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# Health Alert - Information from the Stoddard County Health Department

DECEMBER 18TH 2017 BY DEE LOFLIN

## Health Alert - Information from the Stoddard County Health Department

Dexter, Missouri - Huddle House in Dexter is safe for families to continue to dine and continue to dine in though they had a recent scare with an employee who was diagnosed with Hepatitis A. Every day in American you risk getting Hepatitis A if you eat out, walk in a retail store or touch a doorknob unless you are properly vaccination.

It's not a requirement in the state of Missouri to have a Hep A vaccination. It is however highly recommended for children and adults to get the vaccine.

"The Huddle House has been extremely cooperative and this could happen at any restaurant in any area," commented Amy Hector, R.N. and Public Health Program Director at the Stoddard County Public Health Department located in Bloomfield. "No other cases have been reported in Stoddard County, Missouri as of today."

The Stoddard County Health Department has sent out information to local providers, doctors, etc in the community who might medically review any potential cases. Again this is was an isolated case and thus far no one else has reported or been treated for Hepatitis A from this incident.

"There is also a case in Butler County, Missouri and several cases throughout the United States," continued Hector. "It's becoming more common and we always suggest getting the vaccination at a young age."

**Anyone can get vaccinated especially those working in the food industry. Again it is not a requirement or state law in Missouri that food handler/preparation employees receive the vaccination.**

**Ways to get the vaccine:**

- 1. Contact your Insurance Company and see if the vaccination is covered.**
- 2. Contact your provider/doctor and see if they carry the vaccination.**
- 3. Contact the local health department and see if they carry the vaccination.**

The Stoddard County Public Health Department does have the Hepatitis A vaccination available and it is a series of two shots six months apart. The cost is \$80 for both a vaccination and booster.

"There has been an increase in cases of Hepatitis A in recent months with large outbreaks occurring in California and Michigan as well as a local outbreak in Butler County," commented Hector.

"As reported in a press release by the Missouri Department of Health and Senior Services, Stoddard County has experienced our first case of Hepatitis A in a food service worker at a local restaurant. The Stoddard County Public Health Center is working closely with the restaurant to implement control measures to prevent further spread of the virus. The restaurant has been very cooperative and proactive and has expressed a strong desire to protect their customers from any illness. The employee was immediately excluded from work when symptoms developed and has not returned at this time.

### **What you should know about Hepatitis A:**

\*Hepatitis A is a vaccine preventable disease. If you have been previously immunized, you should be protected against this virus. The best way to prevent a disease for which a vaccine exists, is to get the vaccine before you are exposed. The CDC recommends vaccination to the following groups:

- All children at age 1 year,
- Persons who are at increased risk for infection,
- Persons who are at increased risk for complications from hepatitis A, and

- Any person wishing to obtain immunity (protection).

\*Early symptoms of Hepatitis A are fever, fatigue, loss of appetite, nausea, vomiting, abdominal pain, malaise, and joint pain – these are also the symptoms for many other illness we see this time of year. Later symptoms include dark colored urine, jaundice, and clay colored stool which indicate damage to the liver. If you are having symptoms of liver damage, contact your physician immediately for evaluation and avoid contact with others until Hepatitis A can be ruled out. Symptoms can take 2-7 weeks to appear and most people are infectious in the 2 weeks prior and 1 week after onset of jaundice.

\*Vaccination beyond 2 weeks of exposure does not prevent illness.

\*Laboratory testing will not detect disease before onset of symptoms. If you are not having symptoms, lab results will be negative so testing without symptoms does not provide any helpful information.

\*Good handwashing practices are a very important prevention measure for Hepatitis A and many other communicable diseases. It may be the single most important thing you can do to keep yourself healthy.

\*There is no specific treatment for Hepatitis A. Symptoms usually last less than 2 months and most people recover completely with no lasting liver damage.

If you any questions or concerns, contact your physician or your local health department.

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## Hepatitis A Case Identified in Dexter, Missouri

DECEMBER 15TH 2017 BY DEE LOFLIN

### Hepatitis A Case Identified in Dexter, Missouri

Stoddard County, Missouri - A case of Hepatitis A has been identified in a food handler that worked while potentially contagious at Huddle House in Dexter, Missouri. The restaurant, in conjunction with the Department of Health and Senior Services and Stoddard County Health Center, is investigating and has taken necessary control measures to decrease the risk of spreading the illness.

Members of the public who ate at the Dexter, Missouri, Huddle House between **November 21, 2017 and December 2, 2017** should watch for symptoms of Hepatitis A and seek medical care if they have symptoms. Symptoms usually develop between two and seven weeks after exposure and can include:

- Fever
- Fatigue
- Loss of appetite
- Nausea
- Vomiting
- Abdominal pain
- Dark urine
- Clay-colored stools
- Joint pain
- Jaundice (yellow skin and eyes)

Vaccine and Immune Globulin (IG) for those Exposed to Hepatitis A

Hepatitis A is a vaccine-preventable disease. If given within two weeks of exposure, according to the specific CDC guidelines, prophylaxis vaccine or immune globulin (IG) can prevent illness. With concurrent outbreaks occurring across the nation, vaccine and IG are in limited supply. Therefore, use of these prevention strategies must be restricted to those at highest risk for illness or complications, such as close personal contacts. It is important to note that receiving a Hepatitis A vaccine or IG more than 2 weeks after a known exposure may not prevent illness.

## Disease Information

Hepatitis A is a virus that infects the liver. Most people who get Hepatitis A feel sick for several weeks, but they usually recover completely and do not have lasting liver damage. In rare cases, Hepatitis A can cause liver failure and death; this is more common in people older than 50 and in people with other liver diseases.

## Prevention

Hepatitis A is spread when a person swallows the virus present on objects or in food or drinks contaminated by tiny amounts of stool from an infected person. Good hand washing practices are critical for preventing the spread of Hepatitis A. Washing hands after going to the bathroom and changing diapers and before preparing or eating food will help keep the virus from spreading to uninfected people. If you are concerned that you are at high risk of exposure, the best way to keep from getting sick from Hepatitis A is to get vaccinated. The Hepatitis A vaccine is highly effective when administered properly.

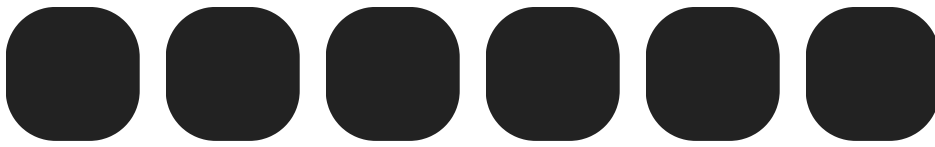
For more information about Hepatitis A, please visit the Centers for Disease Control and Prevention (CDC) website at: <https://www.cdc.gov/hepatitis/hav/afaq.htm>.

Members of the public or providers with patients who are concerned about a potential exposure can call the Stoddard County Health Center at 573-568-4593.

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## General Municipal Election Information

DECEMBER 14TH 2017 BY DEE LOFLIN

### General Municipal Election Information

Dexter, Missouri - The city of Dexter, Missouri will have a General Municipal Election on Tuesday, April 3, 2017 for the following offices:

Mayor - Two Year Term

Ward I Alderman - Two Year Term

Ward II Alderman - Two Year Term

Ward III Alderman - Two Year Term

Filing of an office may be done at Dexter City Hall, 301 East Stoddard Street, during regular business hours, beginning at 8:00 a.m., Tuesday, December 12th and closing at 5:00 p.m. Tuesday, January 16, 2018.

Filing for these offices may be done in the City Clerk's office during regular business hours from 8:00 a.m. - 12:30 p.m. and 1:30 p.m. - 5:00 p.m., Monday through Friday.

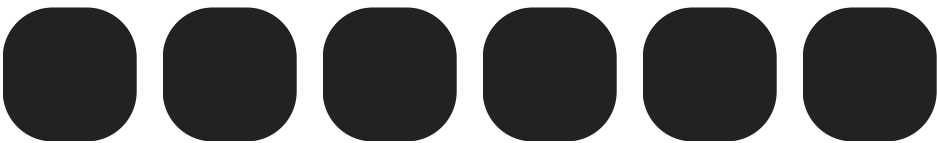
Christmas Holiday Schedule: City offices will close at noon on Friday, December 22, 2017 and will reopen on Tuesday, December 26, 2017.

New Year's Holiday Schedule: City offices will be closed Monday, January 1, 2018.

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# City of Dexter Christmas Trash Schedule

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City of Dexter Christmas Trash Schedule

Dexter, Missouri - Merry Christmas from the city of Dexter. City offices will close at noon on Friday, December 22nd and will reopen on Tuesday, December 26th.

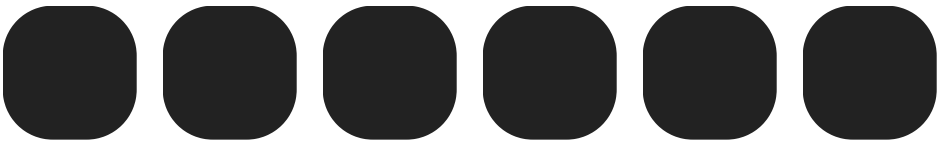
Trash services will be one day late.

Hope everyone has a Merry Christmas and a safe holiday season!

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# Bootheel Recycling Now Hiring!

DECEMBER 13TH 2017 BY DEE LOFLIN

## Bootheel Recycling Now Hiring!

Dexter, Missouri - Bootheel Recycling is now hiring. They are looking for an individual with the following experience:

Forklift Experience  
Computer skills a plus  
Self-motivated  
Communication Skills  
Good Work History  
Reliable  
Team Player

Position or positions will be primarily in the warehouse or the steel yard.

Please submit your resume to PO Box 723, Dexter, Mo 63841 or stop by in person for an application at 202 Harris Dr, Dexter.

Bootheel Recycling is an equal employment opportunity employer.

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