Protection from stray animals

The Pasco County Health Department reminds residents to be mindful of stray animals that can carry rabies. Raccoons, bats, foxes and skunks commonly carry the virus. An animal with rabies could infect other wildlife or domestic animals that have not been vaccinated against the disease.

"Rabies is a disease of the nervous system that can cause paralysis and is fatal to warm blooded animals and humans," said County Health Officer Dr. David Johnson. "Take steps to protect you and your family from unfamiliar animals."

The virus is spread through saliva, and humans may become infected through a bite wound, scratch or exposure of a fresh cut to saliva of a rabid animal.

Animals with rabies may show strange behavior. They may be aggressive, attacking for no apparent reason, or act very tame. They may drool a lot due to difficulty swallowing. They also may stagger or become paralyzed.

The Pasco County Health Department recommends residents and visitors always follow these guidelines to help prevent exposure to rabid animals:

–Avoid direct contact with unfamiliar animals. Stray cats and dogs may not have been vaccinated against rabies.

–Do not handle or feed wild animals or unintentionally attract them with open garbage cans or litter.

–Never adopt wild animals or bring them into your home. It is both dangerous and illegal to do so.

–Do not try to nurse sick wild animals to health. It is common to want to rescue and nurse a hurt wild animal, but that animal may have rabies. Only qualified personnel, such as state wildlife officers and licensed wildlife rehabilitators, are legally allowed to handle these animals.

–Do not use your hands to break up a fight between animals. Even your own pet can bite you when it is trying to defend itself while fighting another animal.

–If someone is bitten by any animal, seek care promptly. Wash the wound thoroughly with soap and water. Go to a doctor or hospital for medical attention immediately.

–Call the Pasco County Animal Services at (727) 834-3216, (813) 929-1212 or (352) 521-5194 to report animal bites or scratches and for information on stray dogs and cats.

–Call the Florida Fish and Wildlife Conservation Commission at (863) 648-3203 for concerns about wild animals.

For more information on protecting your family from stray animals and the steps you can take to prevent the spread of rabies visit www.cdc.gov/rabies.

Gynecologic cancer support group

A free monthly support group for ovarian and gynecologic cancer patients, survivors and family members will meet at St. Joseph's Hospital, 3001 W. Dr. Martin Luther King Jr. Blvd. in Tampa, on Tuesday, Dec. 20 and Jan. 17 from 6-8 p.m. Guest speakers will present information on a variety of topics, and educational information is also provided. To register, call (813) 443-3078.

Prostate cancer support group

American Cancer Society's Hope Lodge, 12810 USF Magnolia Drive in Tampa, hosts an educational program from the American Cancer Society to support men with prostate cancer or those close to them. The group meets the fourth Thursday of each month. For more information, call (800) 227-9954.

Care for newborn babies class

The newborn care class at St. Joseph's Women's Hospital, 3030 W. Dr. Martin Luther King Jr. Blvd. in Tampa, is designed for first-time parents, although experienced moms and dads are welcome, too. Topics presented include normal growth and development, how to soothe a fretful baby, safe and healthy sleep practices, infant nutrition, infant sleep patterns and infant massage. Other topics may arise based on the interests of the group. The next class is on Thursday, Jan. 5 from 6-9:30 p.m. and on Thursday, Jan. 19 from 6-9 p.m. To sign up, call (813) 443-3078.

Prepared childbirth classes

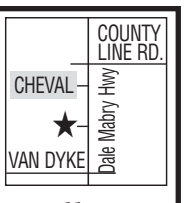
A class to help expectant moms and their partners become educated, active participants in the childbirth experience is available at St. Joseph's Women's Hospital, 3030 W. Dr. Martin Luther King Jr. Blvd. in Tampa. A hospital tour is included to get better acquainted with the hospital. The cost is $70. For dates and more information, call (813) 443-3078.

Infant and child CPR classes

Learn how to perform lifesaving CPR and choking rescue on infants and children at St. Joseph's Women's Hospital, 3030 W. Dr. Martin Luther King Jr. Blvd. in Tampa. The techniques follow American Heart Association guidelines. Participants must be at least 9 years old. Upcoming dates are on Jan. 6 and 12 from 6-9 p.m. and on Jan. 22 from 2-5 p.m. The cost is $30 per person, $55 per couple, and registration is required. To sign up, call (813) 443-3078.

Dr. Yanina Abaunza-Fiallos

Dr. Nina's Pediatrics
www.DoctorNina.com
Welcoming New Patients!



Personal Care–Newborns thru college.
Same Day Appointments Available!

18572 N. Dale Mabry, Lutz
(Chateau Professional Park)
964-1800
Most Insurances Accepted • English & Spanish • 15 Years Experience

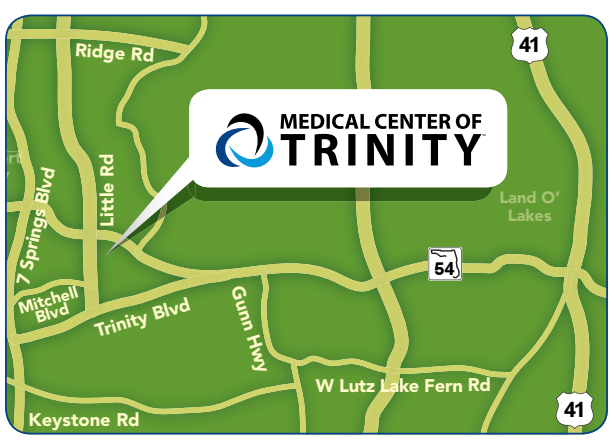
MEDICAL CENTER OF TRINITY℠
WELLNESS | PREVENTION | HEALING
OPENING WINTER 2011

Private, Patient Centered Care

- 100% Private Rooms
- Room Service
- 32" Hi-Def TV
- Free Internet Access
- Plentiful space for visiting family & loved ones
- Dedicated patient hallways & elevators for optimal privacy
- Visiting hours at the discretion of the patient

Programs & Services

EMERGENCY CARE
WOMEN'S HEALTH & OBSTETRICS
SURGICAL SPECIALTIES
MEN'S HEALTH
BEHAVIORAL HEALTH
SPINE & ORTHOPEDICS
DIAGNOSTIC IMAGING
CANCER CARE
HEART & VASCULAR



Our physicians are experienced in a broad spectrum of specialties and have offices throughout the community. Our free **Consult-A-Nurse** service can help you find a doctor, make an appointment, answer healthcare questions and register for classes and events. You can contact our nurses 24 hours a day at **727-834-5630**.

Medical Center of Trinity
9330 State Road 54 • Trinity, FL 34655
Phone (727) 834-4000
www.**MedicalCenterTrinity**.com