

MIHP Biweekly Update

June 4, 2024



Maternal Infant Health Program

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Inclusive Insight

The June edition delves into the historical significance of two key observances: Juneteenth and Pride Month. While this piece doesn't directly address maternal and infant health, it offers a broader perspective, underscoring the interconnectedness of liberation, freedom, and the fundamental aspects of well-being, community health, support, and collective power.

[Click here to view this month's Inclusive Insight.](#)



MDHHS Tobacco Control Program Smoke-Free Housing Strategy Exchange

We are pleased to announce the next webinar in our Infant Safe Sleep Webinar Series.

The Michigan Department of Health and Human Services (MDHHS) Tobacco Control Program is inviting you to participate in the Smoke-Free Housing Strategy Exchange.

When: June 20, 2024, 10:00 to 11:00 am EST **What:** A trial Smoke-Free Housing Strategy Exchange to create an informal space for partners to share what they're doing, exchange resources, and identify needs around smoke-free housing.

Please email Amanda Gallaher at gallahera@michigan.gov to join this or future meetings.

Good night. Sleep tight. Sleep safe.

Learn more about the safest way for babies to sleep at michigan.gov/safesleep



Grief & Bereavement Webinar

We are pleased to announce the next webinar in our Infant Safe Sleep Webinar Series.

When: Tuesday, June 4, 2024, 11 am to 12 PM EST **Title:** Grief & Bereavement - Supporting Bereaved Families **Presenter:** Audra Brummel, MPH, CHES, Infant Health Consultant, Michigan Fetal Infant Mortality Review (FIMR) Coordinator, Michigan Department of Health and Human Services **Description:** Grief is complex and every person's journey is unique. This webinar will provide an overview of grief and bereavement and strategies to support families. The webinar will:

- Provide an overview on the types of loss and reactions to grief.
- Highlight factors that may influence the grief response.
- Discuss strategies for supporting families who've experienced a pregnancy, infant, and/or maternal loss.
- Cover strategies to support yourself as you help those who are grieving.
- Provide an overview of resources.

Register by Monday, June 3, 2024 at:

<https://us06web.zoom.us/j/84603024275?pwd=onlYxUcwfkX4HjQlByyGiqnL877nXs.1>

If you have any questions, please email the Infant Safe Sleep Program at MDHHS-InfantSafeSleep@michigan.gov

Good night. Sleep tight. Sleep safe.

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Michigan Department of Health & Human Services

FOR IMMEDIATE RELEASE: Prevent tick bites this season and stay safe

Press Release

FOR IMMEDIATE RELEASE: May 17, 2024

CONTACT: Chelsea Wuth, 517-241-2112, WuthC@michigan.gov

Prevent tick bites this season and stay safe

LANSING, Mich. – The Michigan Department of Health and Human Services (MDHHS) encourages Michigan residents to take steps to avoid tick bites while enjoying the outdoors. Risk of tick-borne diseases, particularly Lyme disease and anaplasmosis, increases across the state as weather warms. Ticks can be active when the weather is above 40F.

“Preventing tick bites and removing attached ticks immediately are the best ways to prevent tick-borne diseases including Lyme disease,” said Dr. Natasha Bagdasarian, chief medical executive. “Lyme disease is an emerging issue in Michigan being found in nearly every county in the state. Michiganders who find a tick attached to their body should take the following steps:

- Promptly remove the tick by grasping firmly with tweezers and pulling upwards.
- While we do not recommend laboratory testing of ticks for diseases, we encourage residents to take a photo submit to MDHHS-Bugs@michigan.gov for identification.
- If the tick is identified as a deer tick, and you suspect it was attached for more than 36 hours, speak to your health care provider about whether any additional measures are needed. You may also use the Centers for Disease Control (CDC) tool [“Tick Bite Bot”](#) for additional guidance.
- Monitor for symptoms. If you begin to experience fever, rash, muscle or joint aches or other symptoms within 30 days of a tick bite, you should consult a medical provider.”

Signs and symptoms of tick-borne disease typically begin one to two weeks after a tick bite, often after being in wooded or brushy areas where ticks commonly live. Early symptoms can be non-specific and include fever or chills, rash, headache, fatigue and muscle aches. Early treatment with appropriate antibiotics can decrease the risk of serious complications.

Lyme disease, caused by the bacterium *Borrelia burgdorferi*, is the most common tick-borne disease in Michigan. Anaplasmosis, caused by the bacteria *Anaplasma phagocytophilum*, is the second most common tick-borne disease in Michigan and cases are increasing, particularly in the state's Upper Peninsula and northern Lower Peninsula.

Both Lyme disease and anaplasmosis are transmitted by *Ixodes scapularis*, commonly known as the blacklegged or deer tick. The blacklegged tick is well-established in parts of Michigan's Upper and Lower Peninsulas and has been expanding its range over the years. Information about Lyme disease risk by county is available at [Michigan.gov/Lyme](https://www.michigan.gov/Lyme).

People can protect themselves against Lyme disease and other tick-borne diseases by following these tips:

Avoid tick-infested areas.

As ticks live in grassy, brushy and wooded areas, individuals should walk in the center of trails to avoid contact with overgrown grass, brush and leaf litter at trail edges.

- Dogs and cats can come into contact with ticks outdoors and bring them into the home. Consult a veterinarian about the best tick prevention products to protect pets.

Use insect repellent.

- Apply an EPA-registered repellent on exposed skin. Find a repellent product that is [right for you](#).
- Treat clothes (especially pants, socks and shoes) with permethrin, which kills ticks on contact or buy clothes that are pre-treated. Do not use permethrin directly on skin.
 - Always follow the manufacturer's instructions when applying repellents.

Perform daily tick checks.

- Because tick bites are not always painful or noticed, always check for ticks on yourself and your animals after being outdoors, including in your own wooded yard.
- Inspect all body surfaces carefully and remove attached ticks with tweezers.
- To remove a tick, grasp the tick firmly and as closely to your skin as possible. Pull upward with steady, even pressure. Cleanse the area with an antiseptic.

Bathe or shower.

- Bathe or shower as soon as possible after coming indoors (preferably within two hours) to wash off and more easily find ticks that might be crawling on you.
- Wash clothing in hot water and dry on high heat to kill ticks in clothing.

The MDHHS Emerging & Zoonotic Infectious Diseases Section has published the [2024 Michigan Lyme Disease Risk Map](#).

Not all ticks spread the same germs. MDHHS can help to identify ticks you may encounter outdoors. Residents can email photos of ticks to MDHHS-Bugs@michigan.gov for identification or submit ticks to MDHHS for identification. For more information on how to submit your tick and/or photos and information on ticks, visit [Michigan.gov/Lyme](https://www.michigan.gov/Lyme).

For additional information on Lyme disease, visit [CDC.gov/Lyme](https://www.cdc.gov/Lyme).

- [Tick Safety 2024.pdf](#)



Michigan Department of Health & Human Services

FOR IMMEDIATE RELEASE: MDHHS offers tips to stay healthy during poor air quality days

Press Release

FOR IMMEDIATE RELEASE: May 21, 2024

CONTACT: Chelsea Wuth, 517-241-2112, WuthC@michigan.gov

LANSING, Mich. – As the 2024 North American wildfire season continues and warmer weather increases the risk of higher ozone levels, the Michigan Department of Health and Human Services (MDHHS) is providing Michigan residents steps to take to protect themselves from risks related to poor air quality.

“Last summer, Michigan experienced unique levels of poor air quality due to smoke from neighboring Canadian wildfires,” said Dr. Natasha Bagdasarian, chief medical executive. “This year, in the event that wildfire smoke reaches Michigan again, we urge residents to be proactive in checking the [Air Quality Index online](#) regularly to determine if there are any actions they should take. Other than the risk of wildfire smoke, it is still helpful to monitor the Air Quality Index for poor air quality due to other hazards such as ozone.”

The [Air Quality Index \(AQI\)](#), which can be found on the [AirNow website](#), is a color-coded way for residents to see what the levels of some types of air pollution are in their area. Higher AQI values indicate there is a higher concentration of pollutants in the air and a need for Michiganders to take steps to protect their health.

Residents can also sign up for alerts through the [EnviroFlash system](#). This subscriber system allows you to choose the area you would like to get alerts for, and it will send them directly to your email or through a text message.

Before a wildfire smoke event, MDHHS recommends you:

- Familiarize yourself with your [forced air HVAC system or your window air conditioning unit](#). If it has a fresh air intake or outdoor air damper, you will need to close it during a smoke event.
- Ensure you have replacement air filters that are rated [MERV-13 or higher](#).
- Consider purchasing a [portable air cleaner](#). If you do not have one, you can make a [do-it-yourself air filter](#).
- Help neighbors and family members make a plan for possible wildfire smoke.
- If you have asthma or other respiratory illnesses, heart disease, diabetes or another health condition that may make you more sensitive to wildfire smoke, talk to your health care provider ahead of time to make a plan.
- Children under the age of 18, pregnant people, outdoor workers and older people (age 60+) are also more at risk. Talk to your health care provider ahead of time to make a plan.

- Check your [local fire risk](#) and read tips from the Michigan Department of Natural Resources for [preventing wildfires](#) in Michigan.

During a poor air quality day, take action to protect your health based on the AQI Index. Some recommendations may include:

- Reduce the time you are active outdoors.
- Consider less intense activities that require less physical exertion.
- If ozone levels are unhealthy, schedule outdoor activities for the morning or evening when ozone levels are usually lower.
- In the event of wildfire smoke, avoid activities that create more fine particles indoors, including smoking cigarettes; using gas, propane or wood-burning stoves and furnaces; frying or broiling food; and burning candles or incense.
- In the event of wildfire smoke, [create a clean air room](#). If you can't stay cool at home, the electricity goes out or too much smoke is still getting in your home, it may be best to seek shelter elsewhere. Call Michigan 211 information on cooling centers.

For additional guidance on protecting your health during poor air quality visit the [MDHHS Health and Wildfire webpage](#).

- [MDHHS Air Quality Release.pdf](#)

Upcoming State of Michigan (SOM) Holidays

June 19
July 4
September 2
November 5
November 11
November 28 and 29
December 24 and 25
December 31

Previously Released MIHP Updates

To review any previously released MIHP Biweekly Updates, they can be found by [visiting the MIHP webpage Michigan.gov/MIHP](http://Michigan.gov/MIHP).

Biweekly Update Topic Submission

If you have suggestions for topics to be addressed in future additions of the MIHP Biweekly Update, [please submit your ideas here](#).

MDHHS Publications

[Sign up here to receive program updates and communications.](#)

Coordinator Directory

Please click here to access the most recent Coordinator Directory. [MIHP Coordinator Directory](#)

Our communication for the Maternal Infant Health Program has been streamlined to a single email address and phone number. Please forward all emails to MIHP@michigan.gov. For further assistance, contact the state office @ **1-833-MI4-MIHP (1-833-644-6447)**. Thank you.