with it for many families comes the time of year to pack up the camper or RV and hit the road. To avoid having your summer vacation ruined by illness, Lincoln County Public Health (LCPH) has some tips to help you stay healthy and free of disease during your summer travels.

Regardless if you are traveling across state lines or are just making a quick trip to the lake, illness and disease are all around and may turn your dream summer into a miserable experience. During this time of year, certain diseases are more likely to be acquired due to normal summer activities.

If you are traveling then you are more likely to be exposed to the following illnesses and diseases:

- Giardia and Campylobacteriosis:
Causes extreme diarrhea, vomiting, and abdominal pain
Can get from drinking out of streams, rivers, or lakes
- Salmonella, E.Coli, Norovirus, and Hepatitis A:
Causes violent diarrhea, vomiting, and abdominal pain
Can get by eating contaminated foods or food that has been improperly chilled or cooked
- Tetanus:
Causes muscle spasms, contractures, respiratory failure, and death
Can get through punctures, wounds, and burns
- Lyme Disease and Rocky Mountain Spotted Fever:
Causes rash, joint pain, weakness, and coma
Transmitted by tick bites
- Rabies exposure:
Causes fever, headache, paralysis, and death
Can get by touching or being bitten by infected animals like bats or skunks
- Respiratory Infections, colds, and vaccine preventable diseases
Causes coughing, fever, sore throat, headache
Can get from person to person in highly populated areas like airports and theme parks

These are just a few of the most common illness that are acquired during the summer months.
Like with any disease, prevention is extremely important.

(cont. on page 6)





**Fireworks Safety
Month**

July

Spaghetti Squash Bowl

by Amy Fantozzi

- 1 small spaghetti squash
- 1 Tbsp olive oil
- 1/2 C. cherry tomatoes, halved
- 1/2 C. Broccoli
- 1 Cup Kale
- Fresh Parsley
- Oregano
- 1 clove garlic
-



To cook Squash, pierce all over with a sharp knife. Bake at 400° for 1 hour, or until squash can be easily cut open. While squash is cooking, melt coconut oil in a pan. Add garlic and sauté until fragrant. Add broccoli and sauté until just softened, then add kale and cook until wilted. Once squash is cooked thoroughly and cooled enough to handle, cut in half lengthwise and remove seeds. With a fork, remove the squash "noodles" and transfer to a bowl. Toss with olive oil, halved cherry tomatoes, sautéed broccoli, kale, oregano, and parsley.



Pain Isn't Always Obvious

**KNOW
THE SIGNS**

Suicide Is Preventable

NATIONAL
SUICIDE
PREVENTION

LIFELINE™

I-800-273-TALK

www.suicidepreventionlifeline.org



LANDFILL NEWS

Ron Thatcher



With summer beginning, the number of folks bringing in refuse, recyclables, wood, and metal grows every day. Just how many folks come out to the Landfill just might surprise you. Here are the monthly totals so far, this year.

| | |
|----------|-------------------|
| January | 3,517 User visits |
| February | 2,429 User visits |
| March | 3,923 User visits |
| April | 5,638 User visits |
| May | 4,200 User visits |

Total numbers for this 6-month period add up to 25,257 user visits. These numbers are only for the Libby landfill and don't include the facilities in Troy or Eureka. Compared to last year's total for the same 6 months which was just under 24,000 were seeing a substantial increase in Landfill users.

When you add in the refuse coming to the landfill from Eureka, Troy, and all the dumpster locations around the county daily the need to recycle is becoming more critical to slow the filling of the landfill cell. Last year Lincoln County residents recycled over 1,000 tons of material saving valuable landfill space. While these totals are impressive we know we can do better because the alternative when the existing cell is full is expanding the landfill site with a cost of around 2 million dollars. At the pace were filling the landfill estimates are that we have 7 years remaining until an expansion is needed. Good news is that if we all do our part by reducing, reusing, and recycling we can prolong landfill life and not have to incur the substantial cost of expanding for a longer time.

A shout out to all Lincoln County offices and all employees for committing to doing our part in recycling and being a model to other offices on reducing landfill waste. If we all practice the following nuggets provided from Kathi Hooper we will not only reduce the amount of refuse going into our landfill we will also prolong the life of our landfill.

Reduce:

Print less! Store documents online. Print e-mails only when necessary.

Set printer defaults to double-sided printing (duplexing)

Get off mailing lists for catalogs you do not want (call the 800 number), remove people that no longer work here and create a catalog library for your department (we don't each need a personal copy of the catalog!)

Avoid use of individual plastic water bottles and plastic/foam ware

Combine/consolidate supply orders to reduce the number of boxes sent from suppliers

Reuse:

Reuse binders, filing folders, office furniture, etc. whenever possible

Recycle:

Collect and recycle cardboard, office paper, newspapers, aluminum cans (please sort and deposit in the appropriate receptacle).

Collect and recycle plastics and electronics when possible

Participate in toner recycling programs (i.e. mail them back in the postage paid boxes)

Rethink:

Purchase items that contain recycled content when possible

Consider durability and "repairability" when purchasing items

Water in a plastic bottle does not make it cleaner or healthier than water out of the sink or fountain (it is probably less so)

Reuse plastic ware. Run it through the dishwasher and it will be cleaner than the first time you used it (when it was made in a big factory, boxed, put in shipping container and shipped!) Or better yet bring your own dishes and utensils.

From all of us at the landfill locations, we just want to say thank you for recycling and covering and securing your loads when traveling to the landfill. Your efforts are making a difference and are very much appreciated by all of us.

We wish you and yours a wonderful, fun, and safe summer.

Preventing Illness (Continued from page 3)

To prevent these diseases, make sure you follow these guidelines:

- Wash your hands often; particularly before cooking, after using the bathroom and after being in congested or crowded places
- Carry hand sanitizer or cleansing wipes to use between hand washing
- Don't drink from untreated water sources like lakes, rivers, streams, or unknown water sources
- Maintain proper food handling practices like washing hands, keep food cold, and cooking food completely
- Get vaccinated against Tetanus at least two weeks before traveling to maintain immunity from infection. Adults should be vaccinated every 10 years
- Wear protective clothing and use bug sprays to prevent tick bites. Always properly remove a burrowed tick immediately
- Do not feed, entice, or try to pet wild animals, they may bite you. If you see an animal behaving strangely, avoid it and report it to local Animal Control.
- Drink lots of fluids, about 10-12 cups a day, to avoid dehydration. Healthy fluids include water, tea, and 100% fruit juices. Avoid sugary drinks like soda and energy drinks
- Eat as healthy as you can to maintain a strong immune system
- Make sure your family is current on their vaccinations at least 2 weeks before traveling
- If you are unvaccinated, avoid states or countries with epidemics of diseases

If you have further questions about these diseases or how to prevent them, call LCPH at (406) 283-2447.

It is highly recommended that all persons carry their complete vaccination record with them when they travel, even if you are staying within the United States.

If you need to check your families vaccination records, need to get a copy, or would like to get vaccinated before your trip, call our nurse at (406) 283-2447.

The Nurturing Center

Visual Schedules and Transitions

Training Level: Intermediate **Knowledge Based Content Area:** Child Guidance **Fees:** \$24.00 **Total Hours:** 3 hours

Explanation of the Class: For some young children, moving from one activity to another (e.g., car to classroom, cubbies to book reading, art time to lunch) results in confusion, frustration, and challenging behaviors. Transition times are often the most chaotic part of the day for children and teachers. This class will address the importance of planning for transition times. Participants will have the opportunity to explore their own transition times, learn new strategies to ease transition times and plan for those times in their day.

Date(s): 7/16 **Time(s):** 6:00 – 9:00 pm

Host Location: FVCC ECC- Kalispell **Hosted By:** Raelynn Cameron

Building and Maintaining a Successful Childcare Business

Training Level: Beginner- Intermediate **Knowledge Based Content Area:** Program Management **Fees:** \$32.00 **Total Hours:** 4 hours

Explanation of Class: This course is highly encouraged for Directors & Management Staff. You will learn how to determine the cost of care and develop an annual budget, write functioning policies including a risk management plan, and utilize strategies for retaining high quality staff.

Date(s): 7/30 **Time(s):** 5:00 – 9:00 pm

Host Location: Salish Kootenai College – Pablo **Hosted by:** Jennifer Sevier

Libby (via Skype)

For Additional Classes or Questions, Contact:

Kalli Jacquay

Pyramid Model Coach * The Nurturing Center * 146 Third Ave West * Kalispell, MT 59901

5 reasons to license your dog



- **It's the law.** All dogs over 6 months old and living in Lincoln County must be licensed. Licenses are valid for one year, from July 1st to June 30th.
- **What if your dog goes missing?** If your dog is found wandering, having him licensed helps animal control to return him home safely.
- **The cost of the license is less than a fine.** Annual Dog license fees are \$10 for an unaltered dog or \$5 for a spayed/neutered dog. Residents age 62 or older receive one dog license at no cost. A lifetime license is available for \$25. Failure to license a dog is a misdemeanor punishable by a \$25 fine and/or up to a week in jail.
- **Licensing lets people know you care for your dog.** A dog cannot be licensed unless its rabies vaccination is current. People will be more likely to care for your missing dog if they know that it is vaccinated and has responsible owners waiting at home.
- **License fees support animal programs.** The annual license fee helps support animal-related programs such as discounted spay/neuter certificates and sheltering services.

How to license your dog

- Bring your current rabies vaccination to the 2nd floor of the Lincoln County Annex at 418 Mineral Ave, Libby. The office is open from 8:00 to 5:00, Monday – Friday.
- **Or** you can visit the Libby Animal Shelter at 255 County Shop Rd. The shelter is open Monday - Friday from 3:00 – 6:00.
- **Or** if you prefer to license your dog by mail, complete the following license application and return it with the appropriate fee to: 418 Mineral Ave, Libby, MT 59923. Your dog license will be mailed back to you.

New Mental Health Services in Lincoln County

Jeanie Winstrom, MA, LCPC
Troy, MT
www.foreverforwardtherapy.com
Now accepting new clients.
Accepts Medicaid
(406) 219-5140

Glacier Clinic
Addiction Counseling/Assessment
DUI Classes
Eureka, MT
(406) 212-8363



Free of Charge!



Cabinet Peaks Medical Center is now offering *Prenatal Classes*

Mondays, July 23rd & 30th, 2018
6:00pm to 8:00pm

CPMC Dome Mtn/Scenery Mtn Conference Rms
Snacks will be provided

Week 1:
Prenatal through
early labor

Week 2:
Labor through
post-partum

Support people are welcome to attend
and both classes will be taught by
OB trained nurses.

RSVP by calling or texting Sara Clark
at (530)949-2149

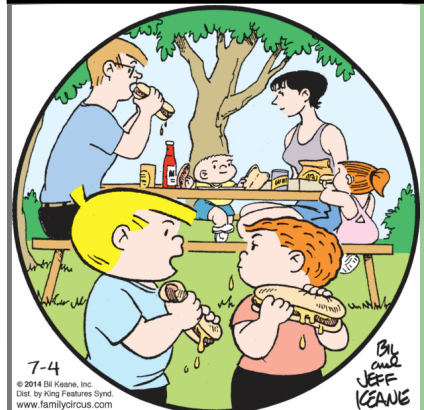
*Life is like an
ice cream cone.
Enjoy it before
it melts.*



MONTANA TOBACCO

QUIT **LINE**
1-800-QUIT-NOW

www.QuitNowMontana.com



7-4

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By
author
JEFF
KEANE

"Today's a good day to eat hot dogs,
'cause that's what our fourth fathers
always ate."

"Mental illness is
nothing to be ashamed of,
but stigma and bias
shame us all."

Bill Clinton



Hello July



LINCOLN COUNTY PUBLIC HEALTH

Primary Business
Address
Address Line 2

(406) 283-2442
www.lincolnmhealth.com

LINCOLN COUNTY PUBLIC HEALTH SERVICES

Do you know what services are available to you from the Public Health Department?

We provide the following for adults and children:

- All required and recommended immunizations
- Vaccine records
- Lead testing
- Tuberculosis testing
- Blood Pressure and Glucose checks
- Free Condoms
- Health education and community resource links



Please contact Public Health Nurse, Riley Black, RN at 283-2447 for more information or to schedule an appointment for our services.

LINCOLN COUNTY PUBLIC HEALTH
418 Mineral Ave | Libby, MT 59923
Tel: (406) 283-2447
www.lincolnmhealth.com

July 2018

| July 2018 | | | | | | |
|-----------|----------------------------|--|--------------------------------|--|--|--|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 1 | 2 | 3 | 4 HAPPY 4th | 5 | 6 Pilates in the Park 8 am | 7 |
| 8 | 9 VBS St Johns | 10 VBS St Johns Quilt Cottage Sewing Class | 11 VBS St Johns BOH 6 pm | 12 VBS St Johns | 13 VBS St Johns Pilates in the Park 8 am | 14 |
| 15 | 16 British Soccer Camp | 17 British Soccer Camp | 18 British Soccer Camp | 19 British Soccer Camp Junior Fair | 20 British Soccer Camp Junior Fair Pilates in the Park 8 am | 21 Junior Fair Mental Health Connections Day 10-1 pm at LES gym |
| 22 | 23 LCC Swimming Lessons | 24 LCC Swimming Lessons Quilt Cottage Sewing Class | 25 LCC Swimming Lessons | 26 LCC Swimming Lessons | 27 Pilates in the Park 8 am | 28 |
| 29 | 30 | 31 | | | | |

If you would like to be on the mailing list for this monthly publication or submit an article for the next month, please email Amy Fantozzi at afantozzi@libby.org