

It Takes a Community

to prevent, promote and protect!

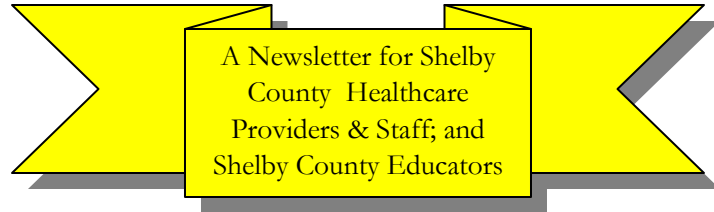
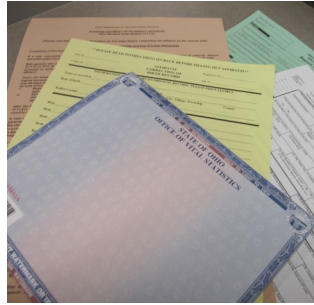
January 2012
Newsletter



Public Health
Prevent. Promote. Protect.

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A Newsletter for Shelby County Healthcare Providers & Staff; and Shelby County Educators

VITAL STATISTICS

Statewide Birth Certificate Issuance

Effective December, 2010, The Sidney-Shelby County Health Department gained access to the statewide birth record database maintained by the Ohio Department of Health. With the implementation of statewide access, individuals may obtain certified copies of an Ohio birth record from their local health department regardless of the county where the birth occurred. Participation by local health departments is optional and may not be available at every health department. Please see us for your next birth record.

New Days and Hours for Immunizations Effective January 4th 2012

New day and times are as follows:

1st and 3rd Wednesday, 1:30 P.M. to 3 P.M.

2nd and 4th Wednesday, 9 A.M. to 11 A.M. and 4 P.M. to 6 P.M.

For vaccine questions, hand-outs for patients, current updates & recommendations go to these dependable resources!

www.imunize.org

*

www.vaccineinformation.org

*

wwwnc.cdc.gov/travel/

***NEW REDESIGNED Web Site @
www.shelbycountyhealthdept.org***

Please check us out!

EXTREME

COLD

A Prevention Guide to Promote Your Personal Health and Safety



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION



Plan Ahead

Prepare for extremely cold weather every winter—it's always a possibility. There are steps you can take in advance for greater wintertime safety in your home and in your car.

Winter Survival Kit for Your Home

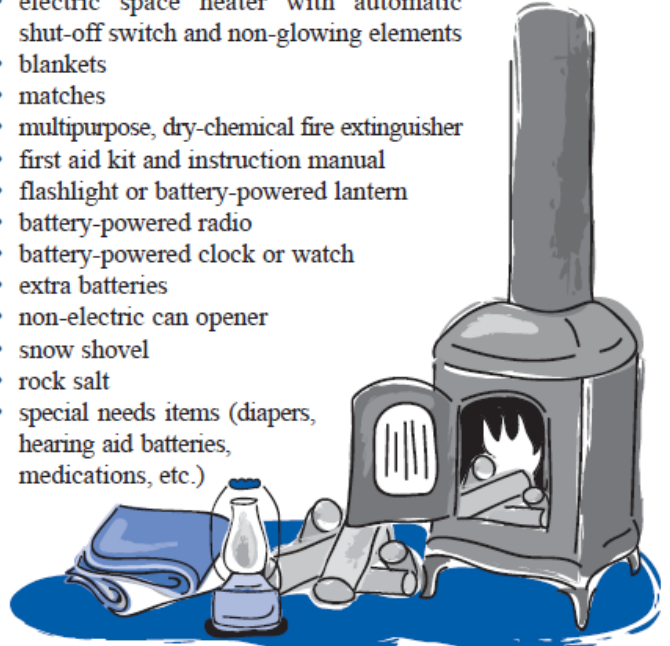
Keep several days' supply of these items:

- Food that needs no cooking or refrigeration, such as bread, crackers, cereal, canned foods, and dried fruits. Remember baby food and formula if you have young children.
- Water stored in clean containers, or purchased bottled water (5 gallons per person) in case your water pipes freeze and rupture.
- Medicines that any family member may need.

If your area is prone to long periods of cold temperatures, or if your home is isolated, stock additional amounts of food, water, and medicine.

Emergency Supplies List:

- an alternate way to heat your home during a power failure:
 - dry firewood for a fireplace or wood stove, or
 - kerosene for a kerosene heater
- furnace fuel (coal, propane, or oil)
- electric space heater with automatic shut-off switch and non-glowing elements
- blankets
- matches
- multipurpose, dry-chemical fire extinguisher
- first aid kit and instruction manual
- flashlight or battery-powered lantern
- battery-powered radio
- battery-powered clock or watch
- extra batteries
- non-electric can opener
- snow shovel
- rock salt
- special needs items (diapers, hearing aid batteries, medications, etc.)



Prepare Your Car for Winter

You can avoid many dangerous winter travel problems by planning ahead. Have maintenance service on your vehicle as often as the manufacturer recommends. In addition, every fall:

- Have the radiator system serviced, or check the antifreeze level yourself with an antifreeze tester. Add antifreeze, as needed.
- Replace windshield-wiper fluid with a wintertime mixture.
- Replace any worn tires, and check the air pressure in the tires.

During winter, keep the gas tank near full to help avoid ice in the tank and fuel lines.



Winter Survival Kit for Your Car

Equip your car with these items:

- blankets
- first aid kit
- a can and waterproof matches (to melt snow for water)
- windshield scraper
- booster cables
- road maps
- mobile phone
- compass
- tool kit
- paper towels
- bag of sand or cat litter (to pour on ice or snow for added traction)
- tow rope
- tire chains (in areas with heavy snow)
- collapsible shovel
- container of water and high-calorie canned or dried foods and a can opener
- flashlight and extra batteries
- canned compressed air with sealant (for emergency tire repair)
- brightly colored cloth for added traction

Stay Safe

How to prevent carbon monoxide (CO) exposure;

- **Do** have your heating system, water heater and any other gas, oil, or coal burning appliances serviced by a qualified technician every year.
- **Do** install a battery-operated CO detector in your home and check or replace the battery when you change the time on your clocks each spring and fall. If the detector sounds leave your home immediately and call 911.
- **Do** seek prompt medical attention if you suspect CO poisoning and are feeling dizzy, light-headed, or nauseous.
- **Don't** use a generator, charcoal grill, camp stove, or other gasoline or charcoal-burning device inside your home, basement, or garage or near a window.
- **Don't** run a car or truck inside a garage attached to your house, even if you leave the door open.
- **Don't** burn anything in a stove or fireplace that isn't vented.
- **Don't** heat your house with a gas oven.

Healthcare workers – Join the challenge!

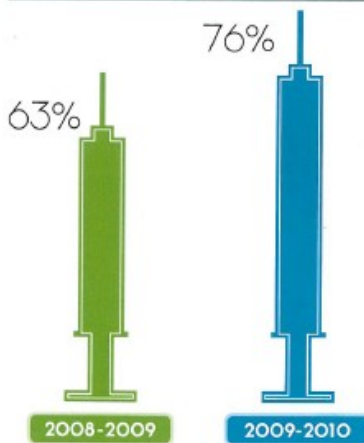
There has been an accelerated effort in recent years to increase the flu vaccination rates in the U.S. Perhaps the strongest plea has been to healthcare professionals—including some employee mandates to get the shot or lose your job. Healthcare workers (HWC) are, according to the CDC at a greater risk for getting and spreading the flu due simply to their patient contact. But despite these risks, immunization rates for HWC's haven't been much higher than the national numbers—until now.

The Flu Vaccine Challenge launched in 2008 by the Joint Commission Resources has made an impact nationwide in changing those numbers. 2008-2009 flu season increased from 43% to 63%; 2009-2010 vaccines increased from 63% to 76% among participating hospitals.

Find out how your healthcare facility can join the challenge at www.jcrrinc.com/fluchallenge



Making an Impact Flu Vaccination Challenge Results

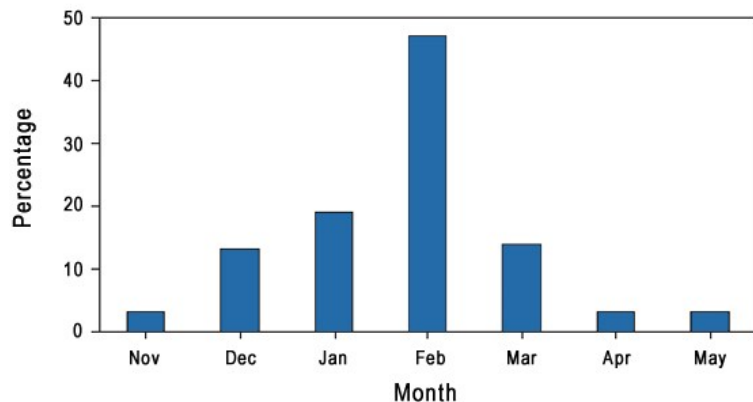


Why people say they don't get it

Other ways to protect myself	71%
Don't need a flu shot. I'm healthy.	69%
Vaccine gives you the flu.	62%
The shot only covers one virus.	62%
Vaccine may be harmful.	50%
The formula won't be right.	48%
Hand washing keeps me safe.	34%
Top 3 reasons people get it	
My doctor recommended a flu shot.	#1
To protect family.	#2
I don't want to be sick.	#3

Source: National Foundation for Infectious Diseases

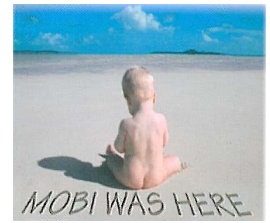
Summer 2011 63



MONTH OF PEAK INFLUENZA ACTIVITY 1975-PRESENT



Immunization rates continue to increase in Shelby County!



As you may have heard, the Center for Disease Control and Prevention (CDC), National Immunization Survey (NIS) 2010 indicates that roughly 76.2% of Ohio's children are immunized adequately by 24 months. Shelby County immunization rate for 2011 is 69.5%. This is an increase as previously reported in 2007 at 53%. Shannon Nagel, RN, Immunization Coordinator encourages physicians and their staff to utilize immunization resources offered by the Health Department to maximize services and protection for the children and families in our community.

The Assessment, Feedback, Incentive, and Exchange (AFIX) program is a simple process that offers an assessment of children 24-35 months. The assessment reports indicate immunization rates, drop-off rates, missed opportunities, and children who are missing doses. The feedback session provides a valuable opportunity for a practice to discuss/exchange quality improvement activities. Local and state incentives are offered. This program is completely confidential.



Immunization education and updates are key to vaccinating effectively. Maximizing Office Based Immunization (MOBI) is a free, one hour, educational program offered at the provider office. The latest information on new vaccines, schedules, misconceptions, and strategies to achieve timely immunizations are provided.



“Give Kids a Smile Day” February 3, 2012

Provided in collaboration with the Western Ohio Dental Association.

The top unmet health care need is dental care for children. The American Dental Association is sponsoring “Give Kids a Smile Day” program on February 3, 2012. Shelby County dentists have chosen to participate as well by treating a select group of children in need of dental care.



The child must meet the following guidelines in order to be selected to participate:

1. Have NO dental insurance
2. Is NOT on Medicaid
3. Have the sign-up form completed and returned to the school nurse
4. Identified by the school nurse through a dental visual screening
5. Second to 8th grade students only

Local dentists will be screening the students identified by the school nurse at Compassionate Care facility. If the child needs follow-up treatment, the local dentists have agreed to follow the child for treatment for the next 6 months at NO CHARGE. After the 6 months, the dentist has no obligation to continue treating the student.

The “Give Kids a Smile Day” will be February 3, 2012 at Compassionate Care facility located at 124 N. Ohio St., Sidney, Ohio. The visit requires an appointment.

For questions about an appointment or on the events of the day, call Lori Heins, R.N., Public Health Nurse at 937-498-7249.

The Western Ohio Dental Association is excited to be in partnership with the schools, Sidney-Shelby County Health Department and the parents of these students to help provide dental care.



Basic

Radon Facts

Radon is a cancer-causing, radioactive gas.

Radon is a naturally occurring radioactive gas released in rock, soil, and water from the natural decay of uranium. While levels in outdoor air pose a relatively low threat to human health, radon can accumulate to dangerous levels inside buildings. You can't see, smell, or taste it, but an elevated radon level in your home may be affecting the health of your family.

Exposure to radon is the second leading cause of lung cancer in the United States and the number one cause among non-smokers. The U.S. Environmental Protection Agency estimates that radon causes more than 20,000 lung cancer deaths in the country each year. Only smoking causes more lung cancer deaths. If you smoke and your home has radon, your risk of lung cancer can be higher.



Radon is found all over the United States.

Radon has been found in elevated levels in homes in every state. No area of the country is free from risk. Indeed, two homes right next to each other can have vastly different radon levels. Just because your neighbor's house does not have an elevated level of radon does not mean that your house will have a low radon level. The only way to know if your home is under the EPA action level of 4 pCi/L is to test.

High levels of radon in homes usually come from the surrounding soil. Radon gas enters through cracks and openings—such as sump pump lids and plumbing features—on the lower levels of your home. Hot spots include basements, first-floor rooms, and garages, but radon can be found anywhere in your house.

You should test for radon.

The U.S. Surgeon General recommends that all homes in the U.S. be tested for radon. Testing your house for radon is easy to do. If your house has a radon problem, you can take steps to fix it to protect yourself and your family.

The Sidney-Shelby County Health Department can provide radon test kits at no cost to you. Remember Winter is the time to test your home. Come to the health department to pick up your kit!



Public Health
Prevent. Promote. Protect.

**Sidney-Shelby
County Health
Department**
202 West Poplar St.
Sidney, Ohio 45365

Phone: 937-498-7249
Fax: 937-498-7013
E-mail: sschd@odh.ohio.gov

Check out our web site @

www.shelbycountyhealthdept.org

Hours; M-F
7:30 am to 4:00 pm

Do you have questions about:

- *Birth and Death Certificates* — Jenni St. Myers jenni.stmyers@odh.ohio.gov
- *Bureau for Children with Medical Handicaps (BCMh)* — Kathy Kipp, R.N. kathy.kipp@odh.ohio.gov
- *Environmental* — Kent Topp, R.S., Director of Environmental Health kent.topp@odh.ohio.gov
- *Emergency Preparedness* — Lou Ann Albers, R.N. louann.albers@odh.ohio.gov
- *Help Me Grow* — Ashley Schindewolf ashley.schindewolf@odh.ohio.gov
- *Immunizations* — Shannon Nagel, R.N. shannon.nagel@odh.ohio.gov
- *Nursing* — Margie Eilerman, R.N., Director of Nursing margie.eilerman@odh.ohio.gov
- *Reportable Diseases* — Deb Graham, R.N. deb.graham@odh.ohio.gov
- *Well Child Clinic; School Health* — Kathy Cavinder, R.N. kathy.cavinder@odh.ohio.gov
- *WIC- Tia Toner* tia.toner@odh.ohio.gov

Active Living

Maintaining a healthy weight can be accomplished through eating healthy and staying physically active. There are many ways to get 60 minutes of physical activity every day. Divide your daily routine into a few 10- to 15-minute activity breaks and you are on your way. Your kids should also be active throughout the day. Here are a few ideas to be more active — at work, school, home, and in your neighborhood.

Be Active at Work

- Walk during breaks or at lunchtime.
- Start a Walking Club.
- Take the stairs instead of the elevator or escalator.
- Ride your bike to work.
- Park your car farther away from the entrance and walk.
- Get on and off the bus a couple of blocks away from your work.

Be Active at School

- Ride bikes or walk to school with your child. Take turns with other parents and neighbors.
- Encourage your child to go outside and play during recess and lunch — jump rope, walk, run, or play kick-ball, basketball or soccer.

Be Active at Home

- Take family walks in the evening after dinner.
- Play with your kids — dance, jump rope, play tag or hide-and-go-seek.
- Dance to your favorite music.
- Plant a family garden and eat what you grow.
- Limit screen time to two hours or less each day. This includes TV, computers, and video games.
- Exercise while watching TV. Challenge family members to crunches and push-ups.
- Do stretches before bedtime. It may help you and your children relax and sleep better.

Be Active in your Neighborhood

- Walk, bike, or jog with a friend or family member. Find safe walking paths in your neighborhood.
- Plant a community garden. Take turns planting and harvesting with your neighbors.
- Check with your local school, [YMCA](#), Boys & Girls Club, or other community groups for low-cost or free after-school and summer programs.
- Find a local [farmers' market](#) and walk to buy your fresh fruits and vegetables.

