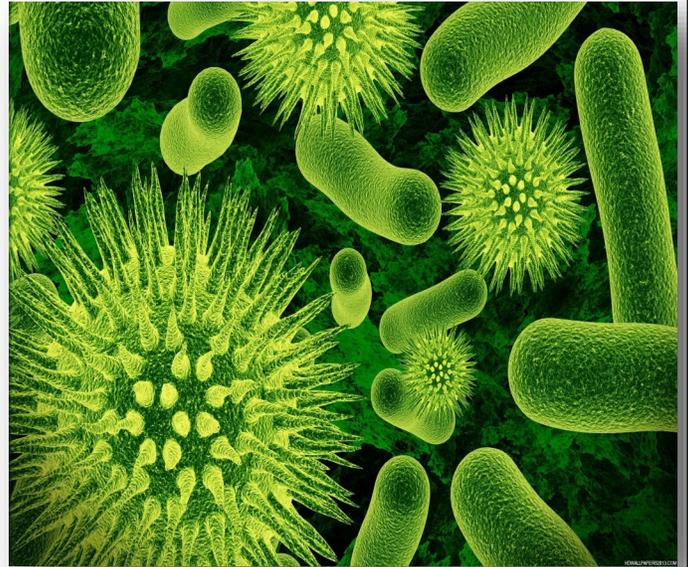


Infection Control Assessment and Response (ICAR)

Cowlitz and Clark County Public Health, and the Washington State Department of Health, are partnering on an exciting new initiative aimed at assessing infection prevention in Long-Term Care facilities in Cowlitz County.

Public health experts will meet with interested long-term care facilities and conduct a comprehensive infection prevention assessment using evidence-based tools from the Centers for Disease Control and Prevention (CDC). Visits are consultative and provided at no cost. Any long-term care facility in Cowlitz County is invited to participate in this voluntary program.

Topics covered during the visit will range from hand hygiene to antimicrobial stewardship. Visits will take approximately 1/2 day and may involve



observations of staff performing hand hygiene or isolation.

For questions and to schedule your assessment, please contact: **Dana Nguyen RN, BSN** at **(360) 524-1167** or **dana.nguyen@clark.wa.gov**

Environmental Health Services

I would like to take this time to briefly introduce the EHS program at the health department. Our division regulates non-LTCF food establishments in Cowlitz County as well as public swimming pools, public water systems and K-12 school health and safety. We also work on vector control issues, methamphetamine lab cleanup and various other issues that may come up.

This section of the newsletter will typically be filled with information or resources that relate to environmental health. I also want you to know we are available for technical assistance and have included my contact information if you ever have questions. Below is one of our webpages with food safety resources including links to additional food safety training opportunities and our past food safety newsletters.

<http://www.co.cowlitz.wa.us/index.aspx?nid=1201>

Jesse Smith, RS at 360-414-5599 x6442 or smithj@co.cowlitz.wa.us





Regional Disaster Preparedness

The information and resources listed on the website below are specifically for long term care facilities (LTCF). Each of these resources can help LTCFs plan and prepare for emergencies. The categories, with descriptions, were created to help you find the information you need.

This webpage is a resource with many templates, checklists, and reference materials that were pulled together last year to assist LTCFs to meet their CMS requirements. Please feel free to share widely with any partners.

<https://www.portlandoregon.gov/rdpo/69646>

If you have any questions please contact your local Public Health Emergency Preparedness Coordinator, **Samantha Minor** at @ 360-414-5599 x 6450 or minors@co.cowlitz.wa.us.

Communicable Disease

We would like to introduce the Communicable Disease Public Health Nurses at the Cowlitz County Health Department. Our team is responsible for providing communicable disease control services to Cowlitz County residents and facilities. These services include outreach, case finding, health promotion, prevention, education, surveillance and tracking. We also provide knowledge and support to medical establishments and personnel, community-based agencies, and governmental agencies.

This section of the newsletter will typically be filled with information or resources that relate to communicable diseases common to that time of year. We also want you to know we are available for assistance and have included contact information below if you ever have questions. Below is the link to the LTCF section of the Cowlitz County Health Department website – stay tuned, as new information and resources are added.

LTC/Assisted Living Facility Resources:

<http://www.co.cowlitz.wa.us/index.aspx?nid=2270>

For LTCF/ALF calls or questions please contact:

Michelle Ashby, RN, BSN, PHN-II at 360-414-5599 x6417 or ashbym@co.cowlitz.wa.us

Sheayah Krey, RN, PHN-II at 360-414-5599 x6419 or kreys@co.cowlitz.wa.us

STRESS

...AT WORK

40% of employees surveyed by Northwestern National Life indicated that their job is very stressful, and 25% view their job as the number one stressor in their life. Prolonged stress can increase an employee's risk of cardiovascular disease, diabetes, and depression. Are you in the 40%? If so, try this:

Simple Stress-Relieving Techniques

Get some exercise	Meditate
Talk to a friend	Eat a healthy snack
Work in the garden	Take a swim
Organize a messy area	Draw, paint, create
Spend time with a pet	Take 5 deep breaths
Take a walk	Watch a funny video
Listen to music	Journal your worries
Do some yoga stretches	Squeeze a stress ball

Check out the free online mindfulness resource to help reduce stress: <http://www.stopbreathethink.org>

Be on the lookout!

Emergency Preparedness Tabletop

October, 2017

Newsletter questions: Contact Gayle Reid at 360-414-5599 x6424 or reidg@co.cowlitz.wa.us