

HEALTH OFFICER'S REPORT

A reminder to all residents that the following diseases need to be reported to the Health Officer: animal Rabies, Meningitis, Chicken Pox, Chlamydia, E. Coli, Viral Encephalitis, Giardiasis, Gonorrhea, Invasive Influenza, Hepatitis, HIV Infection, Lyme Disease, Malaria, Mumps, Pertussis, Rubella, Salmonella, Invasive Streptococcal Group A, Syphilis, Tuberculosis and Toxic Shock Syndrome. This is the new list of reportable diseases required by the Maine Bureau of Health. We cannot control the spread of infectious disease unless we are aware of where it is located.

Rabies seems to be slowing down in Maine. However, we still need to be aware of strange acting wild animals and to be sure to immunize all our dogs and cats.

Immunizations are required for a child to enter school. The following immunizations are necessary: DPT (diphtheria, pertussis and tetanus) -4 shots and a booster at age 5 are required; Polio-3 oral and a booster at age 3; and MMR (measles, mumps and rubella) -2 series are required at 15 months and at 5 years.

As we are in our 'winter season', I am very concerned about heating safety due to the high cost of heating oil. A lot of residents will be burning wood and need to be aware of proper installation of wood stoves and to burn 'seasoned' wood and not 'green' wood. Also, the Governor has instituted a program to 'tighten' up our homes so that we use our fuel sources more efficiently; this needs to be done with a little caution as the danger of carbon monoxide poisoning may increase considerably when we use alternative sources of fuel such as kerosene. I strongly urge you to install both smoke detectors and carbon monoxide detectors. It is very important to check on our neighbors, especially the elderly.

Links:

<http://www.state.me.us/mema/warning.htm>

<http://www.redcross.org/services/disaster/bepreapard/familyplan.html>