





## From Health Commissioner Martin Tremmel

Richland Public Health (RPH) recommends everyone age 6 months and older get an influenza (“flu”) vaccine. This recommendation follows Center for Disease Control and Prevention (CDC) guidelines.

Flu vaccine is available on a walk-in basis at our Clinic. You may also limit any wait times by calling 419-774-4700 to schedule your flu shot.

Influenza is a contagious disease that spreads about the United States every year, usually between October and May. Flu is caused by influenza viruses and is spread mainly by coughing, sneezing, and close contact. Anyone can get the flu. Flu strikes suddenly and can last several days. Symptoms vary, but generally include: fever/chills, sore throat, muscle aches, fatigue, cough, headache, and

runny or stuffy nose.

There are so many good reasons to get your flu shot — but just consider these two examples:

- During 2016-2017, flu vaccinations nationwide prevented an estimated 5.3 million influenza illnesses, 2.6 million influenza-associated medical visits, and 85,000 influenza-associated hospitalizations.
- A 2018 study showed that among adults hospitalized with flu, vaccinated patients were 59 percent less likely to be admitted to the intensive care unit (ICU) than those who had not been vaccinated. Among adults in the ICU with flu, vaccinated patients on average spent 4 fewer days in the hospital than those who were not vaccinated.

Getting vaccinated also protects people around you, including those who are more vulnerable to serious flu illness, like babies, young children (grandchildren), older adults, and people with certain chronic health conditions.

Flu is not the only infectious disease making headlines. A massive measles outbreak is currently spreading through Europe — the largest such outbreak the continent has ever seen, according to the World Health Organization. Already, 72 individuals have died.

As of November, 142 individual cases of measles have been confirmed in 26 states and the District of Columbia. The biggest outbreak is in Rockland, New York, with 46 cases reported.

Meanwhile a rare, polio-like illness continues to occur across the United States, puzzling and concerning health officials who are investigating the mysterious condition.

So far this year, the Centers for Disease Control and Prevention (CDC) has reported a total of 72 confirmed cases of acute flaccid myelitis (AFM) in 24 states, including clusters in Minnesota, Pennsylvania and Colorado. 90% of confirmed diagnoses were in children younger than 18 years old. According to the CDC, the agency is investigating another 119 patients in connection with the disease.

While measles and AFM have not yet been detected in Ohio, rest assured that Richland Public Health and its public health partners across Ohio remain vigilant about these and other emerging health concerns in order to protect all of our Richland County citizens.

You can best help us by assuring that you and all your family members are up-to-date with their immunizations. Getting your flu shot is a big step in keeping everyone healthy. Oh ... and wash your hands. Simple handwashing decreases the spread of bacteria and viruses.

Yours in health,

Martin Tremmel, Health Commissioner

*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.*



**No one cares how much you know until they know how much you care.**  
*Theodore Roosevelt*

## 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](http://www.richlandhealth.org) or call 419-774-4500.*

	September	YTD
<b>Total Births (all ages)</b>	89	850
Births to Teens	9	78
Repeat Births*	51	553

	September	YTD
<b>Total Deaths</b>	85	905
Male	48	466
Female	37	439

Causes of Death		
Heart Related	29	321
Cancer	22	176
Lung Diseases	4	73
Alzheimers/Dementia	4	61
Accidents (drugs/falls/crashes)	3	40
Flu/Pneumonia	3	36
Strokes/CVA	3	32
Renal/Kidney	3	26
Suicides	1	11
Infant Mortality (see below)	0	5
Homicides	0	3
Deaths Pending Autopsy	4	16
Other (not listed above)	10	105

*repeat births = 2nd or more live births*

*Birth & Death statistics include City of Shelby*

### Infant Mortality: Richland County

**September: 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 ....	419-774-4772
WIC .....	419-774-4560

## 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*	September	YTD
Campgrounds	3	70
Food	188	2,634
Emergency Preparedness	0	10
Housing	5	12
Indoor Air Quality	3	43
Institutions	1	6
Lead	0	19
Environmental Health Nuisance	0	31
Environmental Health Other	2	65
Plumbing - Commercial	138	2,043
Plumbing - Residential	74	1,186
Private Water Systems	63	524
Public Swimming Pools/Spas	9	228
Rabies	51	561
Schools	10	103
Sewage Treatment Systems	124	804
Site Assessment	5	22
Solid Waste	35	243
Tattoo & Body Piercing Facilities	8	81
Vector Control	68	725
Totals All Contacts	787	9,410

*\*Inspections, investigations and consultations*

*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**

