

Reno District Newsletter

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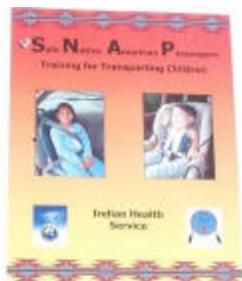
Safe Native American Passengers (SNAP) Course Now Available

The Indian Health Service and tribal staff have developed a 12-hour course called Safe Native American Passengers (SNAP), to introduce basic concepts of child passenger safety. The course is divided into 8 hours of instruction and 4 hours of fitting station experience.

The intended audience of this course is anyone who works in Native American communities and is interested in child passenger safety (CPS). Participants may include checkup event volunteers, Health Educators, EMS Personnel, Fire Personnel, Law Enforcement, or Child Care Providers.

Course content includes:

- Introduction
- What Happens in a Crash?
- Seatbelts and Air Bags
- Child Safety Seats
- Correct Installation
- Misuse and Incompatibility
- Exercises



Included in the course materials are the videos - "Don't Risk Your Child's Life" and "Securing Our Future".

Participants completing the course will be able to:

- Understand the basic overview of child safety seats (CSS)
- Identify CSS product recalls
- Recognize and correct CSS misuse
- Explain the local restraint law
- Recommend age-appropriate seat
- Educate parents on reasons for CSS use
- Act as a checker under the supervision of a Certified Technician

Participants completing the SNAP course will NOT be

able to:

- Serve as a senior checker at clinics
- Serve as a technical expert
- Teach 8-hour training

Instructional staff: Current Certified Child Passenger Safety Technicians

Participant Materials: A resource manual complete with Power Point slides, course notes, and instructor guide are available on CD.

What makes this course different from other short CPS courses?

- Provides statistics relevant to Native Americans
- Provides culturally appropriate video
- Addresses CPS issues unique to Native Americans such as cradle board use
- Professionally reviewed to achieve appropriate literacy level for intended audience

If you are interested in this course go to www.ihs.gov/MedicalPrograms/InjuryPrevention for more information or contact your local Environmental Health Officer. A list of Environmental Health Officers is provided on page 2.

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In the Spotlight: Thomas Young

By Holly Billie



Thomas Adrian Young, III joined the Reno District on August 5, 2003. Thomas is the new Environmental Health Officer for the Uintah and Ouray Service Unit in Fort Duchesne, Utah. He will be working with the Ute Indian Tribe, Paiute Tribe of Utah and the Skull Valley Band of Goshutes.

After completing a 1999 Commissioned Officer Student Extern Program (COSTEP) assignment with IHS in Shiprock, NM, Thomas earned his Bachelors Degree in Environmental Health Science from Eastern Kentucky University. Upon graduation he returned to Navajo Area to work as an Environmental Health Officer in Kayenta, AZ.

While in Kayenta, Thomas worked in the areas of water, wastewater, solid waste, vector control, food sanitation, institutional environmental health and injury prevention. His most memorable accomplishments were working well

with the communities and organizing a bike rodeo with over 100 participants.

In addition to his well-rounded experience, Thomas is a certified child passenger safety technician. He will be able to assist the Tribes in child passenger safety activities and specifically, assist the Ute Tribe with their child safety seat distribution program through the Highway Safety Coalition.

Thomas grew up in Kentucky with his younger sister, parents, 21 aunts and uncles, and 65 cousins. He said his big family makes events and reunions very interesting. He reported that his biggest adventure was leaving Kentucky for the first time after accepting the COSTEP assignment in Shiprock.

Thomas loves being in the outdoors with his Black Lab, Duke, and he's happiest when engaged in activities that involve getting his hands dirty, such as farming/gardening and hunting and fishing. Speaking of engagements, Thomas recently became engaged to Lisa Billman, who is from Iowa.

The things that Thomas enjoys most about working in the Environmental Health field are the challenges, the family-oriented atmosphere of Indian Health Service, and the fact that there is always something new to do. He is looking forward to working with the tribes in the Reno District and getting to know people in the communities.

The staff of the Reno District is pleased to have Thomas on board. We look forward to working with him.





Hantavirus Basics

By Andrea Horn



Source: CDC

Utah, Nevada and California have a large population of rodents. Some rodents are infected with a type of hantavirus that causes HPS (Hantavirus Pulmonary Syndrome). Hantaviruses that cause HPS are carried by rodents, especially the deer mouse. You can become infected by exposure to their droppings, and the first signs of sickness (especially fever and muscle aches) appear 1 to 5 weeks later, followed by shortness of breath and coughing. Once this phase begins, the disease progresses rapidly, necessitating hospitalization and often ventilation within 24 hours.

Hantavirus pulmonary syndrome (HPS) has been recognized as a disease only recently in North America. So far, HPS is fairly uncommon and the chances of becoming infected are low. However, HPS is potentially deadly and immediate intensive care is essential once symptoms appear.

Rodents shed the virus in their urine, droppings and saliva. The virus is mainly transmitted to people when they breathe in air contaminated with the virus. This happens when rodent urine, droppings or nesting materials are stirred up. When tiny droplets containing the virus get into the air, this process is known as "aerosolization." Transmission can happen any place that infected rodents have infested. This could be barns or sheds or other outbuildings, warehouses or summer cottages closed up for the season. Therefore, the most sensible way to avoid contact with rodents is to prevent rodents from infesting the places where you live and work, and to follow the Center of Disease Control & Prevention (CDC) guidelines if you do stumble into a rodent-infested area.

Prevention is the best strategy, and it simply means taking some very practical steps to minimize your contact with rodents. HPS is not contagious from person to person in the United States.

How to Prevent HPS:

- Make your home and workplace unattractive to rodents.
- Clean up infested areas by using safety precautions.

- Don't stir up dust by sweeping up or vacuuming up droppings, urine, or nesting materials.
- Wet down infested areas with bleach/disinfectant to kill the virus before it aerosolizes.

The Centers for Disease Control and Prevention has a great web page that can answer most of your questions on



Deer Mouse

Hantavirus. It provides specifics on rodent proofing, clean up guidelines, symptoms of Hantavirus, and safety precautions. See this web page at <http://www.cdc.gov/ncidod/>

[diseases/hanta/hps.index.htm](http://www.cdc.gov/ncidod/diseases/hanta/hps.index.htm) or call your Environmental Health Officer for questions or concerns about Hantavirus.

| Early Symptoms | Late Symptoms |
|--|---|
|  <ul style="list-style-type: none"> Fever Headaches Muscle aches Stomach problems Dizziness Chills |  <ul style="list-style-type: none"> Lungs fill with fluid Shortness of breath |



West Nile Virus

By Debi Meek



West Nile Virus is a virus that can infect humans, birds, mosquitoes, horses, and some other mammals. West Nile Fever is distinguished by flu-like symptoms and usually, the disease lasts a few days without any long-term health effects. A more serious disease caused by this virus is West Nile encephalitis, West Nile meningitis, or West Nile meningoencephalitis.

Mosquitoes spread the virus, not humans. To date, there have been no known cases of the disease in Nevada. There has been one confirmed case in Utah. People become infected when bitten by a mosquito infected with West Nile Virus. Most birds are natural hosts of the virus and usually do not show any signs of illness and pass on the virus to mosquitoes when the mosquitoes bite the infected bird. The infected mosquito then

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West Nile Virus (continued)



passes on the virus to humans and animals when it bites to take blood. Chickens, crows, ducks, gulls, and pigeons are susceptible to the virus and show signs of illness ranging from encephalitis to death. The public can play an important role in monitoring West Nile virus through reporting dead birds to the Nevada State Veterinarian, (775) 688-1180, West Nile Virus Bird Hotline (1-877-968-2473) or the Regional Division of Wildlife Resources (801-538-4700).

There is no specific treatment for West Nile Virus-related diseases. There is no vaccine against West Nile Virus but research companies are working on developing a vaccine.

Preventive measures people should take to reduce exposure to mosquitoes are:

- Between April – October, minimize time spent outdoors when the mosquitoes are most active in the early morning and evening. Avoid shady areas where mosquitoes may be nesting.
- When outdoors, wear long-sleeved shirts and pants.
- Apply insect repellent to exposed skin and clothing following the manufacturer's directions. According to the Centers for Disease Control and Prevention (CDC), products containing DEET (*N,N-diethyl-meta-toluamide*) are safe when used according to directions.
- Make certain doors and windows have tight-fitting screens.
- Eliminate standing water, which serves as breeding grounds for mosquitoes such as tires, tin cans, plastic containers, or other water-holding containers from your property.
- Change water from birdbaths weekly. Keep pet dishes clean.
- Drain water from pool covers and keep pools and hot tubs cleaned and chlorinated.

If you or your family members develop symptoms such as high fever, confusion, muscle weakness, and severe headaches, you should immediately see your doctor to assess your illness.

For further information contact your local Environmental Health Officer or local Health Department.



Toiyabe Bicycle Rodeo By Sarah Vance



Over 200 people attended the Toiyabe Injury Prevention Bike Rodeo in Bishop, CA.

The Toiyabe Injury Prevention Coalition held a Bicycle Rodeo and Helmet Giveaway on Friday, July 18, 2003 from 9 am-12 noon at the Bishop Indian Education Center.

The event, sponsored by Owens Valley Career Development Center Tribal Temporary Aid for Needy Families (TANF) Program, the Paiute Palace Casino, and the California Rural Indian Health Board, was the end result of the Injury Prevention Coalition's ongoing study and observation of helmet use in the Toiyabe service area communities.

The Rodeo and Helmet giveaway, which boasted an amazing 208 registered youth participants and 60 adults, included a short video on the safety advantages of wearing a helmet, as well as providing helmets for all youth in attendance.



Bishop Police Department representatives were in attendance, registering bicycles for the youth. Bicycle Service Technicians from Value Sports were also on site to provide inspections of bicycles, teaching the kids how to properly maintain their

bicycles and making any minor repairs. Once the kids had visited the booths and received a new, safety approved helmet, they went through the Bicycle Rodeo Course which was set up and manned by the California Highway Patrol.

The Injury Prevention Coalition coordinated with the TANF Program, Indian Education Centers, and Toiyabe Family Services and Community Health Departments for participation and transportation of children from outlying areas. A lunch and raffle were also provided at the

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Toiyabe Bicycle Rodeo

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Bicycle Rodeo for participating youth and adults. Raffle prizes included bicycles and accessories such as bike locks, tire pumps, tire repair kits, seat storage bags, lights, bmx gloves, and mini tool kits.

The Toiyabe Injury Prevention Coalition members would like to thank all organizations involved in planning and sponsoring the event, as well as the number of volunteers and staff who assisted with the activities. It was through the successful collaboration of many persons and organizations that this event was able to happen, and we look forward to another successful bike rodeo next year.



Farewell to Denise Henry

By Holly Billie



Denise Henry will be leaving the Reno District Office after working for 14 1/2 years as the Secretary. She will be leaving Indian Health Service to embark on a new career as a letter carrier for the US Postal Service. She will be following in her father's footsteps, who has been a letter carrier for 37 years.

Before her employment with IHS Denise worked as a Police Matron. She was responsible for processing and booking female prisoners at the Reno-Sparks
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Training Opportunities in Environmental Health

By Gina Locklear



| COURSE | DATE | LOCATION | CONTACT | TELEPHONE |
|---|----------------------|-----------------|---|----------------------------|
| OSHA 10-Hr. Course and Its Application to Health Care | December 1-2, 2003 | Seattle, WA | Gina Locklear District EHO | (775) 784-5327 ext. 237 |
| Basic Water Skills Course | October 21-23, 2003 | Albuquerque, NM | Gina Locklear District EHO | (775) 784-5327 ext. 237 |
| Industrial Hygiene Equipment and Survey Techniques | October 23-24, 2003 | Minneapolis, MN | Gina Locklear District EHO | (775) 784-5327 ext. 237 |
| Introduction to Institutional Environmental Health | December 3-5, 2003 | Seattle, WA | Gina Locklear District EHO | (775) 784-5327 ext. 237 |
| Intermediate Injury Prevention | August 17-20, 2004 | Albuquerque, NM | Holly Billie District IP Coordinator | (775) 784-5327 ext. 236 |
| Advanced Injury Prevention | December 16-19, 2003 | Phoenix, AZ | Holly Billie District IP Coordinator | (775) 784-5327 ext. 236 |
| NTHSA CPS Technician Courses | October 27 -30, 2003 | Phoenix, AZ | John Stubbs AZ Chapter NSC | (602) 279-6071 |
| | November 11-14, 2003 | Mesa, AZ | Tomi St. Mars Desert Sammy IP | (480) 512-3306 507-2118 |
| | November 17-21, 2003 | Fresno, CA | Kim Wilson Baby Safe of Fresno | (559) 432-2223 448-0571 |
| | January 19-23, 2004 | Tucson, AZ | Tomi St. Mars Desert Sammy IP | (480) 512-3306 507-2118 |

A Little Help from Friends

By Holly Billie

The Reno District Office Of Environmental Health recently experienced a transition in staff when Dave Cramer and Steve Tome left the District. Several Environmental Health Officers from the Phoenix and Tucson Areas stepped up to help the Reno District with its workload to provide uninterrupted services to the Tribes.

These officers provided services which included providing training, conducting investigations, and conducting surveys at clinics, food service establishments, pow-wows and events, and Head Start Centers. Many thanks to these individuals who took time out of their busy schedules to help out.



Vince Garcia, Western DEHO, Phoenix, AZ.



Don Williams, EHO, Tucson Area.



Stephen Piontkowski, EHO, San Carlos, AZ.



Greg Heck, Institutional EHO, Phoenix, AZ.



Mike Welch, DEHS Director, Phoenix, AZ.



Kelli Stamper, EHO, Parker, AZ.

Thanks to Erin Kraker, from Polacca, AZ, (picture unavailable) and to Andrea Horn and Debi Meek for providing services to Tribes outside of their Service Units.



Andrea Horn, EHO, Reno, NV.



Debi Meek, EHO, Elko, NV.

Farewell to Denise Henry

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Indian Colony.

Denise has had many memorable experiences since she started work here. Her first boss was the now retired Keith Byram. She worked with over 40 people who came to work in the Reno District Office. She remembers starting the job with a DOS computer and Daisy Wheel Printer with a whisper cover. The set up had it's own special room. She said, "With this equipment we thought we were big time".

Her most memorable times at work were the pranks by Dominic Wolf and Mike Keiffer, monthly staff birthday luncheons, and meeting new people in IHS. Denise said she won't miss IMPAC statement time, GSA vehicle reports, or getting new vendors into ARMS, but she will miss her co-workers.

The staff in the Reno District as well as the Phoenix Area Office will miss, on a daily basis, Denise's friendly disposition and her knowledge of operations and office management. Denise was an outstanding secretary who not only produced excellent work but was very creative and resourceful. Her contributions to the District personnel and Tribes over the years are deeply appreciated. We wish Denise much success in her new career.



Denise Henry (center) with Reno District Office staff.



Big Pine Projects

By Andrea Horn



Arnold Dondero, Big Pine Community Development Department, installs a photoelectric smoke detector powered with a 10-yr lithium battery.

The Big Pine Community Development Department is located on the Big Pine Indian Reservation in California. The reservation is one of the largest in the state of California and is approximately 400 acres. What exactly does the Big Pine Community Development Department do? The Big Pine Paiute Tribe

established the Community Development Department in 2001 for the purpose of providing decent, safe, sanitary, and affordable housing to Tribal residents. One of the ways that Bob McDowell, Housing Manager, helped to implement this objective was by applying for an Indian Health Service Injury Prevention Mini Grant to install 20 smoke detectors in older homes and for homes with elderly occupants. Several of these homes did not have even one working smoke detector and were also not covered by fire hydrant protection.



Hearing-impaired smoke alarms were installed in several elders' homes.

The Community Development Department applied for funding of 15 photoelectric smoke detectors and for 5 hearing impaired smoke detectors. The photoelectric smoke detectors are less prone to nuisance alarms and were purchased with the 10-year lithium battery. The hearing-impaired smoke detectors come with light assisted warning devices.

The installation of the smoke detectors took place June 2003. Arnold Dondero, Community Development Maintenance Program, installed 17 of the smoke detectors with consultation provided on-site by Andrea Horn, Environmental Health Officer, Indian Health Service. Three of the smoke detectors will be installed after renovations are completed. A progress report including follow-up assessments of the smoke detectors are part of

the accepted grant proposal.

Also, during the week of June 2003, 162 homes on the Big Pine Paiute Reservation were assessed for visibility of home addresses for 911 emergency services, functioning smoke detectors, as well as a water leak detection project for residential homes and community buildings. Chuck Wheeler, Tribal Utility Manager; Don Big Pond, Utility assistant; Loretta Barranger, Project Engineer, Indian Health Service; and Andrea Horn, Environmental Health Officer; conducted the smoke detector, home address, and water leak assessment project at the Big Pine Indian Reservation. Findings showed disconnected smoke detectors, the need for visible home addresses for 911 emergency services, and repairs for plumbing leaks to assist in water conservation. The



Loretta Barranger, IHS Engineer, installs a low flow shower head.

Tribe is continuing to work with Indian Health Service to address these findings.

For further information about IHS Injury Prevention Mini Grants or about conducting a smoke detector/emergency address/water leak assess-

ment, contact the Reno District Office at 775-784-5327. A big thank you to all those who made this project a success!

Would you rather read the *Reno District Newsletter* online? You can read the latest and past issues of the newsletter at www.ihs.gov/MedicalPrograms/InjuryPrevention. Go to Area Programs, Phoenix, Reno District Activities. To be taken off the mailing list for hard copies contact Holly Billie at holly.billie@mail.ihs.gov

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Fallon Radon Project

By Holly Billie



Radon is a naturally occurring colorless, odorless, and tasteless radioactive gas. It is found in soils, rock and water. When inhaled over long periods of time, it can cause lung cancer.

The Fallon Paiute-Shoshone Tribe (FPST) Environmental Protection Department recently conducted radon testing of 31 homes and 11 tribal buildings on the FPST Reservation and Colony, in Fallon, NV. Diffusion barrier charcoal canisters and envelopes were placed in homes for 3-7 days, retrieved, and sent to the US Environmental Protection Agency (EPA) Office of Radiation and Indoor Air for analysis.

Radon is measured in picoCuries/liter (pCi/l). The EPA recommends remediation at 4.0 pCi/l. All results from the FPST test sites indicated radon levels be-

tween 0.3 pCi/l to 2.8 pCi/l. The Fallon Paiute-Shoshone Tribe Environmental Protection Department is commended for their efforts in determining radon levels in their communities.



Tansey Smith, Environmental Protection Specialist, places a radon test kit in a tribal building on the Fallon Paiute-Shoshone Reservation.

