Mosquitoes and Ticks bring disease menace

Spring rains combined with warmer weather make conditions favorable for mosquito breeding. Mosquitoes can breed in any standing water if it stays at least seven days.

“Our main focus is to reduce the risk of mosquito-borne disease,” Joe Harrod, Director of Environmental Health, said.

Richland Public Health officials are encouraging all Richland County residents to take precautions to protect yourself and your family from mosquito bites and to reduce mosquito breeding sites near your home:

• Recycle all unused tires or make sure they are not holding water. Each tire can become a breeding area for thousands of mosquitoes.
• Eliminate all water-holding containers, such as tin cans and unused flowerpots, from your property.
• Eliminate or drain water features or areas on your property where standing water lasts more than seven (7) days.
• Make sure all roof gutters are clean and drain properly.
• Clean and chlorinate pools, outdoor saunas and hot tubs. Keep them empty when not in use and drain water from pool covers.
• Change water in birdbaths weekly and check lawn decorations and rain barrels.
• Change water in kiddie pools regularly and eliminate standing water that collects around the edges of the pools.

Richland Public Health conducts mosquito trapping and surveillance to know what areas are experiencing increased exposure and to identify the types of mosquitoes present. In addition to trapping and surveillance, Richland Public Health conducts mosquito spraying, weather-permitting. During the active mosquito season, those spraying events are posted every Friday on the Richland Public Health website, Facebook and Twitter.

Along with mosquitoes, Richland County residents also have to be aware of ticks. Ticks are a health concern because they can transmit a variety of diseases including Lyme disease. There were 233 cases of Lyme disease in Ohio in 2017 (the latest year data is available), a five-fold increase in five years.

Lyme disease symptoms include fever, headache, fatigue and a characteristic skin rash called a “bull’s eye” rash. Lyme disease can be treated successfully with a few weeks of antibiotics. If left untreated, the infection can spread to the joints, heart and nervous system and cause lifelong health complications.

“People need to be particularly cautious and check for ticks on themselves or their clothing when returning from being in brush or forested areas,” said Harrod. “People who have cats and dogs that go outside need to check their pets for ticks when they return inside the house.”

Information on ticks and the various diseases they can spread is available on the Richland Public Health website, richlandhealth.org. There you can learn how to identify, prevent, and safely remove ticks.

See the pages for both mosquitoes and ticks under the Community listing in the “Find A Service” menu on the main page:

• https://richlandhealth.org/our-community/mosquitoes/
• https://richlandhealth.org/our-community/ticks/

Individuals who are traveling in Zika virus infected areas should strictly follow steps to prevent mosquito bites and seek immediate medical attention if sick after travel. For further information, please visit the Zika virus link on our website. Zika virus information is regularly updated on our website with information provided by the Center for Disease Control and Prevention (CDC).

National Health Observances JUNE: National Safety Month; Alzheimer’s & Brain Awareness Month; Fireworks Eye Safety and Cataract Awareness Month; Men’s Health Month; Migraine and Headache Awareness Month; June 10-16: Men’s Health Week; June 23-29: National Lightning Safety Awareness Week; June 2: Cancer Survivor’s Day; June 27: National HIV Testing Day.
Summer Health & Safety - Many Things to Consider

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 (or pets) in vehicles during the summer even for short periods of time.

**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.

**Picnics:** 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 override the need to keep everyone from getting ill. Have someone bring you picnic leftovers!

**Recreational Water Illnesses:** RWIs are caused by germs spread by swallowing, breathing in mists, 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.

**VITAL STATISTICS**

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

### April . . . YTD

<table>
<thead>
<tr>
<th>Total Births (all ages)</th>
<th>93 . . . 367</th>
</tr>
</thead>
<tbody>
<tr>
<td>Births to Teens</td>
<td>6 . . . 30</td>
</tr>
<tr>
<td>Repeat Births*</td>
<td>63 . . . 235</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Total Deaths</th>
<th>110 . . . 459</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>58 . . . 222</td>
</tr>
<tr>
<td>Female</td>
<td>52 . . . 237</td>
</tr>
</tbody>
</table>

### Causes of Death

- Heart Related: 37 . . . 156
- Cancer: 18 . . . 86
- Alzheimers/Dementia: 10 . . . 40
- Lung Diseases: 9 . . . 30
- Accidents (drug/falls/crashes): 2 . . . 24
- Flu/Pneumonia: 5 . . . 23
- Strokes/CVA: 6 . . . 19
- Renal/Kidney: 3 . . . 14
- Parkinson's Disease: 2 . . . 7
- Suicides: 0 . . . 2
- Homicides: 0 . . . 3
- Death Pending Autopsy: 3 . . . 3
- Other (not listed above): 15 . . . 49

*repeat births = 2nd or more live births

**Birth & Death statistics include City of Shelby**

**Infant Mortality:** Richland County

For April: 0

For 2019 to date: 3

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 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


WIC: 419-774-4560

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