

# CHURCHILL COUNTY PUBLIC HEALTH APRIL NEWSLETTER

April 2022

## 2 YEARS OF COVID-19

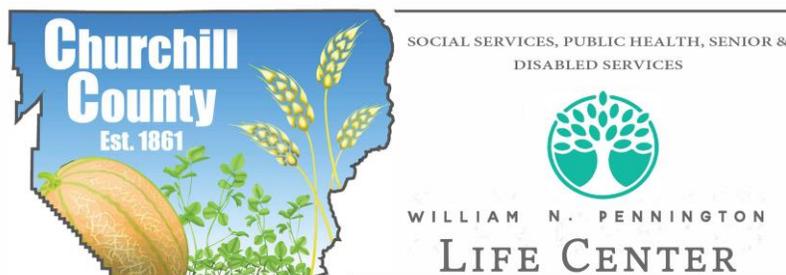
~ Brooke Morrison, MPH, Epidemiologist

In March of this year, we observed the two-year anniversary of the COVID-19 pandemic. So much occurred and changed during that time frame. We experienced shutdowns, toilet paper shortages, working from home, swabs up our noses, and pokes in our arms.

Since the COVID-19 pandemic began, Churchill County Public Health has performed over 17,000 COVID tests and over 12,000 COVID vaccinations. We have reached out to about 6,400 positive COVID cases and to thousands more of their close contacts.

These last two years have been a whirlwind, but we're not stopping there. We're still available for all your COVID needs. Come find us at the Miners Rd drive-thru test site to get a quick test or vaccine. You can find us at the William N Pennington Life Center as well, also for vaccines and blood pressure checks. Come in, say hi, and grab a delicious meal to eat for lunch from the team at the Life Center.

While COVID has been on the forefront of everyone's minds for the last 2 years, we would also like to remind you of other health topics that occur in April. Please, read on to learn more.



## IRRITABLE BOWEL SYNDROME (IBS) MONTH

~ Bobbette Hampton, Office Specialist

Did you know that IBS affects between 25 and 45 million people in the United States? And that it affects people of all ages, including children. Worldwide it is estimated that 10% to 15% of the population has IBS.

IBS can only be diagnosed by a medical professional and the exact cause of IBS is not known. Symptoms may result from a disturbance in the way the gut, brain and nervous system interact. Stress does not cause IBS, but because of the connection between the brain and the gut, stress can worsen or trigger symptoms.

Common Symptoms of IBS:

- Abdominal pain and/or discomfort
- Change in bowel habits
- Bloating (a sensation of fullness in the belly)
- Urgency (the need to rush to have a bowel movement)
- Mucus (thick white or yellow liquid) in the stool
- The feeling of incompletely emptying after a bowel movement

Symptoms can change over time and there can be periods of when symptoms may be worse, lessen or even disappear. There is treatment for IBS, and once a person has been diagnosed, they can work with their physician for the best treatment plan.

### Reference

<https://aboutibs.org/living-with-ibs/ibs-awareness-month/ibs-awareness-month-tips-of-the-day/>



## NATIONAL MOVE MORE MONTH

~ Donna Duyn, RN, Community Health Nurse

April is National Move More Month. It's as simple as walking, running, or going to the gym.

If you're not a gym person just get out there and move. Set a walking goal for yourself. Working up to 10 thousand steps daily. Get your Fitbit or walking app on your phone. Go and play sports with your family, friends, or co-workers. If you set a goal of 30 to 60 minutes daily of some form of exercise and/or get 20-minute aerobic exercise daily, you're already improving your health.

Benefits of getting out and moving more are that it reduces risk of cardiovascular disease and obesity, manages blood sugars, helps quit smoking, and improves mental health and moods. It also helps keeps your thinking, learning, and judgement skills sharp as you age.

Well, what are you waiting for? Get moving today!



## OCCUPATIONAL THERAPY MONTH

~ Meghan Jeffers, Health Resource Liaison



Occupational therapy is an individualized therapy that focuses on helping people accomplish independence, health, and wellbeing through engagement in everyday life activities. If a person has an injury, illness, or disability, these holistic approaches can help them learn new adaptive ways to do instrumental activities of daily living, personal care, rest and sleep, education, work, leisure, play, and socializing.

The occupational therapist will assess the person's current abilities in relation to their everyday routine. Then they formulate a treatment plan with interventions that aim to develop or improve skills needed to do these activities more easily and with less pain. This may include using adaptive devices and technology that can open a world of accessibility for affected individuals. Treatments can be done in all environments, such as the person's home, school, in-hospital/rehab settings, or in nursing homes.

Occupational Therapy allows people to think creatively so that everyone can be enabled to be an active participator in the world around them.

## NATIONAL CHILD ABUSE PREVENTION MONTH

~ Tonya Delgado, Medical Assistant

Child abuse and neglect can be in many different forms, from sexual abuse, physical abuse, neglect, emotional abuse, abandonment, and maltreatment. Some State laws also include a child's witnessing of domestic violence as a form of abuse or neglect. For State-specific laws pertaining to child abuse and neglect, see Child Welfare Information Gateway's State Statutes.

*Child Welfare Information Gateway. (2019). What is child abuse and neglect? Recognizing the signs and symptoms. Washington, DC: U.S. Department of Health and Human Services, Children's Bureau*

By recognizing the signs of abuse and neglect and when to report may protect the child and get the family the help and support they need. There are many different types of signs to be aware of, such as sudden changes in behavior, seems scared, anxious, depressed, withdrawn, and even shrinks at the approach of adults. See attached for more information. Please contact your local child protective services or law enforcement if you feel a child is being abused or neglected. Here are additional links for more resources here in Nevada below:

<https://www.childwelfare.gov/pubPDFs/whatiscan.pdf>

<https://nic.unlv.edu/pcanv.html>



# EVERY KID HEALTHY WEEK

## APRIL 25 – 29, 2022



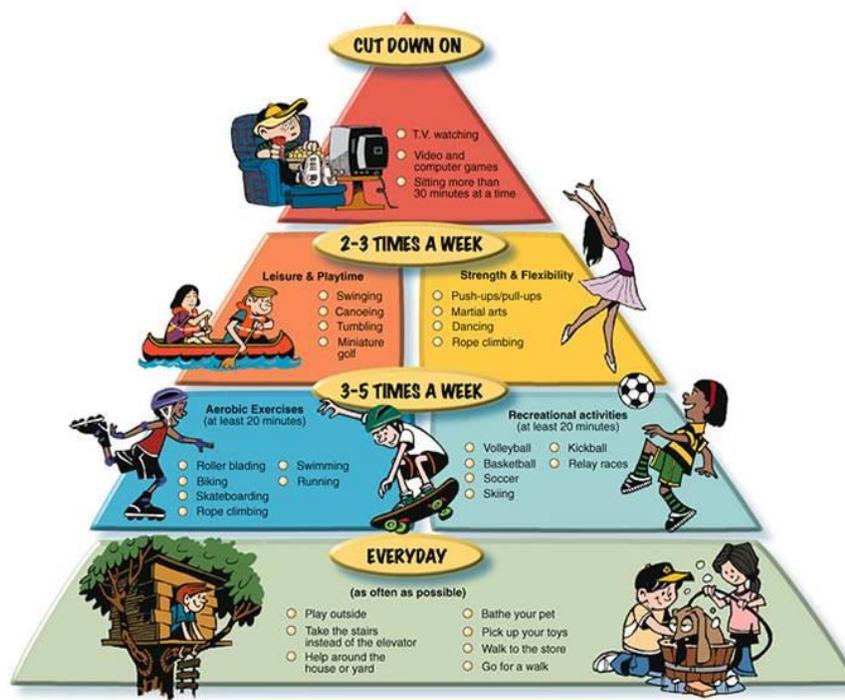
~ Jonica Gonzalez, Health Resource Liaison

Healthy kids are more prepared to learn and prosper. In 2013, Every Kid Healthy week was created to celebrate health and wellness achievements of all children. Each year it is celebrated on the last full week in April. Each day of the week shines a spotlight on actions schools and families are taking to improve the overall wellness of children through nutrition, physical activity, mental health, and education.

Please join us in celebrating the following days during Every Kid Healthy Week:

- Mindful Monday April 25th, 2022: Practice social emotional health
  - Ideas such as: play-based yoga, creating a calm down corner, breathing exercises, or journaling
- Tasty Tuesday April 26th, 2022: Build lifelong eating habits
  - Ideas such as: family taste test, discover farm-to-table recipes, children night to cook
- Wellness Wednesday April 27th, 2022: Define wellness with your kids
  - Ideas such as: develop a self-care plan, explore outside, create SMART goals for health and wellness.
- Thoughtful Thursday April 28th, 2022: Nurture kid's social health
  - Ideas such as: create a learning space, help them understand their feelings, family conversation to talk about feelings
- Fitness Friday April 29th, 2022: Get moving!
  - Ideas such as: limit screen time, play physical activity games, use common household objects for fitness.

Enjoy Every Kid Healthy Week with your family. Although it takes more than a week to get every kid healthy, allow this week to kick start your family's health journey!



# NATIONAL AUTISM AWARENESS MONTH

~ Carol Flick, Health Resource Liaison

## Autism, what is it?

Autism or autism spectrum disorder is a developmental disorder that creates challenges for the affected individual. These can range from mild to severe. Autism typically presents itself before the age of 3.

## Some signs to look for in children are:

### Social Struggles

- Avoids eye contact
- Does not respond to name by the age of 9 months
- Will not play simple interactive games (peek a boo) by 12 months
- Will not participate in pretend play by the age of 2 years

### Repetitive Behaviors

- Lines up toys, chairs, preferred objects, and gets frustrated when objects are moved
- Repetitive play
- Must have a precise routine, gets upset with any change
- Self-soothes by, hand flapping, rocking back and forth, spinning, and/or flicking of the fingers

### Other Characteristics

- Language, motor skills, and cognitive skills are delayed
- Impulsive
- Epilepsy or seizure disorder
- Unusual moods

These are just a fraction of what can be presented with Autism.

With early intervention a child's development can be greatly improved. This helps the child learn important skills they need as they grow and mature. Many programs are out there that provide support for families.

## For more information go to:

### Sites

<https://autismsociety.org/>

<https://www.autismspeaks.org/>

### Reference

<https://www.cdc.gov/ncbddd/autism/signs.html>



# PARKINSON'S AWARENESS MONTH

~ Veronica Brandenburg, Medical Assistant



## What is Parkinson's Disease?

Parkinson's disease (PD) is a neurodegenerative disorder that affects predominately dopamine-producing ("dopaminergic") neurons in a specific area of the brain called substantia nigra.

## 10 Signs of Parkinson's Disease:

Tremor, Small handwriting, Loss of smell, Trouble sleeping, Trouble moving or walking, Constipation, A soft or low voice, Masked Face or "Stone Face", Dizziness or fainting, stooping or hunching over.

## Causes:

Scientists believe a combination of genetic and environmental factors are the **cause of Parkinson's disease** (PD). PD is an extremely diverse disorder. While no two people experience Parkinson's the same way, there are some commonalities. PD affects about one million people in the United States and ten million worldwide. The main finding in brains of people with PD is loss of dopaminergic neurons in the area of the brain known as the *substantia nigra*.

## Genetics

Genetics cause about 10 to 15 percent of all Parkinson's. Over the years, scientists have studied DNA from people with Parkinson's, comparing their genes. They discovered dozens of gene mutations linked to Parkinson's.

## Environmental Factors

The interactions between genes and the environment can be quite complex. Some environmental exposures may lower the risk of PD, while others may increase it. Environmental risk factors associated with PD include head injury, area of residence, exposure to pesticides and more.

Parkinson's is caused by a combination of genes, environmental and lifestyle influences. The interaction of all three components determines if someone will develop Parkinson's.

## Statistics:

- Nearly one million people in the U.S. are living with Parkinson's disease (PD), which is more than the combined number of people diagnosed with multiple sclerosis, muscular dystrophy and Lou Gehrig's disease (or Amyotrophic Lateral Sclerosis). This is expected to rise to 1.2 million by 2030.
- Approximately 60,000 Americans are diagnosed with PD each year.
- More than 10 million people worldwide are living with PD.
- Incidence of Parkinson's disease increases with age, but an estimated four percent of people with PD are diagnosed before age 50.
- Men are 1.5 times more likely to have Parkinson's disease than women.

## Treatment:

There is no standard treatment for Parkinson's disease (PD). Treatment for each person with Parkinson's is based on his or her symptoms. Treatments include medication and surgical therapy. Other treatments include lifestyle modifications, like getting more rest and exercise. There are many medications available to treat the Parkinson's symptoms, although none yet that reverse the effects of the disease. It is common for people with PD to take a variety of these medications — all at different doses and at different times of day — to manage symptoms.

## References:

Parkinson's Foundation  
[www.parkinson.org](http://www.parkinson.org)  
1-800-4PD-INFO

# STRESS AWARENESS MONTH

~ Brittany Burton, Office Specialist

Stress, a natural response that we have to protect our body in an emergency situation by preparing us to react quickly. When that 'natural' response occurs on a daily basis, it can put your health at risk. The moment your body senses fear it activates the fight or flight response, the stress hormone cortisol gets released, your heartrate revs up and sends blood rushing to your muscles, heart and other important organs. After the perceived fear is gone, your brain tells all systems to go back to normal. If the stressor doesn't go away the response will continue and your stress can become chronic. There is a variety of symptoms of chronic stress such as irritability, anxiety, depression, headaches and insomnia.

While stress from time to time is good for the body, chronic stress is the cause of many health problems

- Stroke/Heart Attack- Under stress your heart pumps faster which causes your blood vessels to constrict which raises your blood pressure.
- Digestive System- Under stress your liver produces extra glucose to give you a boost of energy, overtime your body might not be able to keep up with the extra surge of glucose, therefore increasing the risk of developing type 2 diabetes.
- Reproductive system- Stress can cause a man's testosterone levels to drop, interfere with sperm production, or cause erectile dysfunction. For women it can affect the menstrual cycle and can magnify the physical symptoms of menopause.
- Immune system- Stress hormones weaken your immune system. You can become more susceptible to viral illnesses as well as other infections. Your recovery time from an illness or injury can also increase.

There are many healthy ways to handle stress. There are some that you can do at home, or with a professional.

- Exercising regularly- Studies show that exercise releases endorphins which are peptides that activate the body's opiate receptors.
- Counseling- Talking to a psychologist helps you take a closer look at your thoughts and emotions, which can help you learn to respond better to your stress, pain and difficult situations.
- Better Sleeping Habits- Getting 7 to 8 hours of sleep a night will allow you to be more relaxed and less irritable.
- Personal interests- Do anything that you love to do. Sit down listen to your favorite music, do a puzzle, or do a coloring activity.
- Prepare yourself- Nothing is more stressful than being unprepared or disorganized. The night before set out your clothes, make your breakfast and lunch for the next day. Designate a spot where you leave what you need to walk out of the house so you aren't looking for them in the morning such as keys, wallet, or your purse.

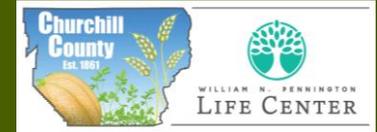
## Reference

Pietrangelo, A. (2020, March 29). *The Effects of Stress on Your Body*. Healthline.

<https://www.healthline.com/health/stress/effects-on-body>



# April



## Churchill County

# 2022

Churchill County Public Health Drive-Thru: 485 Miners Road, off Sheckler Rd or Hwy 95

Churchill County Public Health: **(775) 423-6695, option 2**

William N Pennington Life Center (WNP): 952 S Maine St, Fallon, NV 89406

\*\*\* Currently, we are only doing PCR tests and they can take up to 5 days for results. \*\*\*  
If you bring your own unopened rapid test, we will run it for you!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 No testing/ vaccine	2 No testing/ vaccine
3 No testing/ vaccine	4 Miners Rd Testing/Vaccine 7 – 10 am WNP Vaccines & Blood Pressure 10 – 2 pm	5 Miners Rd Testing/Vaccines 2 – 5:30 pm	6 WNP Vaccines & Blood Pressure 10 – 2 pm	7 Miners Rd Testing/Vaccines 9 – 12 pm	8 No testing/ vaccine	9 No testing/ vaccine
10 No testing/ vaccine	11 Miners Rd Testing/Vaccine 7 – 10 am WNP Vaccines & Blood Pressure 10 – 2 pm	12 Miners Rd Testing/Vaccines 2 – 5:30 pm	13 WNP Vaccines & Blood Pressure 10 – 2 pm	14 Miners Rd Testing/Vaccines 9 – 12 pm	15 No testing/ vaccine	16 No testing/ vaccine
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For more information, please visit: [www.churchillcountynv.gov](http://www.churchillcountynv.gov)  
To order your free home tests, please visit: [www.covidtests.gov](http://www.covidtests.gov)

# April

## Mineral County

# 2022

Available at Hawthorne lot next to the Fire Department off Mineral Rd.

\*\*\* Currently, we are only doing PCR tests and they can take up to 5 days for results. If you bring your own unopened rapid test, we will run it for you! \*\*\*

To order your free rapid tests, go to:  
<https://www.covidtests.gov/>

Please visit  
<https://www.churchillcountynv.gov/816/COVID-19-INFO> for more information and to pre-register for testing & vaccinations.

Please call  
 (775) 423-6695, option 2  
 for more information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 No Testing	2 No Testing
3 No Testing	4 Testing by appointment Only	5 Testing by appointment Only	6 Testing by appointment Only	7 Testing by appointment Only	8 No Testing	9 No Testing
10 No Testing	11 Testing by appointment Only	12 Testing by appointment Only	13 Testing by appointment Only	14 <b>Lot next to Fire Dept. Vaccine &amp; Testing 4 – 5:30 PM No Appt Necessary</b>	15 No Testing	16 No Testing
17 No Testing	18 Testing by appointment Only	19 Testing by appointment Only	20 Testing by appointment Only	21 Testing by appointment Only	22 No Testing	23 No Testing
24 No Testing	25 Testing by appointment Only	26 Testing by appointment Only	27 Testing by appointment Only	28 <b>Lot next to Fire Dept. Vaccine &amp; Testing 4 – 5:30 PM No Appt Necessary</b>	29 No Testing	30 No Testing



**Office Hours BY APPOINTMENT ONLY:**

418 Mineral Rd, Hawthorne, NV 89415

Monday – Wednesday, 8 – 12 pm, 1 – 3 pm

Thursday & Friday, 8 – 12 pm

Please call Meghan to schedule a testing appointment at (775) 699-4119.



# EUREKA COUNTY COVID-19 TESTS & VACCINATIONS

Available on  
Wednesdays & Thursdays  
in April.



Please call  
Jonica at (775) 699-4118  
for more information.

