

## Welcome from the State Health Commissioner



*State Health Commissioner  
Jerome Adams, M.D., M.P.H.*

**H**ello to all my fellow Hoosiers! I am honored and humbled to be given the opportunity to serve as your next Indiana State Health Commissioner by Governor Pence.

As you may be aware, Dr. VanNess resigned and our former Chief of Staff Jim Huston was named Commissioner of the Indiana Utility Regulatory Commission. They both leave big shoes to fill and I wish them the best in their endeavors. Check out page 7 for our tribute to them.

While we are sad to see them leave, I am excited to welcome our newest members of the leadership team, Deputy Health Commissioner Dr. Jennifer Walthall and Chief of Staff Eric Miller. Check out page 2 for their bios.

Their leadership and expertise will be critical as we continue our work on reducing infant mortality, infectious diseases preparedness and other crucial public health issues.

The Labor of Love Summit: Reducing Infant Mortality is coming up on Thursday, November 13 and is geared toward health care providers, public health professionals and anyone interested in the important work being done to reduce Indiana's infant mortality rate. Visit page 6 for the registration link.



**Learn more about Dr. Adams.**  
Click to read his bio.

I know that Ebola is on each and every Hoosier's mind. The Indiana State Department of Health is now working with Infectious Diseases Consultant, Joshua Mugele, M.D., to assist with Ebola preparedness. Dr. Mugele witnessed the Ebola outbreak firsthand as he worked at JFK Hospital in Monrovia, Liberia. Visit page 2 for more information on how Indiana was the first state in the nation to begin active monitoring of all travelers from the affected countries of Liberia, Sierra Leone and Guinea.

While Ebola has been the focus in the news lately, I want to remind you that your risk of getting Ebola is significantly less than getting the flu. If you haven't received your flu vaccine yet, it's time to do so as flu season has started. Check out page 5 to find a location near you.

Regards,

Jerome Adams, M.D., M.P.H.,  
State Health Commissioner

*Stay Connected with the State Health Department...*



## State Health Department Leadership Update



**Eric Miller, M.P.A., M.B.A.**, became the Chief of Staff in October. Prior to this position, Eric served as Deputy Director of Government Efficiency and Financial Planning in Indiana's Office of Management and Budget. He received his Master of Public Administration from the University of Kentucky with a concentration in Public Finan-

cial Management, a Master of Business Administration from the University of Indianapolis and a Bachelor of Science in Financial Planning from Purdue University. Eric has an extensive background in management and finance which includes serving as the State Health Department Chief Financial Officer and Deputy Chief of Staff. His experience includes working in the Indiana Governor's budget office as a Budget Analyst, as Deputy Controller at the Indiana Department of Correction, and as both Controller and Budget Director of the State Health Department.



**Jennifer Walthall, M.D., M.P.H.**, became the Deputy Health Commissioner and Director for Health Outcomes in October. Dr. Walthall is currently an Associate Professor of Emergency Medicine and Pediatrics at Indiana University School of Medicine. She also serves as the Division Chief for Pediatric Emergency Medicine and the Program Director for

the Emergency Medicine and Pediatrics Residency. Previously, Dr. Walthall worked as attending staff physician for Methodist Hospital Emergency Medicine and Trauma Center and Riley Hospital for Children. She has also held a number of roles specializing in clinical emergency medicine and pediatrics, as both an academic and practicing physician. Dr. Walthall earned her undergraduate degree from the University of Houston Honors College and her Master in Public Health at Indiana University. She earned her Medical Doctorate at Indiana University School of Medicine.

## State Health Department Prepares for Ebola

**I**ndiana recently outlined its procedures for monitoring the health of all travelers from Liberia, Sierra Leone and Guinea whose final destination is in Indiana. State and local health officials will continue to monitor these individuals at a higher level than recommended by the Centers for Disease Control and Prevention (CDC), following a policy put into effect on October 16, as an extra layer of protection for Hoosiers.

Indiana was the first state in the nation to begin "direct active monitoring" of *all* returning travelers when Governor Pence and the State Health Department implemented the policy on Oct. 16. Direct active monitoring means any individual coming to Indiana from Guinea, Sierra Leone or Liberia will be monitored by the local health department for 21 days upon entering the country. This includes twice daily temperature and symptom checks, which are recorded and provided to the State Health Department. If the travelers experience symptoms in between checks, they have been instructed to immediately contact the local health department.

"The Governor has placed the highest priority on our preventative measures out of an abundance of caution to protect Hoosiers from this serious disease," said State Health Commissioner Jerome Adams, M.D., M.P.H. "While no state can

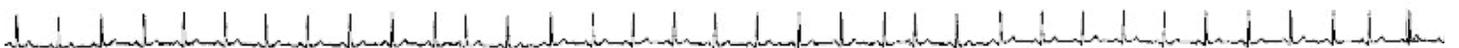
guarantee it will not have an Ebola case, Indiana continues to work every day with local health providers and emergency responders across the state to evaluate and improve protocols, and Hoosiers may be assured that we will continue to carefully monitor developments and take steps necessary to protect people of our state from the threat of Ebola."

The travelers who are being monitored are considered low risk and have not exhibited any symptoms of Ebola.

Symptoms of Ebola, including fever, weakness, diarrhea and vomiting, may appear anywhere from two to 21 days following exposure to body fluids of a person infected with the virus, but often appear between eight and 10 days following exposure. People are contagious as long as their blood and body fluids contain the virus. People who do not have symptoms are not contagious.

The Indiana Ebola Call Center (877) 826-0011 is open 24 hours a day, seven days a week. Call (888) 561-0044 for the hearing impaired, Mon. - Fri., 8:15 a.m. to 4:45 p.m.

For more information about Ebola, visit [www.statehealth.in.gov](http://www.statehealth.in.gov).



# EBOLA: AM I AT RISK?



Ebola is a severe, often fatal disease caused by a virus. A large outbreak is now occurring in West Africa.



You can **only** get ebola from having **direct contact** with another sick person by:

- + Touching a person who is sick with Ebola.
- + Touching a person who died from Ebola.
- + Touching body fluids (blood, vomit, urine, feces, sweat) or objects soiled with the body fluids of a person sick with Ebola.

- You CANNOT get Ebola through the air or just by being near someone who has Ebola.



If you visited a country affected by the outbreak, and develop a **fever** within **21 days**, seek medical care right away.

- + Alert the doctor's office or emergency room about your symptoms *before* going.
- + Tell your doctor if you had **direct contact** with a person who might have had Ebola.



**Symptoms: FEVER, HEADACHE, WEAKNESS, VOMITING, DIARRHEA, STOMACH PAIN**

Hospital staff **WILL NOT** ask you about immigration status. You **WILL BE SEEN** regardless of ability to pay.



Indiana State  
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## Spotlight on...

The State Health Department is now offering a free web-based training system, IN-TRAIN. This service is a learning management system geared towards professionals in public health and allows users to take part in valuable training opportunities offered by providers from all over the globe. It is free to create an account and users can earn various continuing education credits that satisfy certification requirements. IN-TRAIN is an affiliate website that was purchased by the State Health Department from the Public Health Foundation's (PHF) national website, TRAIN.

Indiana has joined over thirty other states that also purchased their own TRAIN website from PHF and is proud to be a part of the TRAIN affiliate family. Indiana residents have the opportunity to participate in national trainings as well as Indiana-based trainings offered by local partners and the State Health Department. Visit <https://in.train.org> to create your account and explore the website. If you have already created an account with the national TRAIN site, you will be able to add Indiana without creating a new account.

# IN-TRAIN

## IN-TRAIN

by Kayleigh Dye, IN-TRAIN Administrator

After creating an account, participants will see personal announcements located on the homepage that highlight courses offered by the State Health Department. Register to take any courses that you are interested in and will benefit your professional development. IN-TRAIN will track the courses you complete on your own personal transcript.

Tune in to live webinars hosted by other states, complete courses offered by the Centers for Disease Control and Prevention and sign up for modules put together by national partners. All your public health training needs can now be

fulfilled with one website, IN-TRAIN.

The State Health Department, local health departments, hospitals, emergency medical services personnel, universities and non-profit groups are all invited to participate as learners and as providers. The State Health Department is looking to expand administrative opportunities to outside entities who want to host their own trainings on IN-TRAIN. For more information on these opportunities and/or for technical assistance, email [in-train@isdh.in.gov](mailto:in-train@isdh.in.gov).

# LOVE SHOULDN'T HURT.

Domestic violence thrives when we are silent;  
but if we take a stand and work together, we can end it.

### FOR CONFIDENTIAL HELP:

24-Hour Statewide Hotline  
Linea Directa Estatal de 24 Horas

800.332.7385 VOICE

800.787.3224 TTY



Indiana State  
Department of Health



# Ask THE EXPERT



**with Shawn M. Richards**  
Outbreak Supervisor  
Indiana State Department of Health

Enteroviruses are common viruses and it is estimated that 10 to 15 million enterovirus infections occur in the U.S. each year. Enteroviruses cause a variety of illnesses, such as viral meningitis, rash illnesses and respiratory illnesses. Several states, including Indiana, have reported cases of illness with Enterovirus D68 (EV-D68), a respiratory illness, which is usually mild but can be serious, especially in individuals with underlying medical conditions, such as asthma. EV-D68 infections are thought to occur less commonly than infections with other enteroviruses.

## What are the symptoms of EV-D68 ?

The symptoms of EV-D68 infection are low-grade fever, cough, runny nose, sneezing and/or body/muscle aches. In-

dividuals experiencing their cold-like symptoms getting worse and trouble breathing should contact their healthcare provider right away.

## How is EV-D68 spread?

EV-D68, like other enteroviruses, appears to spread through close contact with infected people through an infected persons respiratory secretions, such as saliva, nasal mucus or sputum.

## How is EV-D68 treated?

There is no specific treatment for EV-D68 infections. Most people are able to recover without incident by treating symptoms. However, some individuals, especially those with weakened immune systems or underlying medical conditions, such as asthma, may experience severe complications and require hospitalization with supportive therapy.

## How is EV-D68 prevented?

There are no vaccines for preventing EV-D68 infections. Health officials recommend the following tips to prevent the spread of infection: *Clean:* Wash your hands frequently with warm soap and water for at least 20 seconds. Alcohol-based hand sanitizer is not effective in preventing the spread of EV-D68. *Cover:* Cover your cough with your sleeve or a tissue when you cough or sneeze. *Contain:* Prevent spreading illness to others by staying home if you are sick. Avoid close contact and sharing cups or eating utensils with those who are ill. Disinfect frequently touched surfaces.

For more information, visit [www.statehealth.in.gov](http://www.statehealth.in.gov).

**It's flu season!**

**Flu Shot Locator**  
provides a map that allows you to search for clinics that provide flu shots.

**Find a flu shot clinic near you**  
Visit: <http://flushot.healthmap.org/>

**Flu Shot Locator**

**MY VAX INDIANA**  
Keeping Hoosiers Connected & Protected

As of October 28, 2014,

12,239 individual records  
have been accessed

and 54,276 PINs issued  
by providers!

Learn how to access your vaccination records at [www.MyVaxIndiana.in.gov](http://www.MyVaxIndiana.in.gov)





**O**n October 2, 2014, the MyCare Communicator initiative, a new and innovative tool to assist in reducing infant mortality in Indiana, was launched at the Raphael Health Center in Indianapolis.

MyCare Communicator gives healthcare providers the ability to deliver educational material and relevant messages to patients via email, text message or voicemail. The messages are tailored to the patient and include information on safe sleep, breastfeeding and smoking cessation.

“The MyCare Communicator tool will allow Raphael Health Center to engage our patients early in their care and aid in developing good rapport with their healthcare provider,” said Mary Black, RN, Director of Clinical Services at Raphael Health Center.

Designed by CreateIt HealthCare Solutions, MyCare Communicator received the Top Innovation of the Year Award for the second annual Hoosier Healthcare Innovation Challenge (HHIC) by the Indy Chamber. The HHIC is a statewide competition that gives technology professionals the opportunity to solve some of the largest challenges facing healthcare, develop solutions in a collaborative environment and launch new start-up ventures.

The State Health Department suggested the pregnancy application challenge, which called for a technology-driven solution to provide important educational information on state programs available to expectant mothers and allow two-way communication between healthcare facilities and patients.

For questions about MyCare Communicator or to learn more, email [jschnitzius@createit-inc.com](mailto:jschnitzius@createit-inc.com).



*Thank you*

*Dr. VanNess and Jim Huston  
for your service!*



Indiana State  
Department of Health



## Awards

At the Indiana Public Health Celebration and Hulman Health Achievement Awards, **Theresa Hunter**, Maternal and Child Health, was awarded the Dr. Helen L. Scheibner Life Science and Public Health Scholarship.

In October, **former State Health Commissioner Dr. VanNess** was awarded the Sagamore of the Wabash award by Governor Pence for his distinguished service to Indiana.



## November

- 12 State Health Department Executive Board meeting  
[tbarrett@isdh.in.gov](mailto:tbarrett@isdh.in.gov)
- 13 Labor of Love Summit: Helping Indiana Reduce Infant Mortality  
[macarter@isdh.in.gov](mailto:macarter@isdh.in.gov)
- 14 Indiana State Trauma Care Committee, [tbarrett@isdh.in.gov](mailto:tbarrett@isdh.in.gov)

## Public Health Happenings

*(For more information about a specific event, please use the specific email address listed).*

For more information on these and other state events, visit the State of Indiana events calendar at <http://www.in.gov/core/calendar.html>

*The Indiana State Department of Health promotes and provides essential public health services.*



**Indiana State  
Department of Health**

*Public Health Matters is a free publication that is published electronically every quarter by the State Health Department Office of Public Affairs. For questions, to submit an article or topic, contact Amanda Turney at [aturney@isdh.in.gov](mailto:aturney@isdh.in.gov).*

*To subscribe or unsubscribe to the newsletter, visit <http://bit.ly/publichealthmatters>. For more information about the State Health Department, visit [www.statehealth.in.gov](http://www.statehealth.in.gov).*

