



Women
Infants
Children

Central District Health Department The WIC Informer

Back issues of this publication are available on our website: cdhd.idaho.gov

IN THIS ISSUE:

- Changes are Coming to WIC Checks
- Breastfeeding and Vaccinations Lower SIDS Risk
- Winter Sun Safety
- Norovirus 101
- Tips for Preventing the Spread of Norovirus
- Planning Pregnancy Over the Long Term
- Recipe: Skillet Nacho Chili

The WIC Program is an equal opportunity provider and employer.

We're A Tobacco Free Zone



To protect the health of **everyone** at CDHD, no smoking or other tobacco use is permitted in our facilities or on our property, both indoors and out.

Thank you for your cooperation.



Changes are Coming to WIC Checks!

Starting with your first appointment on February 1 or after, the dates to use Idaho WIC checks and Cash Value Vouchers are changing to:

First Day To Use:
first day of the month

Last Day To Use:
last day of the month

Future WIC appointments will be scheduled during the month that your last set of checks/Cash Value Vouchers will expire. You may have unused checks/Cash Value Vouchers when you come to a WIC appointment.

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First Day To Use: 03-01-12
Last Day To Use: 03-31-12

STATE OF IDAHO
Department of Health and Welfare

Account: 804201
75-1248
919

Void if Vendor Does Not Have a Valid Idaho WIC Contract

Pay Exactly \$

Pay To The Order Of:

WIC Foods Only
L K REDUCED FAT, LIGHT/LOWFAT, FATFREE/SKIM
L K REDUCED FAT, LIGHT/LOWFAT, FAT FREE/SKIM
SS WHITE, LARGE, MEDIUM, SMALL - SEE FOOD LIST

VENDOR MUST DEPOSIT WITHIN 60 DAYS OF FIRST DAY TO USE DATE

IDAHO WIC VENDOR NO.

AUTHORIZED SIGNATURE (MUST BE SIGNED AT VENDOR COUNTER)

SIGNATURE MUST MATCH SIGNATURE ON ID FOLDER

Improper Use Of This Check is Subject to Federal and State Prosecution

What if?

... my checks end in the middle of the month?

At your first appointment after Feb. 1, you will have until the last day of that month to use your first set of checks/Cash Value Vouchers. The next set of checks/Cash Value Vouchers will then start on the first day of the month and end the last day of the month. Food packages will be adjusted to meet the time left in the month.

... I miss an appointment?

Rescheduling will be easier as the whole month is available for scheduling an appointment.

... my checks are for the month of February? Will my food package be smaller?

For February checks, the Last Day To Use will be March 2. March checks will start March 1 and end March 31. Food package sizes will be the same.

Clinic Locations & Hours

Ada County

Central District
Health Department
707 N. Armstrong Pl.
Boise, Idaho 83704
Tel (208) 327-7488
Fax (208) 321-2243

Clinic Hours:

Mon 8:00-6:00
Tues 8:00-6:00
Wed 8:00-6:00
Thur 8:00-6:00
Fri 8:00-5:00

Boise County

Contact Ada County Office
to schedule an appointment
Tel (208) 327-7488
Fax (208) 321-2243

Elmore County

Mountain Home
Health Department
520 E. 8th Street
Mountain Home, Idaho 83647
Tel (208) 587-4409
Fax (208) 587-3521

Clinic Hours

Mon - Fri 8:00-5:00

Valley County

McCall Health Department
703 N. 1st Street
McCall, Idaho 83638
Tel (208) 634-7194
Fax (208) 634-2174

Office Hours

Tues & Thurs 8:00 - 4:30

Cascade Community Church
2nd Tuesday of every month
Contact McCall office to
schedule an appointment
Tel (208) 634-7194
Fax (208) 634-2174

Clinics closed on all
government holidays.

Breastfeeding and Vaccinations Lower SIDS Risk

(Health Day News) Experts at the American Academy of Pediatrics say breastfeeding and proper immunizations can both lower baby's risk for sudden infant death syndrome (SIDS).

Those are two new recommendations issued as part of the AAP's updated SIDS guidelines.

Since 1992, when the AAP recommended that all babies should be placed on their backs to sleep, SIDS has declined sharply in the United States, according to an AAP news release.

But sleep-related deaths from other causes such as suffocation, entrapment and accidental strangulation have increased.

The updated guidelines were released at the AAP's national meeting in Boston this fall and are published online and in the November edition of the journal *Pediatrics*. They offer additional advice for parents to create a safe sleeping environment for their babies and include three important new recommendations:

- Breastfeeding is associated with a reduced risk of SIDS and is recommended.
- Infants should be immunized. Research suggests immunization reduces the risk of SIDS by 50 percent.
- Bumper pads shouldn't be used in cribs. The pads don't prevent injuries but can cause suffocation, strangulation or entrapment.

Reference:

www.nlm.nih.gov/medlineplus/news/fullstory_117674.html





Winter Sun Safety

Winter is no time to forget about sun safety. Snow reflects up to 80% of the sun's damaging rays. Use sunscreen of SPF 30 on uncovered skin. Eye protection is especially important. Too much winter sun can cause eye problems from snow blindness to cataracts later in life. Have your child wear sunglasses that wrap and protect the corners of the eyes and have 98-100% UVA and UVB protection. Sled, snowboard, walk, build a snowman, but remember to be a member of Team Sun Safety even in winter.

Norovirus 101

Noroviruses - the "stomach bug"

Infection with norovirus causes illness which most commonly results in diarrhea, vomiting, nausea, and stomach cramping. Norovirus illness is sometimes referred to as "stomach flu," but it is not related to the flu, which is a respiratory illness caused by the influenza virus.

You can be infected with norovirus more than once in your lifetime. One reason for this is that there are many different types of noroviruses, and being infected with one type doesn't always protect against infection from another type. In addition, immunity acquired from natural infection is thought to last for only a year or less.

Don't spread the norovirus to others

People working with food who are sick with norovirus are a particular risk to others because they handle the food and drink others will consume. The virus is very small and shed (discharged from the body through vomit or stool) in great numbers. So, without meaning to, a sick person can easily contaminate the food he or she is handling. Those eating the contaminated food, like your children, may become ill, and an outbreak may result.

Outbreaks of norovirus gastroenteritis have taken place in nursing homes, day cares, hospitals, restaurants, cruise ships, schools, summer camps, and even family dinners—in other words, places where people often consume drinks and/or food prepared or handled by others. It is estimated that more than half of all food-related outbreaks of illness are caused by norovirus. In many of these cases, sick food handlers were involved in the spread of the virus.

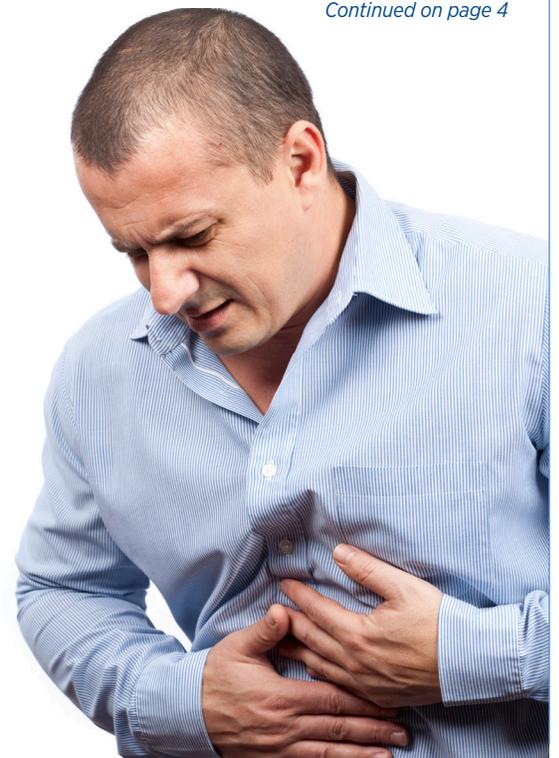
Norovirus spreads quickly and easily

Noroviruses are found in the vomit and stool (fecal matter) of infected persons from the day they begin to feel ill, and the virus continues to be present in the stool for 2 weeks or more after the infected person feels better. Infected persons are considered most contagious during the first 3 days of illness.

People can become infected with the virus by:

- Eating food or drinking liquids that are contaminated with norovirus,
- Touching surfaces or objects contaminated with norovirus, and then placing their hand in their mouth, and
- Having direct contact with another person who is infected and showing symptoms (for example, when changing diapers, or caring for someone with the illness, or by sharing foods or eating utensils with someone who is ill).

Continued on page 4



Norovirus 101

Continued from page 3

Food and drinks can easily become contaminated with norovirus because the virus is very small and because it takes a very small amount (fewer than 100 norovirus particles) to make a person sick. Although the virus cannot multiply outside a human body, billions of norovirus particles are shed by infected people. These shed particles can cause illness if they get into food or drink.

Food can be contaminated by:

- Direct contact with contaminated hands
- Direct contact with work surfaces that are contaminated with infectious stool or vomit
- Tiny droplets of vomitus that spray through the air when an infected person vomits



Tips for Preventing the Spread of Norovirus



Do not prepare food while ill: Health regulations often prohibit food handlers with gastroenteritis from working until 2 or 3 days after they feel better. You should do the same in your home.

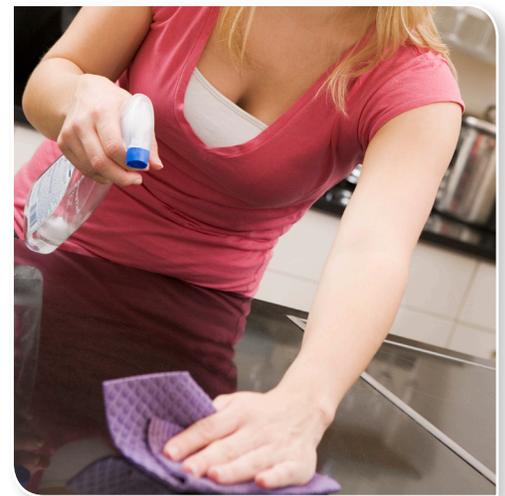


Practice proper hand hygiene: Wash your hands carefully with soap and water, especially after using the toilet and before preparing or handling food. Alcohol-based hand sanitizers (containing at least 62% ethanol) may be a helpful addition to hand washing, but they are not a substitute for washing with soap and water.

Take care in the kitchen: Food items that might have become contaminated with norovirus should be thrown out. Carefully wash fruits and vegetables. Sick children and infants in diapers should be excluded from food preparation areas.

Clean and disinfect contaminated surfaces:

After an episode of illness, such as vomiting or diarrhea, immediately clean, disinfect, and rinse contaminated surfaces. Use a chlorine bleach solution with a concentration of 1000–5000 ppm (5–25 tablespoons of household bleach [5.25%] per gallon of water).



Wash laundry thoroughly: Linens (towels, bedding, clothes) that are soiled to any extent with vomit or stool should be handled carefully—without agitating the item—to avoid spreading virus. The items should be laundered with detergent at the maximum available cycle length and then machine dried.





Planning Pregnancy Over the Long Term

There are lots of ways that families can space pregnancies. And just like there are many different types of people, there are also many different family planning methods.

What if a couple wants to prevent pregnancy for the long term? Maybe they want to wait until their baby starts school before having another. Or, maybe they have all the children they want and are certain they don't want to have any more.

The Reproductive Health Clinic at Central District Health Department offers many of the most popular forms of contraceptives or birth control methods. Including long term methods that are both safe and affordable.

IUD

Women who are looking for a long term birth control method might want to consider the IUD (Intra-Uterine Device). The IUD is a small "T" shaped plastic device that is inserted into the uterus by a clinician. There are two types of IUD; one type contains hormones that help prevent pregnancy while the other does not. Both devices are equally effective at preventing pregnancy. In fact they are some of the most effective forms of birth control available. They can be used for anywhere from 5 to 10 years depending on the device.



If at any point you change your mind and decide you would like to have another child, the clinician will remove the device and you will again be able to conceive.

Vasectomy

If couples are sure that their families are the size they want and they know they don't want to have any more children, a vasectomy may be a good option for them. A vasectomy is a very simple surgical procedure for men that will cause their ejaculate to no longer carry sperm cells. Other bodily functions remain the same, and there are no changes in hormone or sperm production. The only change is that the ejaculate (semen) no longer has sperm cells in it. The procedure is simple, safe, effective and permanent.

Cost

CDHD offers both the IUD and vasectomy at reduced cost. People with low income may qualify to receive the IUD at little to no cost (while donations are always appreciated). Vasectomies are a flat fee of \$583 and insurance is accepted. The clinic is by appointment only so if you would like to make an appointment call us at 327-7400



If you would like more information about our services visit us on the web at cdhd.idaho.gov or call with any questions at 327-7400.



Skillet Nacho Chili

Chili's ready in 30 minutes with this fix-it-fast skillet version loaded with beef, beans and corn. Scoop it up with crunchy chips.

Prep: 30 Min
 Total: 30 Min
 Servings: 4

- 1 lb lean (at least 80%) ground beef
- 1 medium onion, chopped (1/2 cup)
- 1 can (19 oz) Vegetable tomato soup
- 1 can (15 to 16 oz) spicy chili beans in sauce, undrained
- 1 can (4.5 oz) chopped green chilies, undrained
- 1 cup frozen corn
- 1 cup shredded Cheddar cheese (4 oz)

1. Spray 12-inch skillet with cooking spray; heat over medium-high heat. Cook beef and onion in skillet 5 to 7 minutes, stirring frequently, until beef is brown and onion is tender; drain.

2. Stir soup, chili beans, green chilies and corn into beef mixture. Heat to boiling; reduce heat to medium. Cook 8 to 10 minutes, stirring occasionally, until sauce is slightly thickened and corn is cooked.

3. Sprinkle each serving with cheese. Serve with corn chips or corn tortillas.

Substitution

Ground turkey can be used in place of the ground beef in this recipe.

Success

Garnish this dinnertime treat with chopped fresh cilantro for an extra south-of-the-border taste.

Nutritional Information

1 Serving	
Calories	590
(Calories from Fat 250),	
Total Fat	28g
(Saturated Fat 12g, Trans Fat 1g)	
Cholesterol	100mg
Sodium	2160mg
Total Carbohydrate	48g
(Dietary Fiber 8g, Sugars 12g)	
Protein	35g
Percent Daily Value*	
Vitamin A	30%
Vitamin C	10%
Calcium	25%
Iron	35%

Exchanges: 2 Starch; 0 Fruit; 1 Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 0 Vegetable; 0 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; 1 1/2 Fat

Carbohydrate Choices: 3

*Percent Daily Values are based on a 2,000 calorie diet.