

LTCF | ALF NEWS

Cowlitz County Health & Human Services
www.co.cowlitz.wa.us/hhs



Long Term Care | Assisted Living

Cowlitz County

SUMMER 2018

Take Action:

Prevent Mosquito Breeding and Biting as Insect Population Grows



Mosquito season has arrived, and the pesky insect population is higher than years past. Mosquito control district officials suspect the mild weather during the winter, followed by an unseasonably warm spring, provided ideal conditions for the mosquito population to increase dramatically. Cowlitz County health officials are urging residents to take steps to help prevent mosquitoes from breeding and avoid mosquito bites. While West Nile Virus has been found in other parts of the state, Cowlitz County has never had a positive test result in a mosquito sample.

Residents of Long-term Care facilities and assisted living facilities are often a vulnerable population. Mosquito bites can pose a risk for infections, inflammation and preventable pain and suffering to your residents.

Eliminate mosquito habitat around your home and facilities

- Drain standing water from old tires, flower pots, buckets, plastic tarps and wheelbarrows.
- Change water in bird baths, ponds, wading pools, and pet bowls twice a week.
- Repair leaking faucets and sprinklers; clean clogged gutters.
- Check for containers or trash in hard-to-see places, such as under bushes.
- To report standing water, call the Cowlitz County Mosquito Control District at (360) 425-5311.

Prevent mosquito bites

- Install or repair screens on windows and doors.
- When practical, wear long-sleeved shirts, long pants, shoes, socks and hats outside, especially in wooded areas.
- Use EPA-registered insect repellents, including those with DEET, picaridin, IR3535, and oil of lemon eucalyptus. Use especially at dawn and dusk.

Cowlitz County Mosquito Control:

<http://www.co.cowlitz.wa.us/DocumentCenter/View/1079>
<https://cowlitzmosquitocontrol.com/>

Preparedness for Your Facility!

It is a great time to start an emergency preparedness kit – if you haven't already!

Start with a 3 day supply of food and water for all employees and residents – don't forget about life sustaining medications!

Remember, food can be what you already have in your pantry!

- ◆ Food should be shelf stable like soups, and canned food: meat, fruits, and veggies.
- ◆ Food can also be nut butters, nuts, trail mix, protein bars, and dried fruit.
- ◆ Water should be 1 gallon of water per person per day: half to drink, half for sanitation and meal prep.
- ◆ Make sure to rotate food and water: a good rule of thumb is to rotate when the clocks change.

Start a "go kit" – a bag that stays with the employee in a car/office area. The go kits for the residents can be kept in their rooms unless this hinders their care or quality of life.

- ◆ They should contain at least one change of clothes, a jacket, and an extra pair of shoes.
- ◆ Go kit should also have copies of important documents such as birth certificates, marriage certificates, contact information, medical conditions/allergies, and insurance policies.

Check out ready.gov for more information on ways to be prepared for an emergency!

Seniors: <https://www.ready.gov/seniors>

Access and Functional needs: <https://www.ready.gov/individuals-access-functional-needs>

Preparedness planning for your business: <https://www.ready.gov/business>

If you have any questions, please contact your Local Emergency Response Coordinator, Amy Eagon at (360)414-5599 ext. 6450 or eagona@co.cowlitz.wa.us



Employee Wellness

According to WebMD's Kathleen Zelman, MPH, RD, LD, there has been a real water revolution in this country.



DRINK
MORE
WATER

"Water is non-caloric, it plumps up your skin, and it hydrates your muscles. Water is the staff of life, and now it's everywhere."

Sodas, iced tea, coffee, and other drinks that contain caffeine fall behind compared to good old-

fashioned water when you're trying to stay hydrated. They act as diuretics, so even if you're getting some water, you're also pulling a little extra fluid from your body because of the caffeine.

As for other sources of hydration, many fruits and other foods contain water. Amazingly, meat contains a high percentage of water -- as much as 60%, says Zelman

There's no doubt about it. Water is the best way to rehydrate your body.