

HEALTH MATTERS

Deadly E. Coli at Daycare

Child dies after outbreak

An E. coli O157:H7 outbreak at a Vancouver day care center has resulted in the hospitalizations of four children, one of whom has died. The other three have been released from hospitalization.

"We are deeply saddened by the tragic death of this child," said Dr. Alan Melnick, Clark County Health Officer. "Our hearts go out to the child's family during this very difficult time."

The outbreak at Fletch Family Daycare began in mid March,

when several children at the day care began reporting gastrointestinal symptoms. In addition to the four hospitalized children, several other day care attendees and staff have tested positive for E. coli. Given the possibility of person-to-person transmission within the day care, the Health Officer has ordered the temporary closure of the day care.

In addition, Clark County Public Health staff will closely monitor children and staff at the facility, and any children or staff who develop symptoms will not be allowed to attend or work in a day care facility until their symptoms

resolve and they have two negative tests 24 hours apart.

Symptoms of E. coli include diarrhea, bloody diarrhea, cramping, and sometimes vomiting and fever. The average incubation period is three to four days but ranges from one to 10 days. Anyone of any age can become infected with E. coli O157:H7, but the very young and the elderly are more likely to develop serious complications.

E. coli can be acquired by eating contaminated food. Eating meat that is rare or inadequately cooked is the most common way of getting the infection.

HEALTH WATCH

Smoke-Free Support Group -- Meets Mondays, 7 p.m. to 8 p.m. For information, call 503-256-4000.

Maternity Water Workout -- Helping new moms regain muscle tone, strength, and flexibility, all in the support and freedom of the water. Call 503-256-4000 for more information.

Senior Aerobics -- A low-impact workout geared specifically toward seniors. Call 503-449-0783 for current schedule.

Osteoporosis Screening -- An ultrasound bone density screening with personalized education; fee \$30. To schedule an appointment, call 503-261-6611.

Mind Body Health Class -- Learn and practice techniques to help you improve your mood, health and wellbeing, including effective ways to manage difficult emotions and chronic stress or illness. Registration is \$70 for Kaiser Permanente members and \$95 for nonmembers. Call 503-286-6816.

Red Cross Certification -- The Oregon Trail Chapter Red Cross now offers credits to help professionals maintain licensing or certification. For a cumulative list, visit pdxinfo.net.

Tenderfoot Care -- Treat your feet with a soak, nail trim, buffing and massage from a licensed nurse at one of six clinics or at your home. Call 503-251-6303 for more information.

Free Body Basics -- This physician recommended class is appropriate for all ages and health conditions. Plan to attend this one-session class and learn the simple guidelines for safe exercises, including stretching. Call 503-256-4000 to register.

Families with Mental Illness -- A free, 12-week course for people whose family members live with mental illness is offered at Emanuel Hospital, Mt. Hood Medical Center and Providence Medical Center. The course has been described as "life-changing" by former participants. Registration is required by calling 503-203-3326.

Child Awaits Adoption

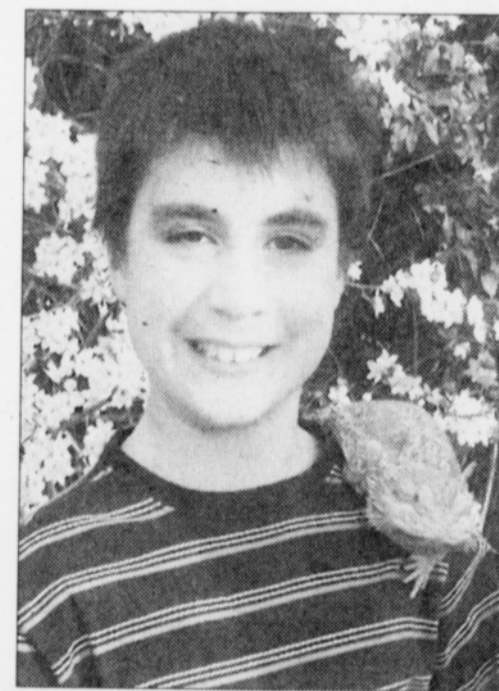
Agency looks for loving, safe home

Kailub is a friendly and charming 10-year-old boy. His wit can light up a room and spark conversations beyond his years. He is very smart and witty but has the innocence of a boy who wants to know about the world and is open to new experiences.

Kailub spends his free time playing his Nintendo DS, taking care of his pet lizard Spencer, building amazing Lego creations and participating in gymnastics. His other favorite physical activities include riding his bike and swimming. He has expressed interest in learning to play the violin and having opportunities for growth through other artistic endeavors.

One of his greatest joys is taking care of his pet lizard Spencer. Kailub has developed a strong sense of responsibility in his care for the animal.

Kailub has been let down by many adults over the years and it may take time for him to feel completely safe and attached to an adoptive family. He needs parents who are willing to take the time to work with him and advocate for him. He will enjoy an



Kailub

active family to play games and go places with. He will need creative interventions for his behaviors especially in the area of pro-social communication skills.

To inquire about this child through the non-profit adoption agency, A Family For Every Child, a group dedicated to finding loving, permanent families for every waiting foster child, visit afamilyforeverychild.org or call 877-343-2856 or 541-343-2856.

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STOP DIABETES