

YOUTH COUNCIL SEEKS MEMBERS

If there is anyone who might be interested in starting a Youth Council or being on a Youth Council, please call the Tribal office at 879-5211 and let us know. This is something we would like to seriously consider for the near future.

PINT JARS NEEDED

The Social Services Program is seeking pint jars to do some canning. The canned products will be used in Christmas baskets for tribal elders. If you have some jars to donate, contact Mary Ring at 879-5211.

HEALTH ELIGIBILITY CHANGES ON HOLD

The Fiscal Year 1989 Indian Health Service (IHS) Budget appropriations bill contains language that delays the implementation of the new IHS Eligibility Regulations for at least one year.

The Eligibility Regulations were scheduled to go into effect on September 16, 1988, however Congress has decided to delay the implementation of the rules to study their impact on Indian communities.

THANK YOU

A special thank you to the CTGR Corporation for labor and materials to put up the folding door in the Tribal Health room. It will provide necessary privacy for the Tribal Clinics.

CORPORATION MTG.

The Grand Ronde Corporation has set a meeting for October 11, 1988 at 3:00 p.m. The location will be posted at the tribal office.

TRANSPORT GUIDELINES

The Tribal Health Program has established guidelines for the Tribal Health staff for the usage of the GSA vehicles. The priority list is as follows.

1. Patient Transport - for those patients who have no available transportation to medical, dental and social services providers.
2. Patient Transport - for group patient health participation as organized by the Tribal Health staff.
3. Patient Coordination - Defined as services that directly relate to enhance the delivery of services to the patients, example: Health staff using the GSA vehicle to meet with each hospital in the 6 county service area to set up a referral system for the Confederated Tribes of Grand Ronde members upon admission and discharge.

PLEASE, call the Tribal Health office after making your medical/dental appointment if you need transportation so that we can schedule or coordinate the appointments.

HEPATITIS A IDENTIFIED IN LOCAL COMMUNITY

Hepatitis A has been identified in the Grand Ronde area. This is a very contagious disease. The following information may help to contain the disease.

Hepatitis A (previously known as infectious hepatitis) is an infection of the liver caused by a virus. Most cases are quite mild and may go unrecognized, especially in children. Adults contract the disease less frequently but are more often ill. Death from Hepatitis A is very rare, but disability in adults is common; in 1979, the average cost of an attack of hepatitis A in adults was about \$1,000 for medical care and lost salary.

Hepatitis A (previously known as infectious hepatitis) is an infection of the liver caused by a virus. Most cases are quite mild and may go unrecognized, especially in children. Adults contract the disease less frequently but are more often ill. Death from Hepatitis A is very rare, but disability in adults is common; in 1979, the average cost of an attack of hepatitis A in adults was about \$1,000 for medical care and lost salary.

WHAT ARE THE SYMPTOMS?

If symptoms occur they may begin 2-6 weeks after exposure (the average of 4 weeks). Symptoms include fever, chills, loss of appetite, nausea, vomiting, fatigue, pain in right upper abdomen, dark urine, light-colored stool, jaundice (yellowing of the skin and whites of eyes). In people who have no symptoms at all the presence of the disease-producing virus is detectable only by specific blood tests.

HOW IS IT SPREAD?

Hepatitis A is spread primarily through the fecal-oral route: exposure to the virus in an infected persons stool directly (as a parent or day care worker diapering an infected infant) or through uncooked foods contaminated by the patient after inadequate hand-washing. Open water can be contaminated with sewage, depositing virus or shellfish. Occasionally improperly constructed or maintained water supply systems may become contaminated and spread the virus widely. Hepatitis A may also be sexually transmitted.

HOW LONG IS A PERSON WITH HEPATITIS A INFECTIOUS?

The infectious period of a hepatitis A patient is from two weeks before symptoms appear to two weeks after. A patient is most infectious just before symptoms appear.

WHAT IS THE TREATMENT?

- 1) The disease must be allowed to run its course, since no medicine can cure hepatitis A.
- 2) Most patients recover completely without hospitalization, but convalescence may take several weeks.
- 3) Some of the symptoms, such as vomiting, itching, and pain, can be relieved with medicine. Consult your physician for advice on medication which you can safely take when you have hepatitis.
- 4) Most physicians advise persons with hepatitis to eat a balanced diet or a high carbohydrate diet, to rest, and to avoid alcohol until recovered from the illness. Because individuals may be more or less severely affected with

the disease, medical advice may not be the same for each patient.

5. To protect their own health, persons with hepatitis A should resume activity only after being cleared by their physician.

HOW IS HEPATITIS A PREVENTED?

1) Immune globulin should be given to household contacts, sexual contacts, and those for whom the patient prepared meals while he/she was infectious. Immune globulin is not 100% effective when given after exposure but even if the person receiving it develops hepatitis A, the disease is usually less severe and less infectious.

2) As there are several kinds of hepatitis with different recommendations for each, many health departments request that a specific test to identify the virus be done in order to take appropriate preventive steps.

3) Persons with hepatitis A should not handle or prepare food for others, work in day care centers, or health care facilities.

4) Sexual intercourse should be avoided with a patient while he/she is infectious.

5) Good hand-washing should be practiced after using the toilet, diapering children, emptying bed pans, cleaning toilets, providing person care, or before preparing food.

6) Persons in contact with hepatitis A cases will not be able to donate blood for a least 6 months by American Red Cross regulations.

Flue Vaccine Clinic - Friday, October 14, 1988 - 9:00 a.m to 4:00 p.m - Tribal Office

