

— EL AVISO —

July 2016

Zika Virus Information

As the summer months are upon us, the mosquito population is growing. The Zika Virus has been in the news and there is concern about how the virus may or may not affect our families. This article summarizes information from the Center for Disease Control (CDC) and the New Mexico Department of Health websites. As always, the providers at Las Clinicas del Norte are available to answer your questions about Zika and other concerns.

The Zika virus was first discovered in 1947 and was named after a forest in Uganda. Before 2007, at least 14 cases of Zika had been documented. In May 2015 the Pan American Health Organization issued an alert regarding the first confirmed Zika virus case in Brazil. On February 1, 2016 the World Health Organization (WHO) declared Zika virus a Public Health Emergency of International Concern. Specific areas where Zika is spreading is often difficult to determine and will likely change over time. If you or a family member are traveling, the CDC Travelers' Health site contains up to date information. To date, three cases of Zika have been confirmed in New Mexico. All three of the cases involved individuals who had traveled to areas with confirmed Zika outbreaks.

The most common symptoms of Zika are: Fever, rash, joint pain and conjunctivitis (red eyes). The illness is usually mild with symptoms lasting for several days to a week after being bitten by an infected mosquito. People usually don't get sick enough to go to their provider. The good news is people rarely die of Zika, however since the symptoms are mild, often people do not know they have been infected.

There is no vaccine to prevent the Zika virus.

The Zika virus is mainly spread to people through the bite of an infected mosquito. However, it is also possible that the virus may be transmitted from a mother to her fetus during pregnancy or to her baby at the time of delivery. At this time there are no documented cases of the virus being transmitted through breastfeeding.

There is also a risk of transmission through sexual contact. An infected man's semen carries the virus. At this time how long the virus will live in the semen is unknown. The CDC recommends men use a condom to decrease the spread of the virus.

Interestingly, an infected individual may also pass the virus on to another mosquito through a bite. The CDC recommends travelers even if they do not feel sick who return to the United States from an area with Zika take precautions to prevent mosquito bites for 3 weeks. Be sure to let your provider know if you have recently traveled to areas identified as having the Zika virus. Pregnant women should talk to their provider if they or their male sex partners recently traveled to an area with Zika, even if they don't feel sick.

Since May 2015, Brazil has experienced a significant outbreak of Zika virus. In recent months, Brazilian officials reported an increase in the number of babies born with microcephaly, (unusually small head). Since these initial reports of a link between Zika and microcephaly, researchers across the world began working to study the link between Zika during pregnancy and microcephaly.

In a recent article, CDC scientists announced that there is now enough evidence to conclude that Zika virus infection during pregnancy is a cause of microcephaly and other severe fetal brain defects and has been linked to problems in infants, including eye defects, hearing loss, and impaired growth. Scientists are studying the full range of other potential health problems that Zika virus infection during pregnancy may cause.

Although Zika virus is a cause of microcephaly and other severe fetal brain defects and has been linked with these other problems in infants, there is more to learn. Researchers are collecting data to better understand the extent Zika virus' impact on mothers and their children.

Based on the available evidence, we think that Zika virus infection in a woman who is not pregnant would not pose a risk for birth defects in future pregnancies after the virus has cleared from her blood. Cont'd.....

LAS CLINICAS DEL NORTE: A Community Health Center, Established in 1972

Serving the communities of Abiquiu, Ancones, Barranco, Cañon, Carson, Chili, Cañones, Cañon Plaza, Duranes, El Llanito, El Pueblo, El Rito, Gallegos, Gavilan, Ghost Ranch, La Cueva, La Madera, La Mesa, La Zorro, Las Casitas, Las Tablas, Los Pinos, Medanales, No Agua, Ojo Caliente, Olguin, Petaca, Placitas, Plaza Blanca, Rio Chama, San Miguel, Servilleta, Servilleta Plaza, Silvestres, Tierra Azul, Tres Orejas, Tres Piedras, Tusas, Vallecitos, Youngsville

Cont'd— Zika Virus

From what we know about similar infections, once a person has been infected with Zika virus, he or she is likely to be protected from a future Zika infection.

To date, there have been no confirmed blood transfusion-transmission cases in the United States. However, there is a strong possibility the Zika virus can be spread through blood transfusions. Because most people infected with the Zika virus don't show any symptoms, blood donors may not know they have been infected. Zika virus currently poses a low risk to the blood supply in the continental US, but this could change depending on how many people become infected with the virus.

There are two certain types of mosquitoes that transmit the Zika virus, the *Aedes aegypti* (the yellow fever mosquito) and the *Aedes albopictus* (the Asian tiger mosquito). These mosquitoes may be distinguished by their bold black and white markings. Additionally, these mosquitoes like to live near people, either indoors or outdoors, and will typically bite during the daytime.

The CDC recommends the following steps to prevent mosquito bites:

Wear long-sleeved shirts and long pants

Stay in places with air conditioning and window and door screens to keep mosquitoes outside

Take steps to control mosquitoes inside and outside your home

Sleep under a mosquito bed net if you are overseas or outside and are not able to protect yourself from mosquito bites

Use Environmental Protection Agency (EPA) registered insect repellents with one of the following active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus, or para-menthane-diol.

Do not apply insect repellent on your child's hands, eyes, mouth, cut or irritated skin

Adults should spray the repellent into their hands and then apply to your child's face

Do not use insect repellent on babies younger than 2 months old

Do not use products containing oil of lemon eucalyptus or para-menthane-diol on children younger than 3 years old

Dress your child in clothing that covers his/her arms and legs

Cover the crib, stroller and baby carrier with mosquito netting

Treat clothing and gear with permethrin or purchase permethrin-treated items

For questions please contact your LCDN clinic providers or the following sources for updated information.

Sources: Centers for Disease Control (CDC) website
New Mexico Department of Health website

NORTHERN YOUTH PROJECT—FREE SUMMER TEEN PROGRAMS IN FULL SWING—June 6–July 29

For ages 12–20. Farm-to-table snacks and meals.

Mondays: 4–7 PM / Tues–Thurs: 8 AM–1 PM.

Mon & Wed teens tend, harvest, preserve, and cook from the garden.

Tuesdays are art days, including drawing, pottery, photography, found object sculpture, and print making.

Thursdays we take field trips, like local hikes, swimming at the lake, or going to farms, gardens, and galleries, including destinations in Taos, Santa Fe, and around Rio Arriba County.

Program hours align with RTD for easy transportation needs. *Transportation provided for all fieldtrips.* Email northernyouthproject@gmail.com or call (505) 685-9474 for your registration packet

⊗ **Community Events** ⊗

Contact: Joan Tollefson 1-505-323-1519 or email: joan@lcdn.org
For Health Advise when clinics are closed, call Nurse Advise
New Mexico (NANM) 877-725-2552 open 24 hrs.

El Rito

Las Clinicas del Norte Board Meeting - every 4th Monday, 6 pm, El Rito clinic Community Room.

El Rito Library - Tues/Wed/Fri - 12 n to 5 pm. Thurs - 12 n to 7 pm, Sat - 9am to 2 pm **Library Board Mtgs.** - every 2nd Thurs, 5:30 pm

El Rito Fire Dept. Mtgs. - every 2nd Wednesday, 7 pm, at the El Rito Fire Station, open to the public.

El Prado Convenience Station at Rural Events Ctr. Open 5 days Tue-Sat 8am-4pm. Info: North Central Solid Waste 747-8459

Abiquiu

Abiquiu Library - Sun, Mon, Tues, Wed, Thurs, 1 pm – 6 pm, located on the Plaza.

Abiquiu Fire Dept. - **2nd Sunday - 6 pm**, Abiquiu Fire Dept. Station at the REC on Hwy 554.

Abiquiu Area Emergency Services Project Mtg. - second Wed. at 6:00 pm at the Rural Events Center.

Abiquiu AA Meetings - Wednesday, 5:30-6:30 pm, Abiquiu clinic, & Saturday, 10:00 am, Abiquiu Library. Alex at 505-901-7701.

Recycling - 5 days a wk. Tue-Sat 8am-4pm. Recycle at the El Prado Convenience Station at the Rural Events Ctr. For information call North Central Solid Waste, 747-8459.

Ojo Caliente

Ojo Caliente Fire Dept. Mtg. - every 1st Wednesday, 7:00 pm
Ojo Caliente Fire Dept.

Recycling Station - Tues-Sat, 9am-5pm, Bldg #35631 Hwy 285/84.

Every First Saturday of the Month – El Rito Studio Yours

**El Rito Artists are opening their studios the
first Saturday of every month from
10 am to 5 pm.**

Follow the signs through town.

EL RITO PUBLIC LIBRARY

HOURS — Tues/Wed/Fri - 12 n to 5 pm
Open late Thurs - 12 n to 7 pm

PHONE: 575-581-4608 Sat - 9am to 2 pm
Sunday and Monday: Closed

Email: elritopubliclibrary@yahoo.com Website: www.elritolibrary.org

Summer Reading Classes Underway

The "Library Ladybugs" and the "Bookworms" are busy at the El Rito Library tending their experimental straw bale and traditional gardens until August 4. Classes for 3-5 year old pre-readers run 9:30 am on Tuesdays and Thursdays and are led by Barbara Berger, long-time El Rito resident and educator. Children 6-11 years are guided on Tuesdays and Wednesdays from 9:30 till 11:30 am by Lauren Krumwiede who also works with the Red Mountain Farm in Abiquiu and is a recent graduate in Environmental Geoscience from DePauw University. Please join our Reading Camp for outdoor activities, local field trips, indoor reading, snacks, and free books each week to take home and keep. We could use another adult volunteer to help our facilitators.

Family Passes Good Through August 31, 2016.

Come to the library and ask for a Family Pass to a number of NM museums and historic sites - all FREE for a group of up to six people. It's a great thing to do with those friends and relatives that pop in for a visit this summer, made possible by the NM State Library and the NM Department of Cultural Affairs. Passes can be checked out with a valid library card - for one week.

Book Club Members Sought

The library is reaching out this summer to anyone who might be interested in joining a book club for adults. We'll try to help with organization - you just need to call 575-581-4608 or email us at director@elritolibrary.org to learn more. It's a wonderful way to have time with others who enjoy a good book and a bit of social time.

Bookkeeper Hired

We're delighted to welcome our new bookkeeper, Yaseen Qadr, who is going to keep us well organized. Yaseen is a graduate of UNM's Anderson School of Business and has recently returned to New Mexico, having attended Abiquiu Elementary School at the start of his education.

Library Volunteers Needed

Have you ever thought about doing something useful for your community, but just weren't sure what? The library has a quite a few needs that could be addressed by volunteers - some require long term commitment, some are more one-time jobs. Call Lynett Gillette today at 575-581-4608 or email director@elritolibrary.org and we'll send you a list of possible volunteer opportunities.

New Catalogue System

The library is switching over to a newer system for our catalogue records. It should be up and running in early July. One of the big advantages for our patrons will be that you can check for a particular book by accessing the catalogue from our website (elritolibrary.org).

Christina Masoliver's *Marionettes* Returns Later in Summer

Back by popular request, the marionette theater *Los Titiriteros* and its puppeteer and artistic director Christina Masoliver will bring a new show to our library at a date still to be determined. Watch for signs and an email notice soon.

PUEBLO DE ABIQUIU LIBRARY

And Cultural Center

505-685-4884

POB 838, Abiquiu, NM 87510

abiquiupl@gmail.com

www.abiquiulibrary.wordpress.com

Library Hours: 1 pm to 6 pm, Sunday through Thursday

The Baca Project 2016 Berkeley- Abiquiu Collaborative Archaeology

During June 1 to June 30, The Baca Project 2016 Berkeley-Abiquiu Collaborative Archaeology worked in three locations in Abiquiu. Leading the project was Alexandra McCleary who is in her 5th year as Ph. D. candidate in UC Berkeley's Anthropology Department. Her dissertation advisor is Professor Jun Sunseri. If you have an questions about the dig or the places they worked at, come in the library, give us a call at 685-4884 or email us at abiquiupl@gmail.com. Teens from Abiquiu that worked on The Baca Project 2016 are:

Anthony Carrillo

Marcos Lopez

Jesus Montoya

Jorge Daniel Reyes

Eliza Vela

Isabel add more names as we have more kids.

Summer Reading Program 2016

The Summer Reading Program "On Your Mark Get Set Read" has already started and will continue until July 28, 2016. It's not too late to sign up and bring your children in. During the month of July we will teach children the essential of recycling and have activities using recycled items to make games for children to take home. July 19, 2016 we have the Wild Life Center visiting us from Espanola. The center is bring animals that they can show the children. On July 28, 2016 the last day of the Summer Program we will be having a pizza and salad party with the vegetables we planted in our pizza garden, salad garden and salsa garden.

New Mexico Family Pass

Pueblo de Abiquiu Library has 3 family passes available until August 31, 2016. Family Pass is free admission for up to six people to any of the Department of Cultural Affairs. Museums and Historic sites. Some of the free admission places are New Mexico of Natural History and Science in Albuquerque, New Mexico Museum of Art in Santa Fe, and Museum of Indian Arts and Culture in Santa Fe. Loan Period is for one week but can be added more if not already reserved. Also you need to be a library holder to check out a family pass. If you do not have a library card, you can apply for one, just bring in your ID and an address.

Las Clinicas del Norte

EL RITO CLINIC
PO Box 237, El Rito 87530
Phone: (575) 581-4728
1-800-869-7624

MEDICAL:

MON and TUESDAY 8:00 am– 6:30 pm
WEDNESDAY THRU SATURDAY 7:30
am 5:00 pm.
Confidential Family Planning Title X Services available

COUNSELING: 581-4728, # 232

Mondays and Wednesdays only.
Please call for an appointment.

DENTAL SERVICES: 581-0028

MON thru FRI 8:00 am– 6:00 pm;

OJO CALIENTE CLINIC
PO Box 307, Ojo Caliente 87549
Phone: (505) 583-2191
1-866-665-6832

MEDICAL:

TUES thru FRI 8:00 am- 6:30 pm

Confidential Family Planning Title X Services available

COUNSELING: 583-2191

Tuesday and Friday
Call to schedule

NO DENTAL SERVICES

SCHOOL BASE HEALTH SITES: Mon thru Fri - Pojoaque: 505-455-4026

Mesa Vista: 505-583-2401

ABIQUIU CLINIC
PO Box 757, Abiquiu 87510
Phone: (505) 685-4479
1-866-578-1662

MEDICAL:

MON thru FRI 8:00 am- 6:30 pm

Confidential Family Planning Title X Services available

COUNSELING: 685-4479

Monday through Friday
Call to schedule

NO DENTAL SERVICES

REMEMBER TO BRING YOUR CHILD'S IMMUNIZATION RECORD to all clinic visits

MENTAL HEALTH CRISIS NM HOTLINE - 1-855-NMCRISIS (1-855-662-7474)

NEW MEXICO NURSE ADVICE—24 Hour Toll Free Nuber—1-877-725-2552

LCDN BOARD OF DIRECTORS — *President* - Tony Chacon, *Vice-President* - Pauline Varoz, *Treasurer* - Erma Crim,
Secretary - Barbara Lovato; *Members*: Gary Salazar, Sophie Garcia, Bruce Smith, Jasmine Serrano and Frank Chacon.
Honorary Members: Mary F. Lovato, Jeremias Archuleta, Willie Picaro and Susie Verkamp

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\$ 100 -Tony Chacon (6-15)

\$ 800 - Katharine & Boudinot (Bill) Atterbury-James Talcott Fund (1-16)

\$ 1000 - Kathleen E. Maley (1-16)

\$ 1000 - Sam R. & Isabel Jewell (2-16)

\$ 2000 - Andy R. Lopez (1-16)

Las Clinicas del Norte, Inc.

D/B/A Las Clinicas del Norte
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El Rito, NM 87530

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