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

Flu vaccines are FREE (no co-pay) when using participating insurances accepted by Richland Public Health. Please bring your insurance card and a photo ID. Richland Public Health cost for flu vaccine varies depending on age and type of vaccine used.

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 our Flu Hotline at 419-774-4553, or talk with your pediatrician or family physician.

Richland 3rd 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 thefact that October through December is peak deer mating season in the Buckeye state.

According to ODPS, 18,309 deer-vehicle (D-V) crashes were reported statewide last year, down by just 117 deer crashes from the 2017 total. Three deaths and 980 injuries were caused by Ohio D-V crashes in 2018. There were 17,483 property damage D-V crashes. Not all D-V crashes are reported so the Ohio Department of Public Safety does not report the total number of crashes.

Richland County was third among Ohio’s 88 counties for D-V crashes. The four counties with the highest number of reported D-V crashes in 2018 were Stark (488), Trumbull (431), Richland (429), and Hancock (425). “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 fall 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
- Health Literacy Month
- 13-19: Infection Prevention Week
- 21-25: Health Education Week
- Oct. 16: World Food Day

October Flu Clinics

Richland Public Health Walk-in Flu Vaccines

Thursday, October 24, 3 p.m. to 6 p.m.
at Fairhaven Hall, Richland County Fairgrounds

Wednesday, October 30, 3 p.m. to 6 p.m.
Corley Room, Richland Public Health

Everyone age 6 months and older needs a flu shot!
Nationally, more than 48 million children will be out trick-or-treating over the Halloween dates stretching from October 17 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.

What is Health Literacy Month About?
Studies consistently show that a significant number of people have problems reading, understanding, and acting on health information, and there are a number of reasons why. For one thing, health information is inherently complex, and health providers are not necessarily skilled communicators. Additionally, patients bring a wide range of learning needs to the healthcare experience. Basic literacy skills, language, age, disability, cultural context, and emotional responses can all affect the way people receive and process information — and the way people process information, in turn, has a direct impact on health outcomes and cost.

Halloween Humor
I threw a boomerang at a ghost. I knew it would come back to haunt me.

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.