



Paris
Community
Hospital
Family
Medical
Center

April 2016

Travelers warned of Zika virus

staying
healthy

Symptoms are mild; hospital stays rare

The Zika virus continues to get worldwide attention, especially in the Western Hemisphere where it continues to spread. However, news about this global health threat changes frequently, as ongoing research seeks to define the impact of the disease.

According to the World Health Organization (WHO), the virus is spreading quickly across the Americas and is expected to infect 3 to 4 million people over the next year.

1 As of March 9, the Centers for Disease Control and Prevention (CDC) confirmed 193 cases of Zika virus in the US and its territories. All of those cases were associated with traveling outside the country. Florida reported the highest number of travel-associated cases (49), followed by New York (25), and California (13). Seven cases had been reported in Illinois as of March 9.

2 Zika virus disease is caused by the Zika virus and primarily is spread to people through the bite of an infected Aedes mosquito.

The most common symptoms are rash, mild fever, conjunctivitis ("pink eye" or red eyes), and muscle and/or joint pain. Symptoms usually last for several days to a week. Hospitalization is rarely necessary. Because symptoms are mild, many people might not realize they have been infected. An infected person is likely to be protected from future infections.

Although the Zika virus was first discovered in 1947 in Uganda, the first human cases were not detected until 1952. Outbreaks since then have been reported in tropical Africa, Southeast Asia, and the Pacific Islands. Before 2007, at least 14 cases of Zika were documented.

3 On Feb. 1, 2016, WHO declared Zika virus a public health emergency of international concern. Local transmission has been reported in many other countries and territories, including the United States, as well as in Illinois. Experts project that the Zika virus likely will continue to spread to new areas. Currently, there is no vaccine to prevent – or medicine to treat – Zika virus infection.

One of the greatest concerns is for people who travel to the Caribbean, Central America, Mexico, the Pacific Islands, and South America. The CDC has issued a public health alert for individuals traveling to these areas, advising them to take steps to prevent mosquito bites, such as using an insect repellent.

The CDC states that Zika can be spread sexually by a male. It is not known if it can be spread sexually by a female.

4 According to the CDC, the Zika virus can be spread from a pregnant woman to her fetus, causing a serious birth defect in the baby's brain called microcephaly. Therefore, pregnant women should consider delaying travel to areas with Zika. If you must travel to one of these areas, talk to your healthcare provider first and follow steps to prevent mosquito bites during your trip.

Researchers continue to examine how the Zika virus might affect the health of the general population. Ongoing updates are expected.

Amy Arnett, RN, CPHQ



Amy Arnett is a registered nurse and manager of quality/infection prevention at Paris Community Hospital. She is a certified professional in healthcare quality

(CPHQ).

In her role, Amy collects and reports healthcare quality data to state and federal regulatory agencies. She reports data relating to infections and diseases, quality core measures, and nurse staffing levels. She also coordinates health, safety, and quality initiatives for PCH/FMC employees.

Amy has been a registered nurse for 28 years. She has been a PCH/FMC employee for eight and-a-half years. Her experience includes working in orthopedics, intensive care, occupational health, employee health, quality, and risk management.

Amy holds a RN degree, bachelor's degree in sociology, and master's degree in health and safety from Indiana State University.

In her spare time, Amy enjoys walking, reading, traveling, and watching movies. She and her daughter, Kylie, age 13, live in Paris.

PCH/FMC's Community Healthcare Programs

April & May

Monthly Health Screenings

April 5; May 17

Blood sugar, blood pressure, and lipid panel (HDL, LDL, and triglycerides) screenings will be held in the Family Medical Center from 7 to 9 am each day. Fasting for eight hours in advance is required. The cost is \$25. To register, call 217-465-2606 (or toll free 1-866-465-4141), Ext. 228.

National Volunteer Week

April 10-16

Join PCH/FMC as it recognizes the invaluable contributions of its volunteer staff during National Volunteer Week.

Healthcare Scholarships

April 11 deadline

Applications are due for healthcare scholarships offered by the PCH Volunteers. Scholarships are available to PCH/FMC employees and graduating high school seniors in Edgar County. Applications are available at school guidance offices, the Paris Community Hospital admissions desk, Paris banks, and online at ParisCommunityHospital.com/Scholarships.

Free Diabetes Foot Clinic

April 12

In recognition of National Foot Health Awareness Month, Dr. Philip Holloway, podiatrist, will offer a free foot clinic for new diabetics from 8 am to 4 pm in the hospital's Wound Care Center. Blood glucose testing and foot screenings for neuropathy (nerve damage) will be available. The event will include education on foot care and proper footwear, as well as referral assistance for diabetic shoes and inserts. An appointment is required. Call Leslie Brown at 217-465-2606, Ext. 570.

Medical Weight Loss Seminar

April 19; May 24

Free informational sessions regarding PCH/FMC's new Medical Weight Loss Clinic will take place at 5:30 pm in the Family Medical Center. The program utilizes a medically supervised, scientifically based approach that promotes fat loss while supporting muscle mass. To register, call 217-465-CARE (2273).

Financial Assistance Available

PCH/FMC understands the financial concerns that families have due to unplanned healthcare costs. Therefore, we offer financial assistance to families who may not be able to pay for their healthcare. Call 217-465-2606, Ext. 257.

Join our Text Club for information about classes, upcoming events, closings, and more.

**Text to: 36000
Message: T975**

Free Caregiver Event

April 21

Paris Community Hospital, in cooperation with the PCH Caregivers Support Group, will offer "Caring Together... Caregiver Support," a free program for the community at 7 pm at the Fine Arts Center at the new Paris high school. The speaker will be Barry Petersen, CBS News correspondent, who will discuss his wife's diagnosis of Alzheimer's disease at age 55. Call Cindy Belt at 217-465-2606, Ext. 734.

Free Adult CPR/AED/Heimlich Classes

April 29; May 2

These free, non-healthcare provider courses teach basic CPR, the use of an automated external defibrillator (AED), and the Heimlich maneuver used in choking emergencies. Free classes are made possible by the Rural Access to Emergency Devices Grant. Classes take place from 8:30 am to 12:30 pm in Conference Room D. To register, email Rachel Kelley at RKelley@pchfmc.com or call 217-465-2606, Ext. 320. When calling, leave your name and you will automatically be registered.

We Care 4 U Health Screenings

May 14

PCH/FMC will offer a series of health screenings from 7 to 11 am in the Paris Family Medical Center. These "We Care 4 U" health screenings will include stroke (\$129), lung (\$99), heart/diabetic (\$49), and osteoporosis/bone screenings (\$29). The complete screening package is available for \$249. All medical tests are for screening purposes only. Cash, check, and credit card will be accepted. No insurance will be billed. Appointments are required. Call 217-465-2606, Ext. 228.

Volunteers' Chocolate Sale

May 25-26

The PCH Volunteers will hold their South Bend Chocolate Company sale from 8 am to 4 pm by the rotunda entrance to the FMC.



Paris
Community
Hospital

Family
Medical
Center

staying
healthy

Paris Community Hospital
721 East Court Street
Paris, IL 61944
217-465-4141

