Richland Public Health encourages all Richland County residents to get out and ride a bike for healthy exercise. Despite the COVID-19 pandemic, going for a bike ride is still encouraged and naturally maintains social distancing. In addition to the popular B&O Bike Trail, take advantage of the marked Mansfield Bike Loop. Here are some quick safety tips for bike users and drivers:

**Safety Tips for Bikers**

- Protect your head: Always wear a helmet.
- Make sure your bike is road-ready.
- Be visible: wear bright or fluorescent colors.
- Avoid biking at night.
- Ride on the right side of the road in a straight path.
- Know hand signals to indicate your intentions to drivers.
- Check for traffic: 70% of car-bike crashes occur at driveways or intersections.
- Obey the rules of the road (traffic laws).

**Safety Tips for Drivers**

- Protect your life: Always wear a seat belt.
- Be especially cautious around young bike users.
- Remember that bike users are entitled to the full lane. Slow down and stay behind until safe to pass.
- When passing a bike rider, give a three-foot safety cushion.
- Check for bikes: 70% of car-bike crashes occur at driveways or intersections.
- These same tips apply to driving around motorcycles.

**Coronavirus (COVID-19) Updates**

By the first of May, the coronavirus pandemic had produced more than 3.5 million cases worldwide. The respiratory virus has claimed more than 225,000 lives. The United States now has the dubious honor of the most cases (more than 1 million had tested positive as of May 1) and most deaths in the world (a stunning 60,000 in just nine weeks) from the virus that originated in Wuhan, China.

Ohio's public health system includes a team of local and state partners who perform daily monitoring of reportable diseases, including COVID-19. Richland Public Health's emergency preparedness team opened an Incident Command Center for a unified response as cases started in Richland County. Richland Public Health is working with local hospitals, urgent care facilities, physicians, the Richland County Emergency Management Authority, and Emergency Medical Services, as well as state and national partners to contain the spread of the virus.

This is a rapidly evolving and expanding health situation. Richland Public Health has several coronavirus information pages on its website (richlandhealth.org) and highly suggests the public rely on WHO (who.int), CDC (cdc.gov), and ODH (odh.ohio.gov) for updates and useful advice. Richland Public Health is also frequently updating its Facebook and Twitter feeds.

Some changes in operations at Richland Public Health will be in place for May and perhaps beyond. (1) WIC services are open, but please call the office before your appointment for instructions. Temporarily, you do not need to bring your infants or children to your WIC appointment. (2) The Clinic is operating for infant immunizations only. Call 419-774-4700. (3) Community Health Screenings and Neighborhood Immunizations have been suspended until further notice. (4) Please call Environmental Health about plumbing appointments: 419-774-4520.

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**National Health Observances MAY:**

**Senior Health & Fitness Day:** May 29

**Don't Fry Day:** May 12

**World Hand Hygiene Day:** May 12

**Stroke Awareness:** May 5

**Safety Awareness; Mental Health Month; High Blood Pressure Awareness:** May 5-10

**National Health Observances MAY:**

**World Hand Hygiene Day:** May 12

**May 12:**

**May 5-12:**

**May 10-15:**

**Safety Awareness; Mental Health Month; High Blood Pressure Awareness:** May 5-10

**National Health Observances MAY:**

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**PUBLIC HEALTH NURSING**

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 March YTD**

- Immunizations (visits/includes TB)...........136............458
- International Travel (visits/consults)...........3............19
- STI/HIV Testing........................................0............5
- Total Visits..............................................139............482

For Clinic Appointments for child, adult, travel, and shingles vaccine as well as flu shots: call 419-774-4700.

Walk-ins are welcome.

**Public Health Nursing March YTD**

- CMH (client visits).................................15............58
- Community Health Screenings.............42............162
- Influenza Vaccines (Fl Shots).................0............52
- Lead Case Management.........................0............2
- Newborn/Prenatal Home Visits..............16............86
- Cribs distributed.......................................14............24
- School Nurses (student care YTD)......217............925

**COMMUNICABLE DISEASE REPORT**

**Infectious Diseases (other than flu/other)**

- Influenza (A & B)......................................113............962
- Hospitalizations due to influenza..............26............91

**Sexually Transmitted Infection**

- STI Positive Results..............................62............192
- Chlamydia..................................46............137
- Gonorrhea......................................16............55
- Syphilis...........................................0............0
- HIV..............................................0............0

**WIC Services - March**

- New Participants.....................................180
- Recertifications....................................379
- Other Contacts......................................384

**Total Ashland & Richland Counties:**

943
Say NO Mosquitoes!

Richland Public Health’s mosquito messaging the next several months will be on eliminating mosquito breeding grounds before they have a chance to get their populations growing. For home owners, that means eliminating anywhere standing water may pool for seven days or more. In addition to being annoying, there’s the possibility of mosquito-borne diseases like West Nile virus.

To find out more about what you can do to say “NO” to mosquitoes, see our information page on our website: richlandhealth.org/our-community/mosquitoes.

When it becomes necessary, the web page above will also contain the weekly mosquito spraying schedule.

Look for Motorcycles

May is Motorcycle Safety Awareness Month. Look twice at intersections to check for motorcycles. Share the road.

In addition to being National Bike Month, May is also National Bike Helmet Safety Awareness Month. Makes sense, doesn’t it? Each year, $1,000 people are injured nationwide by not wearing a bike helmet. Since 2011, the Ohio AAP (American Academy of Pediatrics) has operated the Put a Lid on It! Campaign to promote Bike Helmet Safety Awareness and more than 57,000 helmets have been given out.

Richland Public Health has participated in the FREE bike helmet program for three years. This year’s distribution is pending due to the pandemic.