



WARREN COUNTY COMBINED HEALTH DISTRICT

Prevent-Promote-Protect



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NEWS & INFORMATION

Duane Stansbury, R.S., M.P.H.
Health Commissioner

www.wcchd.com

National Public Health Week

April 3-9

"The Healthiest
Nation in One
Generation."

The American Public Health Association along with other public health entities are rallying around a goal of making the U.S. the healthiest nation in one generation —by 2030.

Your Local Health Department also works daily towards this common goal.

WCCHD Vision:

"All members of our county are well and living in a healthy community."

WCCHD Mission:

"Working to build healthy communities everyday."

For more information on what programs and services WCHD offers as it strives towards promoting and protecting the health of its residents visit:
www.wcchd.com

Poultry and Salmonella

It's not unusual to see soft and cute baby poultry put on display in agricultural feed stores, especially during the spring. But most people do not realize that live poultry (chicks, chickens, ducks, ducklings, geese, turkeys) can be a source of human Salmonella infections, especially for children.

Since 1990, more than 35 outbreaks of human Salmonella infections associated with live poultry have been reported to the Centers for Disease Control and Prevention (CDC). When live baby poultry carry Salmonella they don't appear to be sick, but they can still spread the germs to people.

People can be exposed to Salmonella by holding, cuddling, or kissing the birds and by touching things where the birds live, such as cages or feed and water bowls.

Salmonella can make people sick with diarrhea, vomiting, fever, and/or abdominal cramps. Sometimes, people can become so sick from a Salmonella infection that they have to go to the hospital.

Young children, elderly persons, and those with weakened immune systems are more likely than others to develop severe illness. When this occurs, Salmonella may spread from the intestines

to the bloodstream and then to other body sites and can cause death unless the person is treated promptly with antibiotics.

How do people get Salmonella infections from live baby poultry?



Live poultry may have Salmonella germs in their droppings and on their bodies (feathers, feet, and beaks) even

when they appear healthy and clean. The germs can also get on cages, coops, and other things in the area where birds live and roam. Additionally, germs can be found on the hands, shoes, and clothing of those who handle the birds, or work or play in areas where birds live and roam. People become infected with Salmonella when they put their hands or other things that have been in contact with droppings in or around their mouth.

How do I reduce the risk of Salmonella infection from live baby poultry?

— Wash your hands thoroughly with soap and water right after touching live baby poultry or anything in the area where they live and roam. Use hand sanitizer if soap and water are not readily available.

— Adults should supervise hand washing for young children.

— Don't let children younger than 5 years of age handle or touch chicks, ducklings, or other live poultry.

— Don't snuggle or kiss the birds, touch your mouth, or eat or drink around live baby poultry.

— Don't let live baby poultry inside the house, in bathrooms, or especially in areas where food or drink is prepared, served, or stored, such as kitchens or outdoor patios. Keep live poultry outside.

— Don't eat or drink in the areas where the birds live or roam.

— Don't clean any equipment or materials associated with raising or caring for live poultry, such as cages or feed or water containers, inside the house.

— Don't give live baby poultry as gifts to young children.

For more information on Salmonella visit
www.cdc.gov/salmonella.

According to the *County Health Rankings* report,
Warren County is the healthiest county in SW Ohio
View the 2017 results at:

www.countyhealthrankings.org

Is Your Medicine Cabinet Putting You at Risk?

Modern medicine is helping people live longer, healthier lives than they did even 20 years ago. But as much as medications can help you manage your health risks, some prescription medications can increase your risk of falling by causing dizziness, drowsiness or numbness. They could also have other side effects that affect your balance and perception. You can avoid many risk factors that can lead to a fall and injury by being partners with your doctor and pharmacist and talking about your prescriptions. Remember to:

- Maintain a list of all the drugs you



take, including doses, frequency and prescribing doctor. Also include any over-the-counter medicines or supplements you take.

Bring the list with you to doctors' appointments and when you pick up prescriptions.

- Read the prescription label. If it says "may cause dizziness or drowsiness," or cautions against driving, ask

about the best time to take it to avoid falls. Ask your doctor about alternative treatments with less hazardous side effects.

- Take your medicine exactly as prescribed. Ask your doctor to

write detailed directions on how and when to take your medications.

- Talk to your doctor about changes to your eating habits, as well as how much caffeine and alcohol you consume, as these can affect how your medicines work.
- Ask your pharmacist about easier-to-read labels and instructions on your medicine containers if you have trouble reading warnings or directions. Your pharmacist can help select the best over-the-counter medications that only have the ingredients you need for your symptoms.

For more information visit www.steady.u.ohio.gov.

Prescription Drug Take Back Day—Saturday, April 29

The Substance Abuse Prevention Coalition of Warren County is collaborating with local law enforcement from Franklin and Lebanon Police Departments, and Hamilton and Clearcreek Townships for the annual Prescription Drug Take -Back Day.

The National Prescription Drug Take-Back Day aims to provide a safe, convenient, and responsible means of disposing prescription drugs, while also educating the general public about the potential for abuse of medications.

Bring expired and unused medications to a drop-off site listed in this article for proper disposal by law enforcement. No questions will be asked. Prescriptions drugs only. No needles, syringes, or liquids will be accepted.

For additional information on safe ways to dispose of medication visit www.fda.gov/ForConsumers/ConsumerUpdates/ucm101653.htm

Drop boxes will be available at the following locations:

Saturday, April 29th
10 a.m.—2 p.m.

Franklin Walmart
1275 E. 2nd St. Franklin, OH

Clearcreek Township Government Center

7593 Bunnell Hill Rd. Springboro, OH

Lebanon Kroger Marketplace
1425 Columbus Ave. Lebanon, OH

Hamilton Township PD
7780 S. St. Rt. 48 Maineville, OH



Home Health Aide Services

Home Health Aide Services are provided to Warren County residents who have a referral from their doctor and are homebound.

These services are provided 1-3 times a week in the privacy of your home by an STNA (State Tested Nursing Assistant). A Registered Nurse also makes regularly scheduled supervised visits.

The nursing staff at WCHD can help the patient and family by providing knowledge and skills necessary to provide in-home care in order to maintain loved ones in their own environment.

Home Health Aide services such as: assistance in bathing, washing hair, shaving, and helping the client get up and around are provided.

If you or a friend or relative are in need of these services call 513-695-1152 or visit our website at

www.wchd.com