

OCTOBER FLU CLINICS

**Richland Public Health Walk-in Flu Shots
in the Corley Room (lower level, rear parking lot)**

Thursday, October 18, 4 p.m. to 7 p.m.

Thursday, October 25, 10 a.m. to 1 p.m.

Everyone age 6 months and older needs a flu shot!

Richland Public Health says everyone age 6 months and older needs an influenza (“flu”) vaccine. This recommendations follows Center for Disease Control and Prevention (CDC) guidelines.

Richland Public Health pricing for flu vaccine is \$36 if paying by cash or check. Prices may vary for adults age 65 and over who will receive a high dose flu vaccine. The Health Department accepts Anthem Blue Cross Blue Shield, CareSource, Humana, Medicare/Medicaid, Medical Mutual, Molina, Paramount, and United Healthcare. There are no copays when using these insurances for billing. Please bring your insurance card and a photo ID.

Flu is more dangerous for some people. Infants and young children, people 65 years of age and older, pregnant women, and people with certain health conditions or a weakened immune system are at greatest risk.

“Nobody likes to be sick. Getting the flu will cause you to miss work or school, along with your favorite activities,” Amy Schmidt, Director of Nursing at Richland Public Health, said. “You might also pass the flu on to your family, friends, or co-workers. Protect yourself and others. Get your flu shot.”

For additional information about influenza visit our website at richlandhealth.org, call our Flu Hotline at 419-774-4553, or talk with your pediatrician or family physician. For special home-bound services, call 419-774-4540.

We're No. 2! (In Deer-Vehicle Crashes)



Ohio drivers beware. Your risk of colliding with deer increases in October, according to officials at the Ohio Department of Public Safety (ODPS) and the Ohio State Highway Patrol (OSHP). The increased risk is partly due to the rise in reported deer-vehicle (D-V) crashes along with the fact that October through December is peak deer mating season in the Buckeye state.

According to ODPS 2017 Ohio Crash Facts, 18,426 deer-vehicle crashes were reported statewide last year, down by just 13 deer crashes from the 2016 total.

Seven deaths and 804 injuries were caused by Ohio D-V crashes in 2017. There were 17,615 property damage D-V crashes. Not all D-V crashes are reported so the property crash numbers are probably much higher.

Richland County was second among Ohio's 88 counties for D-V crashes. The four counties with the highest number of reported D-V crashes in 2017 were Stark (501), Richland (450), Clermont (444), and Trumbull (435).

“If there's a ‘Deer Crossing’ sign, pay attention,” said Reed Richmond, Health Educator at Richland Public Health and an instructor in the AARP senior driver refresher classes. “Those signs are there because they are posted in areas with high and active wildlife populations. Use caution, especially during these months and especially at dawn and at dusk when deer are most likely to be moving.”

National Health Observances for October: SIDS Awareness Month; Breast Cancer Awareness Month; Halloween Safety Month; **14-20:** Infection Prevention Week; **16-20:** Health Education Week; **Oct. 16:** World Food Day.



Hike For Health, Oct. 20

The Annual Fall Hike for Health is Saturday, **October 20** from 9 a.m. to 2 p.m. at **Malabar Farm State Park** (4050 Bromfield Road, Lucas, starting from the visitor center) and **Gorman Nature Center** (2295 Lexington Avenue, Mansfield, starting from the main building).

Experience the beauty of autumn in Ohio while hiking any of several marked trails at either location. Hikes are self-guided and on easy trails so everyone in the family can participate.

Because the **Hike for Health** is rain or shine, hikers are encouraged to wear appropriate hiking boots and clothing.

Before or after your hike, stop in either start location for **FREE** refreshments.

Call 419-774-4761 for more information about this fun family event.

PUBLIC HEALTH

Health services for people of all ages who are residents of Richland County. Services are provided through our on-site clinic, in the community and through our home visits.

Public Health Clinic	August	YTD
General Health (new, revisit)	0	346
Immunizations (includes TB)	538	2,110
Neighborhood Immunizations Visits	35	176
International Travel (visits/consults)	6	168
Nurses Appointments	9	46
Reproductive (inc. STI/HIV Testing)	2	48
Total Visits	555	2,718

For Clinic Appointments for child, adult, travel, and shingles vaccine. Call 419-774-4700. Walk-ins are welcome.

Public Health Nursing	August	YTD
BCMh (client visits)	15	226
Community Health Screenings	51	374
Influenza Vaccines (Flu Shots)	0	968
Lead Case Management	1	10
Newborn/Prenatal Home Visits	15	133
Referrals to Community Agencies	9	94
Cribettes distributed	2	37
School Nurses (student care YTD)	9	1,740

COMMUNICABLE DISEASE REPORT

Infectious Diseases (other than flu/sti)	53	277
Influenza (A & B)	0	634
Hospitalizations due to Influenza	0	249

Sexually Transmitted Infection

STI Positive Results	77	567
Chlamydia	59	403
Gonorrhea	18	162
Syphilis	0	2

WIC Services - August

New Participants	180
Recertifications	432
Other Contacts	568
Total Ashland & Richland Counties:	1,180



Halloween Safety Month

Nationally, more than 48 million children will be out trick-or-treating over the Halloween dates stretching from October 21 through October 31. Richland Public Health is releasing the following information to help inform families and keep kids out of the emergency room. Below are some facts to help make families more aware of Halloween Hazards and help keep everyone safe.

Walk Safely

- Cross the street at corners, using traffic signals and crosswalks.
- Look left, right and left again when crossing and keep looking as you cross.
- Put electronic devices down and keep heads up. Walk, don't run, across the street.
- Teach children to make eye contact with drivers before crossing in front of them.
- Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible.
- Watch for cars that are turning or backing up. Teach children to never dart out into the street or cross between parked cars.

Trick or Treat With an Adult

- Children under the age of 12 should not be alone at night without adult supervision. If kids are mature enough to be out without supervision, they should stick to familiar areas that are well lit and trick-or-treat in groups.

Keep Costumes Both Creative and Safe

- Decorate costumes and bags with reflective tape or stickers.
- Choose face paint and makeup whenever possible instead of masks, which can obstruct a child's vision.
- Have kids carry glow sticks or flashlights to help them see and be seen by drivers.
- Make sure costumes are the right size to prevent trips and falls.

Drive Carefully on Halloween

- Slow down and be especially alert in residential areas.
- Take extra time to look for kids at intersections and at curbs.
- Enter and exit driveways and alleys slowly and carefully.
- Drive slowly and turn your headlights on earlier in the day.

HALLOWEEN HUMOR

- Q:** Why did Dracula's mother give him cough medicine?
A: Because he was having a coffin fit.
Q: Why did the Dracula's lunch give him heartburn?
A: It was a stake sandwich.

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/Communications, 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*	August	YTD
Campgrounds	16	69
Food	308	2,082
Emergency Response	0	7
Environmental Health Administrative	0	3
Environmental Health Assessment	7	11
Environmental Health Other	0	13
Housing	0	4
Indoor Air Quality	9	39
Institutions	1	3
Nuisance, other	4	21
Plumbing - Commercial	278	1,876
Plumbing - Residential	157	801
Private Water Systems	78	635
Public Swimming Pools	69	211
Rabies	72	600
Schools	0	47
Sewage Treatment Systems	198	1,086
Solid Waste	58	246
Tattoo & Body Piercing Facilities	14	67
Vector Control	131	574
Totals All Contacts	1,400	8,394

*Inspections, investigations and consultations

PREVENT FALLS

STEADY U Ohio says: Leaves are supposed to fall, but people aren't.

Learn what you can do to #PreventFalls at www.steadyu.ohio.gov

There you'll find great tips like this one: "Avoid walking on leaves and other tree debris in walkways. Even the slightest moisture can make these things very slippery, and debris can hide tripping hazards beneath."

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.

	August	YTD
Total Births (all ages)	87	757
Births to Teens	3	68
Repeat Births*	60	502
	August	YTD
Total Deaths	83	820
Male	44	418
Female	39	402
Causes of Death		
Heart Related	28	292
Cancer	14	154
Lung Diseases	8	69
Alzheimers/Dementia	7	58
Accidents (drugs/falls/crashes)	1	37
Flu/Pneumonia	4	33
Strokes/CVA	4	28
Renal/Kidney	2	23
Suicides	1	10
Infant Mortality (see below)	0	5
Homicides	0	3
Deaths Pending Autopsy	3	12
Other (not listed above)	11	95

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

Infant Mortality: Richland County

August: 0 **Year To Date: 5**
 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

Richland Public Health is an equal opportunity employer/provider of services.

GET YOUR FLU IMMUNIZATION
at Richland Public Health Walk-in Clinics
OCTOBER 18 & 25
RETURN SERVICE REQUESTED

