

Winter Safety Tips

It's the most wonderful time of the year. Unless you have to work, drive, or walk in that winter stuff. But even if you love winter weather and playing in the snow, there are some precautions you should take to make sure you and others stay safe and healthy during the winter months. Richland Public Health has prepared an extensive list of Winter Safety Tips. **They are available on our website at richlandhealth.org or by calling 419-774-4726.**



The Winter Safety Tips have been gathered from a number of agencies including Ready Nation, Centers for Disease Control and Prevention, Ohio Emergency Management Authority, Ohio Department of Public Safety, Prevention Magazine, and the National Safety Council. Among the topics covered are Preparing for Winter Storms; Indoor (home) and Outdoor Safety; Hypothermia Dangers; Frostbite; Walking Workouts in Winter Weather; Winter Pedestrian Safety; and Driving in Winter Weather.

Richland Public Health is proud to have been designated a **Weather Ready Nation Ambassador** by the National Oceanic and Atmospheric Administration. Be prepared and stay safe.

Stay Healthy - Wash Your Hands

Richland Public Health urges everyone to **get a flu shot** during the month of December (**by walk-in or Clinic appointment: 419-774-4700**), but what other ways can you help keep healthy?

Believe it or not, scientists estimate that people are not washing their hands often or well enough and may transmit up to 80% of all infections by their hands.

From doorknobs to animals to food, harmful germs can live on almost everything. Frequent handwashing may be your single most important act to help stop the spread of infection and stay healthy.



The *Centers for Disease Control and Prevention* says:

1. Wet your hands under clean running water, turn off the tap, apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the back of your hands, between your fingers, and under your nails.
3. Scrub your hands for 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse hands well under clean, running water.
5. Dry hands using clean towel or air dry them.

Flu Shots Still Important

If you haven't gotten a flu shot yet, there is still time. Here's some enlightening information from the Centers for Disease Control and Prevention that might help you make up your mind:

- Annual epidemics of seasonal influenza typically occur in the United States between October and April.
- Persons of all age groups are susceptible to influenza.
- The highest rates of outpatient visits for influenza occurred among children aged 2 through 17 years.
- Complications, hospitalizations, and deaths from seasonal influenza are greatest among persons aged greater than 65 years, children aged less than 5 years (and particularly those aged less than 2 years), and persons of any age who have medical conditions that could increase risk for complications from influenza.
- Richland County has had **634 flu cases** and **249 hospitalizations** from complications from the flu from January through October this year (2018).

No one wants to be sick during the holidays. Call 419-774-4700 to schedule your seasonal flu shot at a time convenient for you.

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	October	YTD
General Health (new & revisits)	0	418
Immunizations (includes TB)	349	2,737
International Travel (visits/consults)	6	182
Nurses Appointments	5	56
Reproductive (inc. STI/HIV Testing)	4	59
Total Visits	361	3,552

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

Public Health Nursing	October	YTD
BCMh (client visits)	24	272
Community Health Screenings	67	490
Influenza Vaccines (Flu Shots)	586	1,554
Lead Case Management	0	10
Newborn/Prenatal Home Visits	29	180
Referrals to Community Agencies	26	165
Cribettes distributed	11	55
School Nurses (student care YTD)	665	2,844

COMMUNICABLE DISEASE REPORT

Infectious Diseases (other than flu/sti)	12	340
Influenza (A & B)	0	634
Hospitalizations due to Influenza	0	249
Sexually Transmitted Infection		
STI Positive Results	100	657
Chlamydia	81	484
Gonorrhea	19	169
HIV/AIDS	0	2
Syphilis	0	2

WIC Services - October

New Participants	163
Recertifications	391
Other Contacts	542
Total Ashland & Richland Counties:	1,096



National Health Observances for December: International AIDS Awareness Month; National Drunk and Drugged Driver Prevention Month; Safe Toy Buying Month; **December 2-8:** National Handwashing Awareness Week; **December 2-8:** National Influenza Vaccination Week.

Toy Safety Buying Tips

Christmas is a time especially for children, and for children this means toys. Each year, more than 3 billion toys and games are sold in the United States with 65 percent of these sales occurring between Thanksgiving and the day before Christmas. Although toys are fun and educational, they can be dangerous. Poorly designed and constructed toys, or toys that are inappropriate for your child's level of development can cause serious injury, and in some cases, death.



Richland Public Health and Safe Kids USA offer the following tips and suggestions:

- If there is an age warning, stick to the recommendation. Do not buy "older" toys for young children.
- Remember that young children may be especially vulnerable to choking on small parts and toys containing these should be avoided when buying for this group.

There are various things you can check on the toy:

- sharp edges or hidden spikes
- loose facial features, wheels, tires and other small parts: These should be securely fixed to the toy
- secure seams: if the stuffing accessible, a child could choke on it
- any cord on a pull along toy should be at least 1.5 mm thick
- any holes or gaps into which children could put their fingers and suffer harm from the mechanical parts inside
- brittle plastic which could shatter into small sharp pieces
- folding mechanisms: How much damage would they do if a child's finger were caught in them?

Richland Public Health cautions that items with painted surfaces may contain lead paint. Consumers should sign up to receive products recalls with the Consumer Product Safety Commission (www.cpsc.gov). For questions or concerns about lead paint in toys, call Environmental Health at Richland Public Health, 419-774-4520.

"Calm mind brings inner strength and self-confidence, so that's very important for good health."

Dalai Lama

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*	October	YTD
Campgrounds	1	76
Food	352	2,622
Emergency Preparedness	2	9
Housing	6	15
Indoor Air Quality	20	63
Institutions	0	4
Lead	0	19
Environmental Health Nuisance	5	26
Environmental Health Other	1	16
Plumbing - Commercial	276	2,290
Plumbing - Residential	153	1,028
Private Water Systems	101	799
Public Swimming Pools/Spas	40	260
Rabies	57	708
Schools	13	70
Sewage Treatment Systems	175	1,385
Site Assessment	3	19
Solid Waste	74	355
Tattoo & Body Piercing Facilities	6	81
Vector Control	35	677
Totals All Contacts	1,320	10,522

*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.

	October	YTD
Total Births (all ages)	118	970
Births to Teens	8	81
Repeat Births*	67	620
Total Deaths	85	905
Male	48	466
Female	37	439
Causes of Death		
Heart Related	27	348
Cancer	19	195
Lung Diseases	2	75
Alzheimers/Dementia	9	70
Accidents (drugs/falls/crashes)	1	41
Flu/Pneumonia	2	38
Strokes/CVA	5	37
Renal/Kidney	0	26
Suicides	1	12
Infant Mortality (see below)	1	6
Homicides	0	3
Deaths Pending Autopsy	0	16
Other (not listed above)	12	117

repeat births = 2nd or more live births

Birth & Death statistics include City of Shelby

Child Deaths in Richland County

For October: 1 **Year To Date: 6**

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 occurring outside of Richland County are not reflected in county death statistics. **KNOW the SAFE SLEEP ABCs: 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
Com Health & Prev Sci	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.
Call 419-774-4700 for appointments.
RETURN SERVICE REQUESTED

555 Lexington Avenue, Mansfield, OH 44907
Prevent. Promote. Protect.
Richland Public Health