



# Prevention Pieces

Quarterly News



## Welcome to Our Newsletter

The Marion County Prevention Team welcomes you

Volume 2

Fall 2012

to our newsletter. Our goal is to increase communication with our partners within the health department and out in the community. Each quarter we will highlight selected activities, share information about events & resources, and let you know how you can be involved in activities around Marion County. Whether you are a parent, educator, provider or just interested in your community, we hope you will find something to inspire you.

### Inside this Issue

Click on Quick Links

Welcome	1
<a href="#">Prob Gambling Program</a>	2
<a href="#">CERV: Underage Drinking Strategies</a>	3
<a href="#">iLead Youth Summit</a>	3
<a href="#">Parents Corner: Back to School</a>	4
<a href="#">RX Durg Abuse</a>	5
<a href="#">Teen Pregnancy Prev</a>	6
<a href="#">Youth Suicide Prev</a>	7
<a href="#">TPEP: Youth &amp; Electronic Cigarette</a>	8
<a href="#">Community Health Improvement Plans</a>	9
<a href="#">Healthy Corner Stores</a>	10
<a href="#">Healthy Communities 5210 Program</a>	11
<a href="#">Whooping Cough &amp; WIC</a>	12



## Who Are We?

### The Marion County Prevention Team

consists of the following programs :

Alcohol and Drug Prevention

Chronic Disease Prevention

Tobacco Prevention & Education

Problem Gambling Prevention

Teen Pregnancy Prevention

Youth Suicide Prevention

All of our programs utilize best practices and the science of prevention to help our communities be as healthy as possible.

### A Closer Look:

**Meet Susan McLaughlin**

**Substance Abuse Prevention Coordinator**

Susan started with Marion County Health Department back in 2005, coordinating the Breast and Cervical Cancer Screening Program. She holds BS in Community Health Education and Wellness Promotion, and is a Certified Prevention Specialist (CPS). Before coming to Marion County, Susan worked with the American Red Cross Statewide HIV/AIDS Prevention Network and for Cascade AIDS Project, coordinating the Speakers Bureau and Teen to Teen HIV Prevention Programs.

In Fall of 2006, she joined the Prevention Team in Woodburn 3 days a week as a health educator. In the past 6 years, her job duties expanded to full time and included work in both community and schools. She has been involved with Parenting Programs including Families in Action, Parents 360 and Strengthening Families Program. She is also an active facilitator of many Middle School Substance Prevention Curricula including Project Alert, Safe Dates and Friendly PEERsuasion girls program. She enjoys working with Health Teachers to implement these and other Evidence Based Programs in local schools. Susan has also been the coordinator of the Youth Suicide Prevention Program for three years, implementing RESPONSE Programs in Schools, and coordinating community QPR Suicide Prevention Workshops in the community.

This year, as Prevention Program Coordinator, Susan's focus will include working more directly with community coalitions throughout Marion County, and doing more program planning and evaluation. Susan spends her free time at home with her husband planning for their next big adventure. Her family loves traveling. Together they have five children and three dogs, and are involved in many local youth activities including sports and music.





# Problem Gambling Prevention



## Problem Gambling and Our Youth

### CALLING ALL TEACHERS!

The 2012-13 school year is officially underway. Did you know that FREE Problem gambling prevention curriculum and supplementary materials (suitable for students of all levels) are readily available on-line? Whether your subject matter is health, social science, math, or even civics, you are sure to find something of interest with the many options available for elementary, middle and high school teachers. These include interactive games, videos, and activities designed to easily plug in to your existing curriculum to help youth understand the risks of gambling and encourage responsible decision making.

To view and download free materials, visit [Prevention Lane](http://preventionlane.org/gambling/youth-gambling-info-teachers.htm) at <http://preventionlane.org/gambling/youth-gambling-info-teachers.htm>.

Health Educators from Marion County Health Department Prevention Services are available to provide technical assistance, classroom presentations and teacher in-service. Call 503-981-5851 for information and assistance.

#### Key Points\* when talking about youth gambling include:

- Gambling is NOT a safe alternative to alcohol or drug use. (Teen problem gamblers shown to have higher rates of alcohol/drug use, suicidal thoughts, risky sexual behavior, and school problems.)
- Many teens already have gambling problems (Estimated one in every classroom)
- Teens are only a few years away from being adults who can gamble legally (Need to understand odds and responsible gambling if they choose to participate).

\*Data obtained from [2010 Oregon Student Wellness Survey](#)

## BUSINESS OUTREACH: Problem Gambling & the Workplace



### The Advantage of EAP's

Employee assistance programs (EAPs) are useful for employees and their dependents to deal with health, relationship, finances, alcohol, drugs, stress, and other issues that may affect their work performance. This often overlooked employee benefit can be useful in providing early intervention for problem gamblers in the workplace. Many EAP counselors are trained to help employees and their families dealing with gambling addictions.



It is estimated that over 72,000 Oregonians have a gambling problem and many of these are employed. Businesses are often surprised at the prevalence of problem gamblers in the workplace. Although problem gambling may not be the first thing that comes to mind when an employee begins developing performance issues, early intervention is possible if those around the struggling employee are able to recognize warning signs and know where to turn for help.

If your workplace could benefit from training on this topic, please contact Lisa Miller at 503-981-2461 to arrange a free on-site workshop for employees and supervisors.

If you or someone you know thinks they may have a gambling problem, call 1-877-mylimit or visit [www.mylimit.org](http://www.mylimit.org) for free, confidential treatment options.



# Alcohol & Drug Prevention

## Strategies to Reduce Underage Drinking :C.E.R.V.



**Great News!** Law Enforcement Members from the CERV (Committed Enforcement Responsible Vendor) Team, together with OLCC inspectors, conducted a Minor Decoy Operation at the end of June. These missions happen multiple times each year, and pair local police cadets with uniformed officers to make sure vendors do not sell alcohol to minors.

**Sales Rates were DOWN!** Officers reported sales to minors in only 2 of 35 business that were checked. Sales rates in past operations have been significantly higher. Congratulations to vendors whose responsible employees did not sell, and to the officers of OLCC and CERV Agencies, whose work is making a huge impact on the health and safety of our youth.

Thank You to all our local law enforcement Agencies who are committing time and resources to reduce Underage Drinking in our county by enforcing Underage Drinking Laws:

Marion County Sheriffs Department

Stayton Police Department

Turner Police Department

Mt Angel Police Department

Keizer Police Department

Woodburn Police Department

Hubbard Police Department

Oregon Liquor Control Commission

**Enforcing Underage Drinking Laws is a Best Practice**

COMMITTED ENFORCEMENT  
RESPONSIBLE VENDER

We are PROUD to announce that Marion County Prevention Team has been selected as a 2012 E.U.D.L. Grant Recipient !!

## Positive Youth Development : Youth iLead Summit

Several youth-serving organizations in Marion County are partnering to offer the 4<sup>th</sup> Annual **iLead Youth Leadership Summit** on November 3, 2012. This summit will bring together 125 high school youth from around Marion County to participate in a day-long event at the 4H Center in West Salem. The day's activities will include skill-building workshops on leadership styles, communication, goal setting, service learning, and stress management, as well as motivational speakers, games, and group activities. Youth leaders are expected to take what they have learned back to their schools and implement activities within their clubs and organizations.

**iLead** is being organized by the Marion County Health Dept, City of Salem, and the Boys & Girls Club of Salem Marion & Polk Counties, with support from the City of Woodburn, Marion County Community Services, Polk County Prevention Program, and staff at many high schools. It is open to all high school students who register.

Look for information at your local high school, or contact Susan McLaughlin for registration packets. All groups welcome! [smclauchlin@co.marion.or.us](mailto:smclauchlin@co.marion.or.us) 503-981-2464

Students from 2011 reported they "...learned a lot about their own leadership style and how to work better with other leaders, as well as communicating better with others and knowing their circle of influence in order to plan a project..."



**STREET GLOW:**  
Make the Future Bright!





# Alcohol & Drug Prevention

## Parents Corner : Resources



**Kids who learn about drug risks are up to 50% less likely to use ...**



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



<http://parentingforprevention.org/>

**61% of girls who talk to their parents about drinking say those conversations made them less likely to drink**

<http://www.myantidrug.org/>



## Back to School Means "Time to Talk"

Going back to school signifies a time of exciting, new beginnings. But it can also be a challenging time, with added peer pressure when it comes to drug and alcohol use. Add into the mix new research showing that many teens are consuming up to eight hours of entertainment media and technology daily – up to 53 hours a week – it's prime time for parents to break through the media noise and make their voices heard.

Did you know that: (1) Parents have tremendous influence on teens' decisions to not drink and use drugs. (2) You can educate yourself about the dangers of teen substance abuse and communicate those risks to your kids through frequent conversations. (3) As your teens prepare to go back to school, you can help them make the grade by letting them know you're there to help them handle new, challenging situations.

Harness the power of media and technology to reach your kids – Follow this link and **Take "Time to Text"** your teens today!

For many teens, text messaging is a primary form of communication. It's a quick, easy way for them to make plans and instantly stay in touch.



THE PARTNERSHIP  
AT DRUGFREE.ORG

**Providing Resources, Support and Education to Youth and Parents is a priority of Marion County Prevention Team**

## Reducing Homework Hassle's



There are many strategies parents can draw on to reduce homework hassles. The first is to establish clear routines around homework, including when and where homework gets done and setting up daily schedules for homework. Tasks are easiest to accomplish when tied to specific routines. By establishing daily routines for homework completion, you will not only make homework go more smoothly, but you will also be fostering a sense of order your child can apply to later life, including college and work.

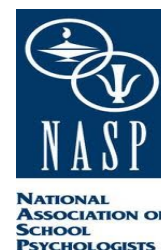
Step 1. Find a location in the house where homework will be done

Step 2. Set up a homework center.

Step 3. Establish a homework time.

Step 4. Establish a daily homework schedule.

For more about helping with homework visit <http://www.nasponline.org/>





# Alcohol and Drug Prevention



## Parents Corner : Rx Drug Abuse



### "Not in My House"

Every day, 2,000 teenagers use a prescription drug to get high for the first time. They're accessing these drugs in the comfort of home; it can be as easy as opening a cupboard, drawer, or medicine cabinet. The good news - there are steps you can take to help protect your kids from prescription drug abuse:

**Monitor \* Secure \* Dispose**

This site, created by Abbott and [The Partnership at Drugfree.org](http://ThePartnershipatDrugfree.org), shows you how.

Here's the link:

<http://notinmyhouse.drugfree.org/>



12 to 17 year olds abuse prescription drugs more than they abuse ecstasy, crack/cocaine, heroin, and methamphetamine combined

70 percent of teens who abuse prescription drugs say they get them from family members and friends.

Prescription medicines are now the most commonly abused drugs among 12 to 13-year-olds

## Join Us! "TEENS AND DRUGS: WHAT'S THE STORY?"

**WHAT:** A three-hour family workshop on adolescent alcohol, tobacco and other drug trends in Oregon, including facts about marijuana and other drugs, problem gambling and other addictions, prevention, intervention, and resources.

**WHO:** Presented by Lisa Miller, CPS  
AOD Prevention Health Educator  
Marion County Health Department

**WHERE:** Woodburn Health Center

1475 Mt. Hood Ave  
Woodburn, OR 97071

**WHEN:** Mon., September 24,  
2012, 6:30 p.m. - 9:30 p.m.

\$30 per family

*\*Scholarships available*

*based on need*



TO REGISTER OR FOR MORE INFORMATION CALL Lisa Miller @ 503-981-2461.



# Teen Pregnancy Prevention



¡Cúídate! Classes Coming to a Location Near You

## Sign Up Today!

Latino Youth!

Develop the knowledge, attitudes, and skills to have healthy relationships & take care of your sexual health

*For Youth aged 13-18*

*Acquire correct information*

Build skills to communicate your feelings & decisions about sex

*Practice safe decision-making*

**Saturdays**

**Sept 22 & 29 & Oct 6, 2012**

**10:30am-1:30pm (with lunch)**

**Marion County Health Dept.**

**976 N. Pacific Hwy. Woodburn**

**Games, Raffle, & Prizes  
for Youth Participants**



# ¡Cúídate!

**Space is Limited!!!**

**To register, or to bring ¡Cúídate! to your community contact Ann Krier  
at 503-982-2462 or [akrier@co.marion.or.us](mailto:akrier@co.marion.or.us) (Call Ann for flyers in Spanish)**





# Youth Suicide Prevention

**“Mind Your Mind” a Suicide Prevention resource for Youth**



This is a place for youth and emerging adults to access info, resources and tools during tough times. Help yourself. Help each other.

**In addition to resources, by accessing mindyourmind you can view a great example of youth energy in action: MYM Multi-Media Street Team creates campaign ‘Define Hope’**

Over a six month period, six youth participants, Ashlynn, Davis, Deana, Inali, Jim, and Rob, in partnership with **mindyourmind** and the support of **Libro Financial Group**, met weekly to create a series of videos that challenge stereotypes and stigma associated with mental health issues. They also aimed to advance messages of inclusion, inspiring youth to think about how they can help themselves and others during tough times.

*“I was proud of what we had accomplished and felt more confident and hopeful about my ability to make change happen in my community and in the world.” – Inali*

The videos were created using a collaborative process where the youth team members conceptualized the themes in each of the videos, developed content and in all instances starred as the central figures in the videos. The Public Service Announcement *“Define Hope”*, demonstrates how emotions, like feeling alone or stressed out, are difficult to verbally communicate, and that printed words can be powerful while not absolute. The call to action is to increase personal awareness and acceptance and that hope exists in getting help. *Follow the link to see all the videos produced by the Street Team.*



“Define Hope”

## New Opportunities

**W**e have 5 bi-lingual/ bi-cultural facilitators trained to provide workshops called QPR, a two hour community gatekeeper training. Free presentations have taken place throughout Marion County in Spanish and English, and are available to any group.

Contact Erica Alonso for more information about the Latino Suicide Prevention Projects, or to schedule a presentation at 503-981-2463 or

[ecalonso@co.marion.or.us](mailto:ecalonso@co.marion.or.us).



For more about QPR, Visit their website [www.qprinstitute.com](http://www.qprinstitute.com)



## ASIST

**Applied Suicide Intervention  
Skills Training**

Welcome to a nationally recognized evidence based, skills-building workshop that prepares caregivers of all kinds to provide suicide first aid interventions. Professionals, volunteers and informal helpers all need to know how to help persons with thoughts of suicide in ways that are effective.



**Marion County is offering a Two  
-Day ASIST Sept 27-28**

8:30-4:30 both days, in Salem  
Cost: \$50 and includes lunch  
and all materials

To Register, or ask questions, contact  
Susan McLauchlin @ 503-981-2464



# Tobacco Prevention and Education Program

## Youth and Technology: Here comes the E-Cigarette



**What??** Electronic cigarettes (“e-cigarettes”) are devices, about the size of a regular cigarette. They operate by electronically vaporizing a solution that contains nicotine, creating a mist which is inhaled. E-cigarettes are available in various flavors and claimed strengths of nicotine cartridges. The FDA classified the e-cigarettes, that it has examined, as a combination drug-device product which would require FDA approval before being legally sold in the US.

**Is That Legal??** The State of Oregon has filed two settlements that prevent two national travel store chains from selling e-cigarettes in Oregon. The settlement prohibits the sale of electronic cigarettes in Oregon until they are approved by the FDA, or until a court rules the FDA does not have the authority to regulate electronic cigarettes. Even if the courts decide that the FDA does not have regulation authority, the settlement stipulates that electronic cigarettes may not be sold in Oregon unless there is competent and reliable scientific evidence to support the products safety claims. In addition, the companies must give the Attorney General advance notice that they intend to sell electronic cigarettes in Oregon, provide copies of all electronic cigarette advertising, and provide copies of the scientific studies they maintain substantiates their claims.

### How an electronic cigarette works

The electronic cigarette contains a battery that activates a heating device, atomizing liquid nicotine inside a cartridge and producing a vapor that is inhaled.



Source: allbookah.net

Tim Summers / The Detroit News

When a user inhales on the mouthpiece, the vaporizer is turned on and converts the liquid in the cartridge into a vapor. A rechargeable battery powers the vaporizer and has an indicator light to show when the device is in use.

Cartridges generally contain nicotine, flavoring, and other chemicals.

Cartridges are sold with various amounts of nicotine from 0 mg to 18mg of nicotine or more, although the U.S. Food and Drug Administration (FDA) testing has shown that these advertised strengths can be very different than the actual amount of nicotine in the cartridges.

Some users refill their own cartridges, which may be dangerous because it involves dealing with toxic levels of nicotine. Some refill bottles contain over 1,000 mg of nicotine, and the fatal dose for children is estimated at only 10 mg and for adults it's estimated at 30-60 mg.

## Safety and Quality Control :

While some manufacturers have funded research on electronic cigarettes, at this point the only independent research on e-cigarettes available has been done by the FDA and was released on July 22, 2009.

The FDA's Division of Pharmaceutical Analysis analyzed ingredients in a small sample of cartridges from 2 leading brands of electronic cigarettes. They found that the tested products contained detectable levels of known carcinogens (chemicals that cause cancer) and toxic chemicals. In one sample, the FDA found diethylene glycol, a chemical used in antifreeze that is toxic to humans. In several other samples, the FDA detected carcinogens, including nitrosamines.



### The Youth Appeal:

There is concern that electronic cigarettes may appeal to youth because of their high-tech design, easy availability online or via mall kiosks, and the wide array of flavors of cartridges including **chocolate** and **mint**.







# Other Topics in Prevention



## “C.H.I.P.-ING” Our Way Towards Health



### “Change Your Community, Change Your Health”

How do communities combat obstacles to a healthy lifestyle? The Community Health Improvement Project (CHIP) has been working to find that answer! After an extensive community assessment, the Health Department and community partners decided on evidence-based targets to make a difference. Over the last six months, everyone has been working hard and the results are starting to show.

CHIP is focused on promoting healthier lifestyles. Our community partners have reached over one hundred families with education programs that promote healthy foods and portion control. Additionally, partners have created fitness challenges, with the largest having 102 participants. Several of our community partners have even taken advantage of our no-cost worksite assessments to make their employees healthier! Marion County Health Department has also been innovatively reaching its targets. Whether it is healthier vending machines, fitness testing, or offering weight management tools, we are working to make sure everyone can enjoy a healthier lifestyle. The most exciting community collaboration was screening HBO's documentary, *Weight of the Nation*, at The Grand Theater. Over one hundred people came to hear how they could help fight obesity in their community!

Health is now a community issue and has to be a community effort. CHIP has many more exciting initiatives planned as more partners join our team. Through working together, we are making great strides towards a healthier Marion County. If you are interested in helping make our community healthier, contact Carolyn O'Connor at [coconnor@co.marion.or.us](mailto:coconnor@co.marion.or.us).

### Returns on Health have Returns on Wealth!

If you could pay one dollar and get five back, would you? What if you could get nineteen back for every one dollar spent? Businesses and non-profit organizations around the nation are getting those rates of return by doing one simple thing: starting or improving a wellness program at work.

Health costs have risen astronomically over the past ten years, costing businesses and employees quite a bit of money. Why spend money you do not have to? Good health is key to saving money. Worksite wellness programs significantly lower health care costs, reduce sick leave, and reduce workers compensation costs. We can no longer afford to ignore getting healthy. It costs too much!

Inspired by the National Prevention Strategy, Marion County Health Department is offering no-cost evaluations of worksite wellness programs and providing consultation about cost-effective strategies within business settings. Based on your current situation, we will customize our recommendations to your specific business. We believe each business should have the information they need to make their employees even healthier while saving money.

Creating a health-friendly workplace does not have to be difficult or cost a great deal of money. It's easy to feel lost trying to figure out how to make employees healthier. So, how does a business get started and make sure that resources are well spent? The Health Department is here to offer advice and support to help your employees be the healthiest they can be!



**To schedule a worksite evaluation, call (503) 576 – 4506 or email Carolyn O'Connor at**

**[coconnor@co.marion.or.us](mailto:coconnor@co.marion.or.us)**



# Chronic Disease Prevention

## Healthy Corner Stores Grow



We continue to progress with local corner stores in North Marion County to increase access to healthy foods and beverages to community members. October begins year 2 of our 3 year Kaiser Permanente grant and Marion County Health Department looks forward to continuing the great community progress. In the month of August we added one more local corner store in Woodburn to join the initiative.

Welcome to “Los Paniaguitas Produce Inc.” a family business, owned and operated by husband and wife Alfredo Paniagua and Ana Fernandez with help from their children. Los Paniaguitas Produce Inc. is currently SNAP certified and working on becoming WIC certified.

Alfredo and Ana strongly believe in providing healthy, fresh foods and beverages to local Woodburn residents and are excited to join this initiative to further assist in creating a healthy community. We are very excited to work with Alfredo and Ana and Los Paniaguitas Produce Inc.

### “Look for foods with the healthy foods options logo.”

**We have created a logo for the HCSI program which has now been placed on all our promotional advertisement tools (banners, flyers etc.). By using this logo, our goal is to assist individuals to easily identify stores that offer healthy food options locally as well as to locate healthy food options in stores. We have placed the logo in stores that have joined this initiative and on shelving in stores where fresh foods, healthy beverages and other products that healthy foods options are located. We hope that our logo will direct customers to make healthier choices for themselves and there families and to create healthier communities in the North Marion County region.**



### Goodbye and Hello...

Gerardo Trejo has taken the position as the Immunizations Clinic Program Coordinator with Marion County Health Department. Gerardo played a key role in laying the ground work with the Healthy Corner Store Initiative (HCSI) program. We wish him well as he continues doing other important work in Marion County.

This has given our program the opportunity to welcome to the HCS Initiative Ricardo Rodriguez. Ricardo has a background in prevention, outreach, program implementation and program development. Ricardo can be reached at 503-981-2465 if you have any questions or need further information about the Healthy Corner Store Initiative (HCSI).



Northern Marion County (Gervais, Mt. Angel, Woodburn and Hubbard)  
Convenience store/mini-mart owners interested in becoming part of the  
Healthy Corner Store Initiative are encouraged to contact Ricardo Rodriguez at  
(503) 981-2465 or at [rrodriguez@co.marion.or.us](mailto:rrodriguez@co.marion.or.us).



# Chronic Disease Prevention



## 5 2 1 0... An Rx for Partnerships

**5** FRUITS & VEGGIES  
**2** HOURS OR LESS  
 OF SCREEN TIME  
**1** HOUR OF VIGOROUS  
 ACTIVITY  
**0** SUGARED  
 BEVERAGES



Earlier in 2012, the **5210 in 30 Challenge** was awarded the Physicians' Choice Grant from the Marion-Polk Medical Foundation. This grant has allowed the 5210 Team to outreach and assist pediatric and family medical clinics throughout Marion and Polk counties to implement the **5210 in 30 Challenge** with their staff and patients.

To date, **five** medical clinics have already implemented the 30 day challenge! This means that clinic staff and patients try to eat 5 servings of fruits and vegetables a day, limit their daily screen time to 2 hours, are physically active for at least 1 hour a day, and try to drink 0 sweetened beverages. In addition to these pioneer clinics, **5210** is in the process of outreaching to thirty other local clinics.

If you are a healthcare provider and are interested in bringing the **5210 in 30 Challenge** to your clinic, or you are ready to take the 30 day Challenge, contact [5210challenge@gmail.com](mailto:5210challenge@gmail.com).

The **5210 in 30 Challenge** is an effort, developed by the Diabetes Task Force convened by Senators Winters and Courtney. This local task force is a dedicated group of volunteers working to turn back the tide on the obesity and diabetes epidemic sweeping our community.

## WebMD has some great ideas for getting kids to eat their 5 fruits and veggies:

For a young child, making faces with cut-up veggies may help get them from his plate to his mouth. Calling broccoli "trees" or cauliflower "brains" can make them much less intimidating. Making food mini-sized also can make it more kid-friendly. "Oftentimes, it's the entertainment behind it," says clinical pediatric dietitian Marilyn Tanner-Blasiar, MHS, RD, LD, of St. Louis Children's Hospital. "It's the exploration -- making it fun."

## Make Veggies Fun



For More, Visit WebMD's "Raising Fit Kids" website including a Slideshow

<http://www.webmd.com/parenting/raising-fit-kids/food/slideshow-kids-eat-veggies>





# Other Health Department News



## *Wipe Out the Whoop: Get Your Immunizations*

### What you should know:

- Pertussis (whooping cough) is a highly contagious disease that can be passed easily from person to person.
- Protection from childhood pertussis vaccines wears off, leaving older children, teenagers, and adults at risk to get sick from whooping cough.
- Whooping cough case reports have tripled in Oregon in 2012 compared to the same time last year.
- Currently WA State is having a whooping cough epidemic with a 1,300% increase from the same time last year!
- Adults can get sick with pertussis. Many will miss work and may make repeated visits for medical care. They can also pass on the disease to infants around them.
- Teachers/staff who are exposed to whooping cough at school can bring the disease home to their kids and family.



### What can you do?

- Get your Tdap vaccine!
  - Adults and teens who have not received a dose of Tdap should get one as soon as possible. Tdap is especially important for adults who are in close contact with infants less than a year of age. Babies are not fully vaccinated until they are older.
- Pregnant women who haven't yet had a Tdap are recommended to get vaccinated after 20 weeks of pregnancy to protect newborns.



### Where can I get vaccinated?

- At your medical provider's office
- Your local health department
- Most pharmacies.

### Where can I get more information?

Pertussis IN Oregon

<http://1.usa.gov/PertussisOregon>

CDC Pertussis page:

<http://www.cdc.gov/pertussis/>



## Does your food budget need a boost?

**Good News —WIC can help you!**



WIC provides monthly checks for healthy foods to working and unemployed families. They also provide tips to help your family eat well and stay healthy, and resources for breast feeding support. If you're currently pregnant, or have children under five years please call WIC at 503-588-5057 for more information.

If you have questions or comments, please contact any member of the prevention team, or Susan McLaughlin at 503-981-5851.

To remove your name from our mailing list, please email [smclaughlin@co.marion.or.us](mailto:smclaughlin@co.marion.or.us)

This material is available in alternative formats upon request. Please contact Health Administration at 503-588-5357, 3180 Center St NE Salem, OR 97301