



COUNTY OF FILLMORE Employee

July/August 2009

MN Child Passenger Restraint Upgrade

Current Minnesota law requires that children under age four be restrained appropriately in a car or booster seat. Minnesota law also requires that children must be both age one and over twenty pounds before they can be turned from rear-facing to forward-facing in a car seat.



Effective July 1, 2009, Minnesota state law will require children under age 8 who are shorter than 57" (4'9") to be restrained appropriately by a federally approved car seat or booster seat. For example, if your child is age 7 and 58" they no longer require a booster seat because they are tall enough for a seatbelt to fit them properly. If your child is age 8 but only 52" they no longer legally need a booster seat because they meet the age requirement. However, children over age eight who are not taller than 57" can still benefit from a booster seat and parents can continue to use boosters until they are 57" tall. The state of Minnesota also suggests that children remain in the back seat until age 13 in order to reduce air bag injuries. Violations of the enhanced law will be punishable with fines of at least \$50. Families may also have the opportunity to reduce or remove the fines by proving they have an approved restraint for their child.

To help ease Fillmore County families into adapting to the child passenger restraint laws, **Fillmore County Public Health is offering a free child passenger restraint clinic on Saturday, July 18, 2009 from 9:00 AM to 12:00 PM at the SWCD/DNR Garage located at 912 Houston Street in Preston, Minnesota.** Child passenger restraint clinics are places in which car and booster seats can be checked over for recalls and proper installation by certified professionals. If a new seat is needed, it may be provided free of charge by Blue Plus, UCare, or with grant funds. To participate in the car seat clinic, call 507-765-3898 to make an appointment. If you are unable to participate in the car seat clinic, Fillmore County Public Health also assists families with car seat assistance and installation via appointment.

Call Fillmore County Public Health at 507-765-3898 and ask for Brenda or Joanie if you need help with your car or booster seat.



Bug off, Bug Bites!

The best way to avoid all of this itching and irritation is to keep from getting bit in the first place. Before you head outdoors, stop and ask yourself, "How biteable am I?"

Have I applied and packed extra insect repellent? Depending on what type of terrain you will be in, you might need a special repellent. What turns off a tick may be different than what makes a chigger change its mind.



What am I wearing? Insects tend to turn away from light-colored clothes, and loose-fitting garments tucked into clothing and shoes will keep burrowing bugs out. Keep your head covered, which will protect you from the sun as well as nipping pests.



Where will I be walking? Throughout your trek, stay in the middle of hiking paths and away from grassy, marshy areas where bugs tend to congregate and lie in wait.

When am I heading out? Different insects come out in droves at different times of the day. Know your surroundings and peak times for pests in the area.



Some bug bites need special care:

Black fly: Watch out around rivers, streams, and other bodies of water because the bite of a black fly, or gnat, can be painful and intensely itchy, causing swelling and soreness. Wash bites with soap and water. Follow up with antiseptic and an anti-itch cream. Very rarely, a person may have an allergic reaction to a black fly bite. If you feel sick or short of breath after a bite, seek immediate medical attention.



Chiggers: Chiggers are teeny-tiny, immature mites that hide in tall grasses and weeds just waiting to strike. They're young and weak, so they seek spots that give them some leverage so they can attach themselves to your skin, such as the waistband of your shorts or under the elastic that holds your socks up. And when tiny chiggers bite, the itch can feel enormous. You may not know you've been bitten for a few hours, but then watch out! Pimple-like red bumps appear and it takes a will of iron - or an antihistamine - to keep from scratching your skin raw. Chiggers' grip on your skin is weak, so a shower or towelling-off will shake off any you might bring home with you. Folk remedies often call for sealing off a chigger bite from the air, usually with nail polish, petrolatum, or baby oil. Chiggers are a nuisance, but they luckily do not carry any diseases that are harmful to humans.

Mosquito: Mosquitoes buzz around in warm areas and near standing water. Potential carriers of diseases, mosquitoes bite and leave behind soft, pale bumps that last anywhere from 2 to 10 days and itch like crazy. Avoid infection by keeping scratching to a minimum. Apply calamine lotion or a hydrocortisone cream or take an antihistamine. An ice pack can reduce swelling. Signs that you need to seek prompt medical attention include fever, body aches, and nausea.



Tick: It's dangerous to wander into tick territory (tall grasses) because tick bites can be real trouble. The tiny bloodsuckers are capable of carrying and passing on many diseases, most notably Lyme disease. Remove the tick as soon as possible. Use tweezers to pull the tick directly out from the skin. If the head stays burrowed beneath your skin, remove it, too, since it can lead to inflammation. Wash your hands and the area of the bite. If you cannot remove the tick, seek medical attention.



Quiz

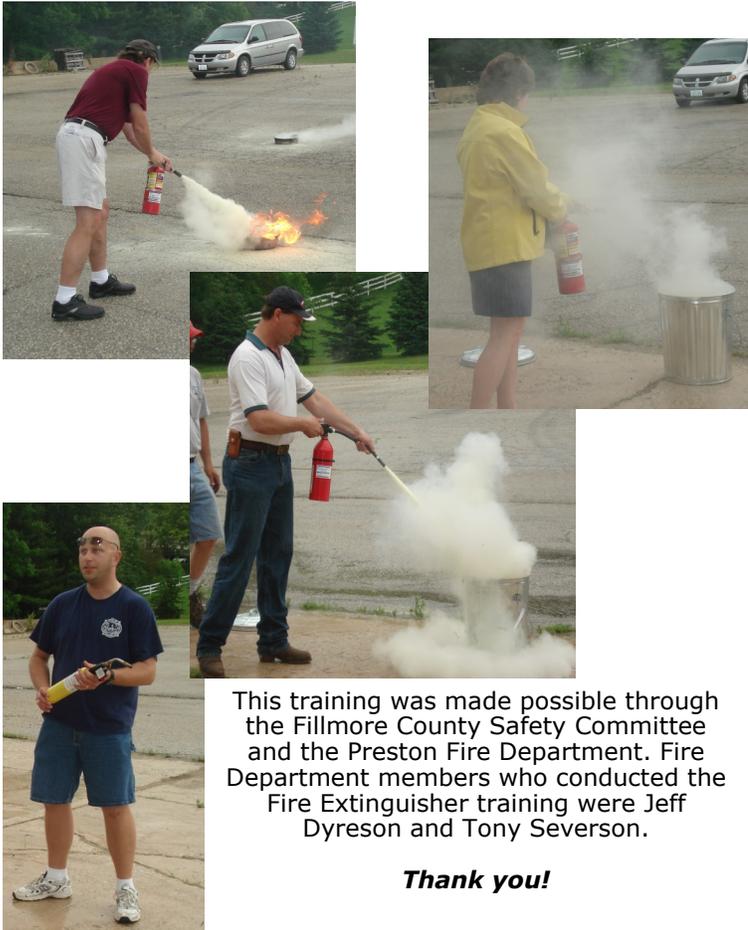
- 1. If you are stung by a bee, you should use a tweezer to take out the stinger.** a. True b. False
- 2. The following is a symptom of an allergic reaction to a bug bite:** a. Swelling b. Clammy skin c. Fever d. Vomiting
- 3. If a tick attaches itself to you, to get rid of it you should:** a. Try to suffocate it with petroleum jelly b. Burn it with a hot match c. Cover it with nail polish d. None of the above
- 4. To avoid mosquitoes:** a. Wear an insect repellent that contains DEET b. Wear long sleeves c. Wear light-colored clothing d. All of the above

1. b. False. You should scrape out a bee's stinger with your fingernail, not a tweezer. 2. a. Swelling up, difficulty breathing and tightness in the throat are among the symptoms of allergic reaction. 3. d. None of the above. Use a tweezer to remove a tick from your skin. 4. d. To avoid mosquito bites, wear an insect repellent with DEET, long sleeves, long pants and light-colored clothing outdoors.

Answers

Safety Training

32 people participated in Fire Extinguisher Training on 6/18/09



This training was made possible through the Fillmore County Safety Committee and the Preston Fire Department. Fire Department members who conducted the Fire Extinguisher training were Jeff Dyreson and Tony Severson.

Thank you!

Severe Weather Training

Storm Spotting

Tuesday, July 7: 1:00 - 3:00 p.m.

Fillmore County Office Building Rm 108

Can you distinguish an average thunderstorm from a supercell that could contain tornadoes?

Please inform [Ashley Stinson](#) (Ext 2809) in the Coordinator's Office if you plan to attend.

Flood Safety

If a flood is likely in your area, you should:

- Listen to the radio or television for information.
- Be aware that flash flooding can occur. If there is any possibility of a flash flood, move immediately to higher ground. Do not wait for instructions to move.
- Be aware of streams, drainage channels, canyons, and other areas known to flood suddenly. Flash floods can occur in these areas with or without such typical warnings as rain clouds or heavy rain.

If you must prepare to evacuate, you should do the following:

- Secure your home. If you have time, bring in outdoor furniture. Move essential items to an upper floor.
- Turn off utilities at the main switches or valves if instructed to do so. Disconnect electrical appliances. Do not touch electrical equipment if you are wet or standing in water.

If you leave your home, remember these evacuation tips:

- Do not walk through moving water. Six inches of moving water can make you fall. If you have to walk in water, walk where the water is not moving. Use a stick to check the firmness of the ground in front of you.

- **Do not drive into flooded areas. If floodwaters rise around your car, abandon the car and move to higher ground if you can do so safely. You and the vehicle can be quickly swept away.**



Provided by www.fema.gov

Employee News

Good Job



Congratulations



Best Wishes



Babies

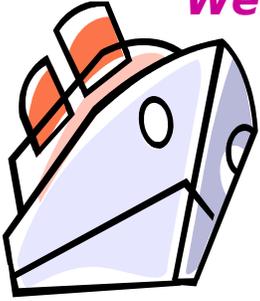
Birthdays



Weddings

A suggestion was made that personal items milestones (wedding, birthday, anniversary, promotion, birth, new home, etc) be included in the Employee Newsletter. Such items have not been submitted to date, but would be acceptable as long as the person submitting the announcement is the person it is in regards to. Our newsletter serves as a great opportunity to share joys, but they need to be submitted in a way that protects the privacy of employees.

Welcome aboard!



On May 29, Melbourne Johnson started in the Veteran Services/EMS Department as an Assistant Veteran Services Officer.

On June 15, Catherine Ness started in the Social Services Office as an Office Support Specialist.

On June 26, Jeffrey Brand started in the Surveyor Department as County Surveyor.



Moving on up!



On April 17, Brent Kohn (right) started as Maintenance Superintendent in the Highway Department.

On May 15, Gary Morken (left) started as Shop Foreman in the Highway Department.

Congratulations to "Walk Fillmore County" participants = 4, 400+ miles logged in 5 weeks!

"Walk Fillmore County" participants were Ashley Stinson, Audrey Inglett, Barb Kerns, Bonnie Hill, Brenda Pohlman, Carrie Sikkink, Chuck Amunrud, Cindy Johnson, Cindy Mensink, Darlene Daniels, Deb Peterson, Deb Ristau, Debbie Jeffers, Danae Swenson, Doug Marin, Elizabeth Berg, Gene Topness, Ginny Engle, Heather Barth, Heidi Jones, Jeff Cooper, Jennifer Peterson, Jessica Kraus, Joanie Betsinger, Kandace Johnson, Karen Brown, Kari Cahill, Kim McCabe, Linda Logsdon, Mike Frauenkron, Paula Melver, Sandy Junge, Sandra Underbakke, Shelly Skindeliem, Sherida Newgard, Shirl Boelter, Susan Mandelko, Susan Phillips, Sylvia Leitzen, Tammi Stoos, Trista Ruen, Vicky Giese, and Vicky Topness. *Congratulations everyone!*

July 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Event

Start Time

Board Of Commissioners Meet	9:00 a.m.
Payroll Check date	
Severe Weather Training - FCOB Rm 108	1:00 p.m.
Holiday	
Child Passenger Restraint Clinic	9:00 a.m.



Want to submit an idea, article or suggestion?

[Click here to email Ashley](#)

Or call 507-765-2809