

Summer Health & Safety - Many Considerations

Richland Public Health wants Richland County residents to have a fun and productive summer while keeping safety in mind during summer planning. The information below is available at richlandhealth.org under the “Personal” menu and listed as “Summer Safety” (<https://richlandhealth.org/personal/summer-safety/>). A quick synopsis:



Heat Safety: People suffer **heat-related illnesses** such as heat stroke, heat exhaustion and hyperthermia (when the body’s temperature-control system is overloaded). Sweating is the body’s natural way of cooling itself. In some situations, especially in periods of high humidity, sweating alone will not provide an adequate release of body heat.

Also included in the section on hyperthermia is the danger of leaving children in vehicles during the summer even for short periods of time.

Recreational Water Illnesses: RWIs are caused by germs spread by swallowing, breathing in mists or aerosols, or having contact with contaminated water in swimming pools, water parks, hot tubs, interactive fountains, water play areas, lakes, rivers, or oceans. RWI advice on our website includes steps for all swimmers and for parents of young children.

Water Safety: Playing in the water is an excellent way to have fun and get exercise. However, young children (aged 1 to 9) are at greater risk of drowning in swimming pools while older youth (aged 10 to 19) are at greater risk of drowning in natural bodies of water. Find safe swimming tips for all ages.

Skin cancer: The most common form of cancer, affecting over 1 million Americans a year, even with improved awareness about prevention and early detection.

Summer Weather Tips: Learn about heat safety and lightening safety on our summer safety page.

Picnicing: A special part of many summertime activities. But if picnic foods are not handled safely, they can cause foodborne illness. To prevent illness, take safety on your picnic.

AN ADDITIONAL NOTE: It is important to follow standard health practices over the summer, particularly when groups are gathering for meals. (1) Wash your hands frequently. (2) Cover your cough. (3) Stay at home if you are ill. The temptation to visit family for summer get-togethers should not overcome the need to keep everyone from getting ill. Have someone bring you picnic leftovers!

The Richland Public Health “Health Report” is a monthly production of Health Education/Promotion. Suggestions and corrections, including mailing label corrections, are welcome. Call Reed Richmond, Health Educator/Web Editor, at 419-774-4726.

ENVIRONMENTAL HEALTH

The Environmental Health Division directs a variety of programs that prevent, protect and educate our community about potentially harmful elements in our environment.

Contacts*	April	YTD
Campgrounds	16	22
Food	335	1,106
Emergency Response	3	5
Environmental Health Administrative	0	3
Environmental Health Assessment	0	2
Environmental Health Other	0	13
Housing	0	3
Indoor Air Quality	6	17
Institutions	1	2
Nuisance, other	2	9
Plumbing - Commercial	372	970
Plumbing - Residential	187	386
Private Water Systems	143	348
Public Swimming Pools	28	55
Rabies	91	263
Schools	12	43
Sewage Treatment Systems	188	500
Solid Waste	37	98
Tattoo & Body Piercing Facilities	6	31
Vector Control	22	38
Totals All Contacts	1,449	3,914

*Inspections, investigations and consultations

VITAL STATISTICS

The Vital Statistics division maintains records of all births and deaths in Richland County since 1908 (excluding Shelby). For information on obtaining a birth or death certificate, check the website at www.richlandhealth.org or call 419-774-4500.

	April	YTD
Total Births (all ages)	76	380
Births to Teens	7	44
Repeat Births*	54	248

	April	YTD
Total Deaths	109	425
Male	53	214
Female	56	211

Causes of Death		
Heart Related	41	163
Cancer	22	75
Lung Diseases	10	36
Alzheimers/Dementia	10	31
Accidents (drugs/falls/crashes)	1	23
Flu/Pneumonia	5	19
Strokes/CVA	3	15
Renal/Kidney	5	9
Suicides	1	6
Homicides	1	2
Infant Mortality (see below)	0	2
Deaths Pending Autopsy	2	3
Other (not listed above)	8	41

*repeat births = 2nd or more live births
Birth & Death statistics include City of Shelby

Infant Mortality: Richland County

April: 0 **Year To Date: 2**
Infant mortality is defined as the death of a baby before his or her first birthday. Infant deaths are considered an important indicator of the overall health of a society. Deaths to residents occurring outside of Richland County are not reflected in county death statistics. **KNOW the SAFE SLEEP ABC's: Alone, on Back, in a Crib.**

CALLING THE HEALTH DEPARTMENT

Main Number	419-774-4500
Public Health Clinic	419-774-4700
Public Health Nursing.....	419-774-4540
Environmental Health	419-774-4520
Health Promotion/Education	419-774-4761
WIC	419-774-4560

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RETURN SERVICE REQUESTED