

Protecting Public Health and the Environment - www.nveha.org



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President's Message
Kim Fowler, REHS
 Happy Summer!
 Summer...the very word brings to mind cookouts, laid-back time spent with family and friends, and "have I checked my radiator fluid lately?"

Summer is also time for our Annual Educational Conference, scheduled August 9-11, 2011. It will be held at the Springs Preserve in Las Vegas. The theme is, *Environmental Health: Yesterday, Today and Tomorrow* and our keynote speaker will be Nelson Fabian, Executive Director of the National Environmental Health Association.

Take a look at our web site for more information.
http://nveha.org/conf_reg_2011.html

Thanks to those of you who made suggestions for speakers and topics...you are the eyes and ears of this association and I am confident you will be well-fed by our speakers' presentations. We have some new members also, so spend some time networking and getting to know them.

Enjoy your summer...private time spent recharging and recreating and time spent with colleagues and partners at our conference...see you in August!

Kim

Idea for our Newsletter?
 Do you have an idea for an article? Email the Editor, Kim Fowler, at NevadaEHA@gmail.com
 What's going on in your area, section or office? Did you happen to see something that Industry is doing that is innovative and promotes public health and safety? Did you hear about a web site that has terrific food safety handouts? Let us know!

Annual Educational Conference
August 9-11, 2011
Springs Preserve, Las Vegas, Nevada
Register at:
<http://nveha.org/>

The "Environment" is Where You Live

Kim Fowler, REHS

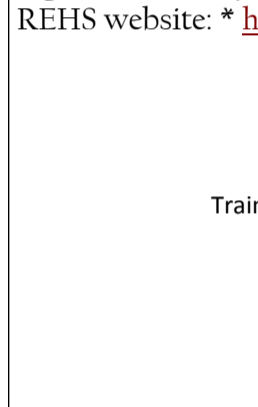
Once in a while an email drops into my mailbox that catches my interest in a peculiar way. Such is the email I received from the San Francisco office of the EPA. It was an invitation to attend the Town Hall Meeting at *Parent Nation 2011 Conference: Strategies for Raising Successful Children**, in Las Vegas, Saturday, July 23, 2011. I was able to attend and met some amazing women who belong to "Mocha Moms," the sponsoring organization. The host of the Town Hall Meeting was Lisa P Jackson, EPA Administrator. Ms Jackson discussed initiatives to protect the environment and to reduce potential health hazards to women and children (e.g., reducing tolerance levels for fluoride in drinking water). She discussed that many of our citizens think of the environment as a place to which you go...such as a forest or some place "away." She reiterated something that environmental health practitioners know full well...that the environment is where you live (and I would add work and play).

One of the questions from the audience was about how kids and families can protect the environment every day. Ms Jackson encouraged us to perform the "vampire test." This involves turning off all the lights in your home...then walking around and locating all the indicator lights on electrical appliances that are still drawing electricity (use a flashlight for safety). Fun for kids and eye opening for mom and dad. She also discussed the importance of recycling, waste minimization and reducing energy use by considering the transportation we use. I thought about how I could reduce energy use...walk or bike to the corner store instead driving (weather permitting).

Ms Jackson addressed a very important point...the cleanest energy we have is the energy we do not use (e.g., wind and solar). Definitely something to consider. On a small scale, improving our environment will take time, planning and personal energy: commodities in short supply these days. On a larger scale it will take money, planning and policy change. Is it worth it? Is it worth the few pennies saved or the bigger money up-front with bigger savings down the road? Is it worth the example we set for our children and grandchildren to see them grow up in a better world than the one we give them? I believe it is.

*Mocha Moms <http://www.mochamoms.org/>

Image obtained from www.college.tulane.edu



"The cleanest energy we have is the energy we do not use."

Lisa P Jackson

Nevada Board of REHS
Larry Law, REHS
*A standard of expertise and competence in environmental health based on education and experience. Registered environmental health professionals are recognized as leaders able to provide guidance to communities throughout Nevada.**

The Nevada Board of Registered Environmental Health Specialists is charged with the responsibility of reviewing and evaluating applications for certificates of registration as environmental health specialists and environmental health specialist trainees for the State of Nevada. The purpose of registering these professionals is to protect the public health and safety and the general welfare of the people of this state.

The following have been appointed by the Governor of Nevada To represent the Nevada REHS Board for a three-year term:

- John Kukulica, FMP, Board Chairman
- Tony Macaluso, REHS, Board Secretary
Washoe County District Health Department
- Karen Dorsey, FMP, President, Ellis Island Casino & Brewery
- Richard Elloyan, REHS, Representing the Nevada State Health Officer
- Larry Law, REHS, Southern Nevada Health District

Questions concerning educational criteria, the application process and continuing education requirements for annual renewal may be found at the Nevada REHS website: * <http://www.nvrehs.org>

Editor's Note:

Trainee Members wishing to schedule a test need to contact **Larry Law** to order a test voucher.

Larry Law, REHS, CPSI
 Southern Nevada Health District
 Office: 702-759-0665
 FAX 702-383-0844
 E-mail: Law@snhdmail.org

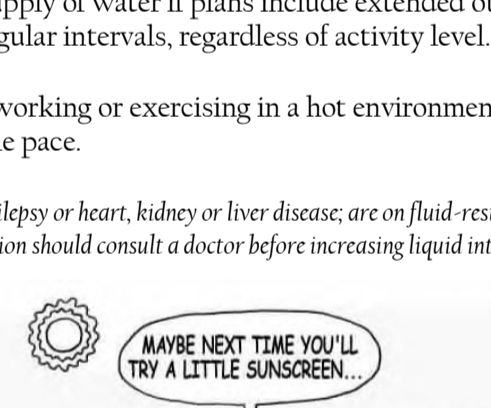


Image obtained from: ocf.berkeley.edu

Summer Safety Tips

The SNHD reminds Southern Nevadans to protect themselves against West Nile virus by avoiding mosquito bites and eliminating stagnant water sources:

- Use insect repellents containing DEET, Picaridin, or oil of lemon eucalyptus. Follow manufacturer's instructions.
- Wear pants and long-sleeved shirts when outdoors and help you see mosquitoes that land on you.
- Avoid spending time outside when mosquitoes are most active, notably at dawn and dusk (the first two hours after sunset).



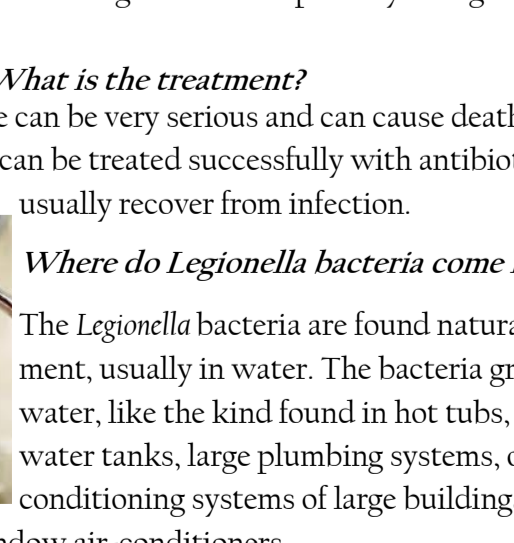
UV Protection and Heat Safety

Southern Nevada's high summertime temperatures are also accompanied by plenty of sunshine. It is important to remember that two of the sun's three types of UV rays can pose hazards to skin, including sunburn and, to a more dangerous extent, skin cancer. Information about sun and heat safety is available on the health district web site, www.SNHD.info or at the Centers for Disease Control and Prevention site <http://www.cdc.gov/niosh/topics/uvradiation>

Use sunscreen with the appropriate sun protection factor (CDC recommends 15 SPF *minimum*, but you may want to use higher); reapply at least every two hours or less; apply it to ears, scalp, lips, neck, the top of the feet, back of the hands; apply a minimum of 20 minutes before any sun exposure.

- Wear wide-brimmed hats (*not baseball caps*) and sunglasses with UV protection.
- Wear tightly woven clothing (not tight fitting) with high SPF protection to block out light. (*If you can see your hand through the fabric, it offers very little protection against the sun's UV rays*). Clothing can be loose fitting, but cover as much skin as possible.
- Limit or avoid exposure to the sun, especially for long periods of time. Rest in the shade.
- Bring an adequate supply of water if plans include extended outdoor activity. Drink plenty of water at regular intervals, regardless of activity level.
- If unaccustomed to working or exercising in a hot environment, start slowly and gradually increase the pace.

Caution: Persons who have epilepsy or heart, kidney or liver disease, are on fluid-restrictive or low-salt diets, or have a problem with fluid retention should consult a doctor before increasing liquid intake or changing what they eat and drink.



Source: Bethel, S. Southern Nevada Health District, Public Information Office. (2011). *Summer safety tips* Retrieved from www.snhd.info

Welcome to the **State of Nevada**
 "The Silver State!"

Environmental Health & Food Safety Throughout the Great State of Nevada

Nevada State Division of Health
<http://health.nv.gov/BFHS.htm>

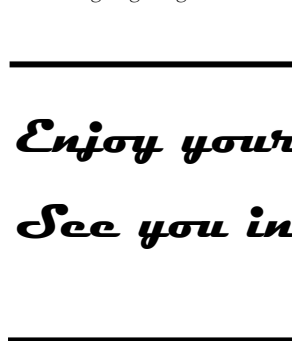
Carson City Environmental Health
<http://www.gethealthycarsoncity.org/en/environmental-health/overview.html>

Washoe County
<http://www.co.washoe.nv.us/health/ehs/index.php>

Nevada Dairy Commission
<http://nv.gov/dairy/>

Southern Nevada Health District
<http://www.southernnevadahealthdistrict.org>

Nevada Food Safety Task Force
<http://www.nvfstf.org/>



Legionnaires' Disease in the News

Kim Fowler, REHS

Legionnaires' Disease has been in the local and national news lately. It is caused by a type of bacteria called *Legionella*. The bacteria got its name in 1976, when many people who went to a Philadelphia convention of the American Legion suffered from an outbreak of this disease, a type of pneumonia (lung infection). Although this pathogen was around before 1976, more illness from Legionnaires' disease is being detected now. This is because it is now being considered whenever a patient has pneumonia.

Each year, between 8,000 and 18,000 people are hospitalized with Legionnaires' disease in the U.S. However, many infections are not diagnosed or reported, so this number may be higher. More illness is usually found in the summer and early fall, but it can happen any time of year.

What are the symptoms of Legionnaires' disease?
 Signs of the disease can include: a high fever, chills, cough, muscle aches and headaches. Chest X-rays are needed to find the pneumonia caused by the bacteria, and other tests can be done on sputum (phlegm), as well as blood or urine to find evidence of the bacteria in the body. These symptoms usually begin 2 to 14 days after being exposed to the bacteria. A milder infection caused by the same type of *Legionella* bacteria is called *Pontiac Fever*. The symptoms of Pontiac Fever usually last for 2 to 5 days and may also include fever, headaches, and muscle aches; however, there is no pneumonia. Symptoms go away on their own without treatment and without causing further problems. Pontiac Fever and Legionnaires' disease may also be called "Legionellosis" separately or together.

How serious is it? What is the treatment?
 Legionnaires' disease can be very serious and can cause death in up to 5% to 30% of cases. Most cases can be treated successfully with antibiotics. Healthy people usually recover from infection.

Where do Legionella bacteria come from?
 The *Legionella* bacteria are found naturally in the environment, usually in water. The bacteria grow best in warm water, like the kind found in hot tubs, cooling towers, hot water tanks, large plumbing systems, or parts of the air-conditioning systems of large buildings. They do not seem to grow in car or window air-conditioners.

For more information like who gets Legionnaires' Disease, how it is diagnosed and treated, see the web site listed below.

http://www.cdc.gov/legionella/patient_facts.htm

Editor's Note: Want to learn more? Check out the Nevada Environmental Health Association's Annual Educational Conference. One of our speakers, Brooke Winter, will be speaking about the *ASHRAE Standard 188P: Prevention of Legionellosis Associated With Building Water Systems*. He will be presenting on Tuesday, August 9, 2011 at 10:45 am at the Las Vegas Springs Preserve.

See our web site for more information.

www.nveha.org

Source: http://www.cdc.gov/legionella/patient_facts.htm

Time magazine image obtained from: <http://www.nursinghomesabuseblog.com/national-nursing-home-issues/7-cases-of-legionnaires-disease-attributed-to-assisted-living-facility/>

Faucet image obtained from: www.halmapr.com

Man coughing image obtained from: <http://remediesforcoughing.com>

Enjoy your summer and stay cool.
See you in the Fall!

