



WARREN COUNTY COMBINED HEALTH DISTRICT

Prevent-Promote-Protect



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NEWS & INFORMATION

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Health Commissioner

www.wcchd.com

Stay Healthy While Swimming

CRIBS for Kids

Are You In Need Of A Crib?

If you do not have a safe place for your infant to sleep, WCCHD may be able to help.

Pack-n-Play portable cribs available to families that qualify.

Education and information on infant safe sleep provided.

Call 513-695-2475 to see if you are eligible for the program.

As the summer swim season approaches, adults and children will be flocking to local pools for fun in the sun and exercise. Not only is swimming a great way to have fun with family and friends, it's also a fun form of physical activity. Just 2.5 hours of water-based (or other forms of) physical activity per week have health benefits for everyone.



However, swimming, like any form of physical activity, is not risk-free.

While sunburn and injuries might be the most well-known health risks associated with swimming, diarrhea is another culprit — and outbreaks of diarrheal illness linked to swimming are on the rise.

That's why it's so important to stay out of the water if you have diarrhea. We all share the water we swim in, and we each need to do our part to help keep ourselves and our families and friends healthy. Just one diarrheal incident in the water can release enough germs such that swallowing a mouthful of the water can cause diarrhea lasting up to 2–3 weeks.

Many people think chlorine will kill germs in the water in-

stantly, but some germs can survive days in properly chlorinated pools. A diarrhea-causing germ called *Cryptosporidium* (or Crypto) can survive in an adequately chlorinated pool for more than 1 week.

Crypto has become the leading cause of disease outbreaks linked to swimming.

You can help

protect yourself and your family and friends from diarrheal illness by following a few simple and effective steps while at the pool this summer and year round:

1. Stay out of the water if you have diarrhea – swim diapers will not contain diarrhea if your child has an accident in the pool!
2. Don't poop in the water.
3. Don't swallow the water.
4. Do your part! Report it if you or your child has a diarrheal incident while swimming. Every hour—everyone out!
5. Take kids on bathroom breaks. Check diapers and change them in a bathroom or diaper changing area—not poolside—to keep germs away from the pool.

Healthy swimming is not just about the steps the pool operators, beach managers, and health departments take. We all need to do our part to help keep ourselves, our families, and friends healthy this summer and year round, to maximize the fun and health benefits of swimming.

DO YOU NEED A MAMMOGRAM?

The Jewish Hospital/Mercy Health mobile mammography van is coming to the Warren County Health District:

July 5, 2017

Call 513-686-3300 to schedule your appointment.

Mammograms are covered by most health plans. Financial assistance available to those who qualify.

For best coverage, please verify that Jewish Hospital/Marcy Health are in-network providers.

School Immunizations

Now is the time to beat the back-to-school rush for vaccination requirements and recommendations for your child.

Whether it is a kindergartener who needs required vaccinations to start school, your 7th or 12th grader who

needs the required Tdap or meningococcal vaccination or a college student who needs the recommended vaccinations before beginning college, now is a great time to get



your child's immunizations.

Immunization clinics tend to get very busy as the school year gets closer, so now is a great time to

schedule appointments to ensure your child is fully protected. Up-to-date immunizations pro-

mote disease prevention and wellness and many are required for entry into school.

A list of vaccinations required

for school admission and other important vaccines recommended for children are available on the WCHD website at:

www.wcchd.com/vaccinations.aspx

Make an appointment for your child now and avoid the back to school rush at the end of the summer. Clinic hours are available Monday-Friday 7:30 a.m. to 4:00 p.m. by appointment only. *Previous immunization record is required.* For an appointment please call 513-695-1468.

Sun Safety

Skin cancer is the most common type of cancer in the United States. Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. UV damage can also cause wrinkles and blotches or spots on your skin. The good news is that skin cancer can be prevented, and it can almost always be cured when it's found and treated early.

To lower your skin cancer risk, protect your skin from the sun and avoid indoor tanning. CDC recommends these easy options—

- Stay in the shade, especially during midday hours.
- Wear clothing that covers your arms and legs.
- Wear a hat with a wide brim.
- Wear sunglasses that block both UVA and UVB rays.
- Use sunscreen with SPF 30 or higher and both UVA and UVB protection. Check sunscreen

expiration dates prior to use. If it has expired, discard and purchase a new bottle of sunscreen.

- Avoid indoor tanning.

A change in your skin is the most common sign of skin cancer. This could be a new growth, a sore that doesn't heal, or a change in a mole. Not all skin cancers look the same.

A simple way to remember the signs of melanoma is to remember the A-B-C-D-Es of melanoma—

- “A” stands for asymmetrical. Does the mole or spot have an irregular shape with two parts that look very different?
- “B” stands for border. Is the border irregular or jagged?

- “C” is for color. Is the color uneven?
- “D” is for diameter. Is the mole or spot larger than the size of a pea?



- “E” is for evolving. Has the mole or spot changed during the past few weeks or months?

Talk to your doctor if you notice changes in your

skin such as a new growth, a sore that doesn't heal, a change in an old growth, or any of the A-B-C-D-Es of melanoma.

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