



FREE Crib Program for Richland County Moms

Richland Public Health and partner agencies are distributing FREE cribs (called Cribettes) to Medicaid-eligible new mothers and mothers-to-be through funds provided by the Richland County Youth and Family Council.

Richland County Youth and Family Council is providing \$25,000 for the cribs, which will purchase approximately 300 Cribettes. Cribettes are compact cribs that easily fold out to full-size cribs to make a safe sleep environment for children from

newborn up to 30 pounds.

Using a crib for sleep has been shown to reduce infant mortality by decreasing the incidence of sudden infant death (SIDS) and accidental deaths such as overlay (accidentally smothering a child to death by rolling over them in sleep) and co-sleeping fatalities. The ABCs of safe sleep emphasize putting a child to sleep Alone, on their Back, and in a Crib.

Richland Public Health will be joined by partnering agencies in order to make the distribution of Cribettes easier for eligible mothers. Those agencies are: Catholic Charities; Child Development Center at North Central State College; Domestic Violence Shelter; Dr. Guimarães' Office, OB/GYN; Harmony House; Richland Pregnancy Services; Third Street Family Health Services; Third Street OB/GYN; WIC Offices at Richland Public Health; and Woman's Care.

For more information about the FREE Crib program, see the link at richlandhealth.org or contact Public Health Nursing, 419-774-4540.

In order to qualify for a FREE Cribette, which includes a Safe Sleep Survival Kit*, the recipient must be pregnant or have a child under one (1) year of age and 30 pounds, be a Richland County resident, have a Medicaid card, and sign a waiver form.

Public Health nurses at Richland Public Health also offer free Cribettes with the Safe Sleep Survival Kit to qualifying families through a newborn home visit. Through this program a public health nurse comes to your home to check on your baby and answers question you may have. Newborn home visits are available to any Richland County new mother. Call 419-774-4540 to request a newborn home visit.

For additional information about the Cribette distribution program, contact Public Health Nursing at Richland Public Health, 419-774-4540.

Health Information Kiosks at M/RC Libraries

Richland Public Health, through a grant provided by the National Network of Libraries of Medicine, is providing internet-connected Health Information Kiosks at all Mansfield/Richland County libraries.

The kiosks have internet-enabled Apple iPads in them that are pre-loaded to connect to National Institute of Health (NIH) websites.

For additional information call 419-774-4761.



Flu Shots Still Important

Is it a cold or the flu?

The flu and the common cold are both respiratory illnesses but they are caused by different viruses. Because these two types of illnesses have similar symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, the flu is worse than the common cold, and symptoms are more widespread and intense. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations. Flu can have very serious associated complications.

The symptoms of flu can include fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue (tiredness). Cold symptoms are usually milder than the symptoms of flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems.

Call 419-774-4700 to schedule your seasonal flu shot at a time convenient for you. Walk-ins are welcome, too.

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	November	YTD
General Health (new & revisits)	0	418
Immunizations (includes TB)	287	3,204
International Travel (visits/consults)	5	187
Nurses Appointments	3	59
Reproductive (inc. STI/HIV Testing)	0	59
Total Visits	295	3,927

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

Public Health Nursing	November	YTD
BCMh (client visits)	16	288
Community Health Screenings	61	551
Influenza Vaccines (Flu Shots)	107	1,661
Lead Case Mangement	0	10
Newborn/Prenatal Home Visits	40	220
Referrals to Community Agencies	206	371
Cribettes distributed	9	64
School Nurses (student care YTD)	413	3,257

COMMUNICABLE DISEASE REPORT

Infectious Diseases (other than flu/sti)	29	369
Influenza (A & B)	4	638
Hospitalizations due to Influenza	0	249

Sexually Transmitted Infection

STI Positive Results	65	722
Chlamydia	50	534
Gonorrhea	15	184
HIV/AIDS	0	2
Syphilis	0	2

WIC Services - Nov.

New Participants	135
Recertifications	335
Other Contacts	475
Total Ashland & Richland Counties:	945



National Health Observances for January: Radon Action Month; Cervical Health Awareness Month; Birth Defects Prevention Month; Glaucoma Awareness Month; **7-13:** Folic Acid Awareness Week; **22-27:** National Drug & Alcohol Facts Week. **21;** M.L. King, Jr. Day of Service (Community Service Day).

Dangers of Hypothermia

When cold weather strikes, Richland Public Health reminds Richland County residents to be aware of hypothermia (dangerously low body temperature).

Hypothermia occurs when more heat escapes from your body than your body can produce. Signs and symptoms of hypothermia may include gradual loss of mental and physical abilities. Severe hypothermia can lead to death.



For most people, hypothermia isn't a serious risk. Still, each year nearly 700 people in the United States die of hypothermia. Common causes are prolonged exposure to cold air or water temperatures.

When you're outdoors enjoying such activities as camping, hunting, ice fishing, and skiing, be aware of weather conditions and whether you or others with you are wet and cold. If you get cold and wet, move indoors and get warm and dry early — before you develop hypothermia.

Hypothermia usually occurs gradually. Often, people aren't aware that they need help, much less medical attention. Common signs to look for are **shivering**, which is your body's attempt to generate heat through muscle activity, and the **"-umbles"**: Stumbles, Mumbles, Fumbles, Grumbles. These behaviors may be a result of changes in consciousness and motor coordination caused by hypothermia. Other hypothermia symptoms may include: slurred speech; abnormally slow rate of breathing; cold, pale skin; fatigue, lethargy or apathy. **Persons exhibiting**

these symptoms need medical attention immediately.

Children and the elderly are at greatest risk. For more information, please see the story on our website at richlandhealth.org

Richland Walks in 3rd Year



Richland Walks is a FREE program designed to encourage walking in a safe, indoor location. Registered participants will receive structured mall walking resources, a log to keep track of their participation, and prizes.

Richland Mall is an attractive place for walkers of all ages and abilities. The Mall provides an indoor environment free from the dangers of traffic and can be used most days of the year regardless of weather. The Mall also provides level walking surfaces, benches for places to rest, drinking fountains, and public restrooms. See www.richlandmallshopping.com Call 419-529-5312 for more information.

The Richland Public Health "Health Report" is a monthly production of Community Health and Prevention Science. Suggestions and corrections, including mailing label corrections, are welcome. Call Reed Richmond, Health Educator, 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*	November	YTD
Campgrounds	1	77
Food	170	2,792
Emergency Preparedness	0	9
Housing	0	15
Indoor Air Quality	3	66
Institutions	0	4
Lead	0	19
Environmental Health Nuisance	0	26
Environmental Health Other	2	18
Plumbing - Commercial	213	2,503
Plumbing - Residential	89	1,117
Private Water Systems	79	878
Public Swimming Pools/Spas	6	266
Rabies	56	764
Schools	17	87
Sewage Treatment Systems	153	1,538
Site Assessment	1	20
Solid Waste	30	385
Tattoo & Body Piercing Facilities	2	83
Vector Control	13	690
Totals All Contacts	835	11,357

*Inspections, investigations and consultations



Love is not as important as good health. You cannot be in love if you're not healthy. You can't appreciate it.
Bryan Cranston

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.

	November	YTD
Total Births (all ages)	85	1055
Births to Teens	5	91
Repeat Births*	52	672
	November	YTD
Total Deaths	99	1085
Male	51	559
Female	48	526
Causes of Death		
Heart Related	29	379
Cancer	24	219
Lung Diseases	11	86
Alzheimers/Dementia	7	77
Accidents (drugs/falls/crashes)	2	50
Strokes/CVA	7	44
Flu/Pneumonia	1	39
Renal/Kidney	5	31
Suicides	0	16
Infant Mortality (see below)	0	6
Homicides	0	3
Deaths Pending Autopsy	4	9
Other (not listed above)	9	127

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

Child Deaths in Richland County

For November: 0 **For 2018 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. Science	419-774-4761
WIC	419-774-4560

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

RETURN SERVICE REQUESTED