

Boone County Health Department

116 W. Washington St., Lebanon, IN 46052

www.boonecounty.in.gov/health

Environmental Health

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Nursing & Vital Records

765-482-3942

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Public Health
Prevent. Promote. Protect.

“To protect and promote the health of all residents and visitors of Boone County”

What is Public Health?

We are here to serve, promote, protect and provide for public health.

- Public Health is often defined as an organized community effort aimed at the prevention of disease and promotion of health.
- Public health efforts have increased the average life span by nearly 30 years during the past century.
- Behavioral and environmental risk factors - smoking, poor diet, lack of exercise, increased pollution, stress and unsafe sexual practices have replaced infectious diseases as the leading causes of premature death.

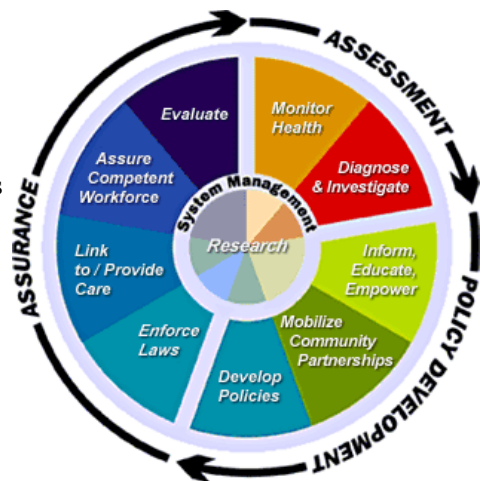
The difference between public health and health care is illustrated by their different approaches to the health care of the population. Public health concerns itself with the population as a whole. The Boone County Health Department (BCHD) strives to provide public health services for all residents and visitors of Boone County.

Ten Essential Public Health Services

These Essential Services provide a working definition of public health and a guiding framework for the responsibilities of local public health systems. They provide the fundamental framework for the National Public Health Performance Standard Program instruments, by describing the public health activities that should be undertaken in all communities.

1. **Monitor** health status to identify community health problems
2. **Diagnose** and investigate health problems and health hazards in the community
3. **Inform**, educate and empower people about health issues
4. **Mobilize** community partnerships to identify and solve health problems
5. **Develop** policies and plans that support individual and community health efforts
6. **Enforce** laws and regulations that protect health and ensure safety
7. **Link** people to needed personal health services and assure the provision of health care when otherwise unavailable
8. **Assure** a competent public health and personal health care workforce
9. **Evaluate** effectiveness, accessibility and quality of personal and population-based health services
10. **Research** for new insights and innovative solutions to health problems

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The mission of the Indiana Family Helpline is to link Indiana families with a network of services within their

- Local communities
- State agencies
- Organizations
- Individuals providing health care or other services.

Hand Sanitizer Loan Program

The BCHD provides a hand sanitizer loan program that allows local agencies and event coordinators the opportunity to offer hand sanitizing to their patrons. This program is free of charge and simple to use. Contact the Nursing & Vital Records Division to find out the availability of hand sanitizers for your event date and reserve the quantity needed.



Vital Records

Births and deaths occurring in Boone County are recorded and maintained at our office in addition to the Indiana State Department of Health. You must have a valid state or military photo ID to obtain a certified record.

Genealogy records date back to 1882. Genealogy searches are available upon request; however, it is not a walk-in service. A full date of birth or death and name is required to initiate the search.

Communicable Disease

The first step in the control of a communicable disease is prompt recognition and identification. It is important to identify whether the disease is a prevalent disease, a newly emerging disease or a disease used in an act of bioterrorism.

There are several ways to handle the spread of disease. The requirement of immunizations, especially for school-aged children, is imperative to the prevention of disease. Certain communicable diseases may require family or close contact screening, testing or treatment to prevent further spread of the disease.

For early detection of a disease, the health care provider, laboratory and hospital must report the diagnosis of certain communicable diseases to the local health department. The appropriate staff members of the health department will then begin a case investigation to determine the source of the disease and to determine if there is an outbreak present.

Our staff members are trained in communicable disease case investigations, as well as active surveillance of all disease types.

Immunization Program

We offer affordable vaccinations by appointment. Limited evening hours are available for your added convenience. Shot records are provided.

Childhood vaccinations through 18 years of age include: Diphtheria, Tetanus, Pertussis, Polio, Hib, Pneumococcal, Chickenpox, Measles, Mumps, Rubella, Meningitis, HPV, Influenza, Hepatitis and Rotavirus.

Adult vaccinations include: Tetanus and Pertussis boosters, Meningitis, HPV, Shingles, Influenza, Pneumonia, Hepatitis, Chickenpox, Measles, Mumps and Rubella. Tuberculosis skin testing is available.

Fees may apply, please contact us for more information. Some insurance plans provide vaccination coverage. Please consult with your insurance company and medical provider as well.

Our office participates in **CHIRP** (Children and Hoosiers Immunization Registry Program). CHIRP is an innovative online system that stores and updates immunization records of children and adults in Indiana. It's confidential and secure. Benefits of CHIRP include: electronic immunization records accessible to medical providers and school nurses. Determination of vaccination due dates based on current guidelines and immunization forecasting. CHIRP can also track vaccine contraindications and print official immunization cards for school, daycare and your safe record keeping.

STD Program

We offer FREE testing for several Sexually Transmitted Disease's: Chlamydia, Gonorrhea, Hepatitis, HIV and Syphilis. Testing is available every Thursday at the Boone County Health Department STD walk-in clinic from 9 -11AM and 2 - 4PM.

Chlamydia is the most common bacterial STD in the United States.

- Anyone can have Chlamydia. It is very common among teens and young adults
- Young, sexually active males and females need to be tested every year
- Most people who have Chlamydia do not know they have it
- You can pass Chlamydia to others without knowing it
- Chlamydia is easy to treat and cure
- If you do not treat Chlamydia, it can lead to serious health problems

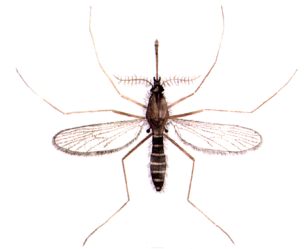
West Nile Virus

How is West Nile Virus Transmitted?

West Nile Virus is transmitted to a human by a mosquito that has first bitten an infected bird. A person who is bitten by an infected mosquito may show symptoms 3 to 15 days after the bite, such as high fever, severe headache, neck stiffness, muscle weakness or paralysis, nausea, vomiting, sore joints, or confusion (see a doctor immediately if you develop these symptoms). Mosquitoes breed in places like ditches, open septic systems, discarded tires, unused wading pools, clogged gutters, and other assorted containers.

How can I protect myself?

- Avoid being outdoors during prime mosquito biting times, dusk to dawn, when possible
- Apply insect repellent containing DEET, picaradin, or oil of lemon eucalyptus to clothes and exposed skin
- Install or repair screens on windows and doors to keep mosquitoes out of the home
- When possible, wear long-sleeved shirts and pants when outside



How serious is West Nile Disease?

Most people who get infected with West Nile virus will have either no symptoms or mild symptoms. A few individuals will have a more severe form of the disease, encephalitis (inflammation of the brain) or meningitis (inflammation of the tissues that cover the brain and spinal cord). Health officials say that anyone is at risk, but if you are have a weakened immune system you may be at higher risk for serious illness. There is no specific treatment for West Nile virus, and no vaccine for humans.

Pools

The Boone County Health Department inspects all public and semi-public swimming pools and spas. Pools are permitted as either seasonal operation (May - September) or year round operations. The Boone County Health Department pool/spa inspections follow the requirements of the Indiana State Department of Health Swimming Pool Rule 410 IAC 6-2.1. Inspections are based on a variety of pool operations such as general pool conditions, bathhouse, bather load, operating and safety equipment, and water quality.

7 Principles of Healthy Homes

1. Keep It Dry
2. Keep it Clean
3. Keep it Pest-Free
4. Keep it Ventilated
5. Keep it Safe
6. Keep it Contaminant Free
7. Keep it Maintained

Go to <http://www.nchh.org/> for more information

Recommended Safe Minimum Internal Food Temperatures

Steaks: 145°F
 Roasts: 145°F
 Fish: 145°F
 Pork: 145°F
 Ground Beef: 160°F
 Egg Dishes: 160°F
 Chicken Breasts: 165°F
 Whole Poultry: 165°F

Needle/Syringe Disposal

Boone County Health Department and Boone County Solid Waste Management District recommend using a professional sharps container for storage of used needles/syringes. These containers are FREE OF CHARGE to Boone County residents. You may pick up a container at our office during regular business hours. Once the container is full, return it to the Health Department in exchange for a new sharps container at NO CHARGE to you.



Food Protection

The Environmental Division permits and inspects all Retail Food Establishments and operations in the county. This includes facilities such as; schools, gas stations, fast food restaurants, and other diners. A Food Establishment is defined as, “an operation that stores, vends, or otherwise provides food or beverages for human consumption”.

In addition to inspecting all retail food establishments, the food protection division also inspects local farmers markets and temporary events.

A food inspection is a brief view into the daily sanitary operations of a food establishment in Boone County. These inspections cover topics such as; management/supervision, personal hygiene, safe food handling, cold and dry storage, warewashing and cooking temperatures. Compliance with the rules helps insure a safe dining experience for the residents and visitors of Boone County. The Boone County Health Department website provides a link that allows all inspections to be viewed for an establishment.

The Food Safety Program within the Environmental Division is also responsible for investigating and compiling all available information regarding illnesses or complaints associated with a food product or food establishment.

Onsite Sewage Systems

The Environmental Division is responsible for reviewing plans, issuing permits, and inspecting onsite sewage systems (septic systems) for both commercial and residential systems. It is our duty to protect the public’s health and to see that the environment is free of bacteria and viruses that are carried by human waste. A septic permit is required for the installation of a new septic system or repairs to existing systems.

BCHD also maintains a list of registered septic installers that have taken a written exam to become certified to install septic systems in Boone County. Applications for septic permits are available in our office.

Tips to maintain and extend the life of your septic system, the following tips are recommended:

- * Have your tank pumped every 3-5 years
- * Use water saving methods and stagger laundry
- * Limit use of garbage disposal
- * Don’t put grease down the sink
- * Don’t drive over the septic fingers or the septic system
- * Don’t use additives to enhance septic performance
- * Don’t dump unused household chemicals into the septic system
- * Never flush cigarettes, diapers, or feminine care products down the toilet

Water Wells

The proper location and maintenance of wells is important to ensure a safe drinking water supply. Wells should be at least 50 feet from septic systems and should not be located close to underground fuel tanks.

Annual water testing is recommended, especially if there has been a change in water taste or odor.

A permit is required to drill a new well or to make repairs on an existing well. The well driller must be licensed by the Department of Natural Resources and registered with the Boone County Health Department. New homes are required to have a satisfactory water test on file with the health department before an occupancy permit is issued and repaired wells need to have the water tested for bacteria after repairs are completed. Unused wells need to be properly plugged to protect groundwater.



Medication Disposal

Where does your unused medicine go?

Boone County residents can utilize free Medicine Drop-Off Bin that is open 24 hours & 7 days a week, located at the Boone County Jail at 1905 Indianapolis Ave. in Lebanon.

Acceptable Items:

Unused or Expired Prescription Medications, Expired Over-the Counter Medications, Vitamins & Supplements, Unused or Expired Pet Medications

Unacceptable Items:

Institutional or Business Waste, Industrial Waste, Needles/Syringes/Sharps, Bloody or Infectious Waste, Thermometers

Contact the Solid Waste Management District (765-483-0687) for help disposing of the items listed on the Unacceptable Items list

Animal Bites

What do I do if an animal bites me?

- Wash the bite with lots of soap and running water.
- Call a doctor to see if antibiotics or a tetanus shot are needed.
- Report bite to your local health department.

Can I tell if an animal has rabies?

- No, but stay away from wildlife and animals acting strangely. They could have rabies.

What should be done with the animal that bit me or someone I care about?

- A dog or cat can be held for 10 days. If it doesn't get sick, it didn't have rabies.
- If a wild animal or a stray dog or cat bites someone, it can be put to sleep and the specimen sent to the Indiana State Department of Health Laboratory to be tested for rabies.

What if the biting animal isn't available for observation or testing?

- The patient, the doctor, and the local health department will decide together if they think the animal might have rabies and if the patient should be treated with the rabies vaccine.

Where can I get more information?

- You may call your doctor or local health department for information on animal bites and rabies.

Boone County Healthy Coalition

MISSION STATEMENT: To form a structured and sustainable healthy community coalition that mobilizes community partners to provide collaborative services through a coordinated public health system and to promote healthy lifestyles.

The Boone County Healthy Coalition was formed with the help of a Centers for Disease Control (CDC) Block Grant through the Indiana State Department of Health and their Public Health System's Quality Improvement Program. The Boone County Healthy Coalition is a partner driven organization that is led by organizations that provide primary healthcare, mental health services, social services, and health & wellness activities as it relates to public health.



Email bchc06@gmail.com to find out more information about the Boone County Healthy Coalition and how you can get involved and attend a meeting.

Tobacco Free Boone County

Tobacco Free Boone County (TFBC) has been awarded funding from the Tobacco Prevention and Cessation Division of the Indiana State Department of Health to help reduce tobacco use in Boone County. As a partner of the Boone County Healthy Coalition, TFBC incorporated tobacco cessation as a complete wellness goal for Boone County citizens. BCHD serves as the lead agency for TFBC and receives support from the Boone County Cancer Society and Drug Free Boone County.

The following programs are available to the Boone County community:

- Adult smoking cessation classes for any Boone County resident age 18 or older. (Free nicotine replacement patches are available during the class)
- Teen classes on the dangers in smoking
- VOICE a teen led organization
- Education and support for all restaurants and businesses on Indiana's Smoke Free Air Law.



www.tobaccofreeboonecounty.com

Boone County Safe Kids

- The Boone County Safe Kids chapter was formed in 1999 under the guidance of the Indiana Safe Kids Coalition. We are a local network of organizations working to prevent unintentional injury, the leading cause of death and disability to children ages 1 to 14.
- We educate families, provide safety devices to families in need and advocate for better laws to help keep children safe, healthy and out of the emergency room.
- Over the years, we have offered dozens of bicycle rodeos to educate proper bicycle safety and provided hundreds of helmets to children and adults. We also completed several Walk this Way programs for school safety, and several 911 education classes to many elementary schools.
- In 2002, the car seat program was established. We continue to offer education and installation of child passenger seats.
- In 2003, we held our first Boone County Safety Day, and continue to have one every spring. Free safety items have included car seats, bike helmets, smoke detectors, Kids ID's from Kids BMV, first aid kits and life jackets from DNR.
- As a result of Safe Kids Worldwide, since 1987, there has been a 51% reduction in the U.S. child fatality rate from unintentional injury!

Boone County Board of Health

MISSION STATEMENT: To provide the highest quality services in a fiscally responsible manner to access, promote, and protect the health, safety and general welfare of all Boone County citizens.

Who are they?

The Boone County Board of Health is made up of seven appointed members from the Boone County community. These members serve a four year term on the board. The board also appoints a local health officer for the county health department, a licensed physician, who serves as the secretary of the board.

What do they do?

The Boone County Board of Health approves long term goals and monitors short term goals of the local health department. They also approve health department budgets, fees and capital purchases while adopting personnel policies.

When do they meet?

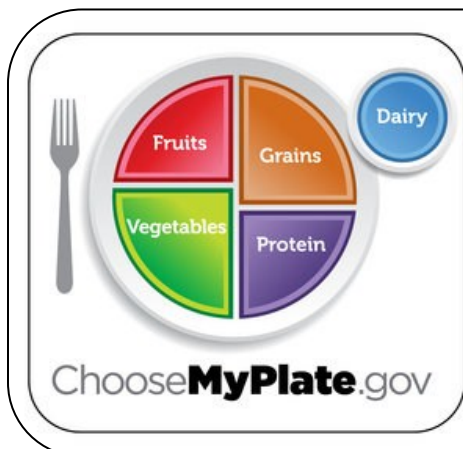
The Boone County Board of Health meets on the third Wednesday of every other month in the Boone County Office Building. This meeting is open to the public.

County Health Rankings

The Boone County Health Department is proud to announce that Boone County ranked the 2nd healthiest county in Indiana in 2012. The *County Health Rankings* measure the health of nearly all counties in the nation and rank them within states. The *Rankings* are compiled using county-level measures from a variety of national and state data sources. These measures are standardized and combined using scientifically-informed weights. These *Rankings* are based on a model of population health that emphasizes the many factors that, if improved, can help make communities healthier places to live, learn, work and play. For more information on the details of these County Health Rankings visit: www.countyhealthrankings.org

Community Health Needs Assessment

A Community Health Needs Assessment (CHNA) identifies health problems, gaps in services and other factors which may contribute to less than optimal health status for residents of our community. Experts recommend local hospitals, community health centers, and health departments partner to conduct a CHNA every 3 -5 years. Once an assessment is complete the consortium will work together to develop strategies and goals for improving the health of our community. When available, the findings of this assessment along with these strategies and goals will be displayed on the Boone County Health Department website: www.boonecounty.in.gov/health.



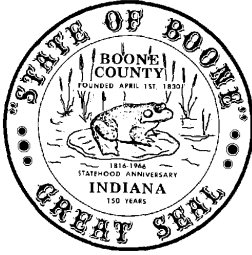
Healthy Eating Tips

Your food and physical activity choices each day affect your health — how you feel today, tomorrow, and in the future.

These tips and ideas are a starting point. You will find a wealth of suggestions here that can help you get started toward a healthy diet. Choose a change that you can make today, and move toward a healthier you.

- Make at least half your grains whole grains
- Vary your veggies
- Focus on fruit
- Get your calcium-rich foods
- Go lean with protein

Boone County Office Building,
116 W. Washington St.
Suite B201 & B202
Lebanon, IN 46052
Nursing & Vital Records: 765-482-3942
Environmental: 765-483-4458



Visit us on the web at:
www.boonecounty.in.gov/health

MONDAY - FRIDAY 8:00 am - 4:00 pm

Health Department Services:

- Environmental Health Division765-483-4458 (phone)**
Animal Bites, Food Protection, Housing, Lead Investigations, Onsite Sewage System, **765-483-5243 (fax)**
Pools, Preparedness, Sharps Disposal, Vector Control & Water Wells
- Nursing & Vital Records Division.....765-482-3942 (phone)**
Communicable Disease Investigations, Hand Sanitizer Loan Program, Immunizations, **765-483-4450 (fax)**
Medical Reserve Corps, Safe Kids (Car Seat Program), STD Testing, Vital Records
- Tobacco Free Boone County.....765-482-6099**