Prevent Blindness Ohio Program

The Warren County Health District continues to partner with Prevent Blindness Ohio to provide vision screenings for uninsured county residents who are in need and cannot afford the cost of eye examinations and eyeglasses.

Applications can be picked up at the health district at 416 S. East St. Lebanon

Monday-Friday from 7:30 a.m.-4:00p.m.

For more information or to see if you are eligible for this program, call 513-695-1468 or visit www.wcchd.com

Heart Health

Heart attacks are life-and-death emergencies — every second counts. Today heart attack victims can benefit from new medications and treatments unavailable to patients in years past. But to be effective, these drugs must be given relatively quickly after heart attack symptoms first appear. Some heart attacks are sudden and intense. But most heart attacks start slowly. Not all signs occur in every heart attack victim. Sometimes they go away and return. If any symptoms occur, get help fast! Often people wait too long before getting help. If you have any of the following symptoms or see someone that does, immediately call 9-1-1 or your emergency response number:

Chest Discomfort – Most heart attacks involve discomfort in the center of the chest that lasts a few minutes, or goes away and comes back. It feels like pressure, squeezing, fullness or pain.
Discomfort in other areas of the upper body – Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
Shortness of Breath – May occur with or without chest discomfort.
Other Signs – These may include breaking out in a cold sweat, nausea or lightheadedness.

If you or someone you're with has chest discomfort, especially with one or more of the previously listed signs, do not wait—call 9-1-1 immediately. For more information on heart attacks visit www.heart.org.

Human Trafficking

Human trafficking is one of the fastest growing criminal industries in the world. According to the International Labor Force, the money illegally acquired through human trafficking is estimated to be more than $35 billion.

Victims of human trafficking include children involved in the sex trade, adults age 18 or over who are coerced or deceived into commercial sex acts, and anyone forced into different forms of "labor or services," such as domestic workers held in a home, or farm-workers forced to labor against their will.

This illegal multi-million dollar industry has largely been hidden in the shadows, but human trafficking cases have been reported in rural, urban and suburban communities in all 50 states.

According to U.S. Federal Bureau of Information Crime Reports, Ohio has ranked as high as fifth among all states in total reported human trafficking cases, with Toledo being identified as the fourth highest ranking city in the nation for recruiting victims into the illegal trade.

To report activity you think may be related to human trafficking or to seek help, contact the National Human Trafficking Resource Center at 888-373-7888. This 24-hour hotline sends information directly to Ohio's local anti-trafficking coalitions. www.humantrafficking.ohio.gov

Have You Been Tested?

There are many symptoms of HIV/AIDS, but you can't rely on them to know whether you have HIV. The only way to know for sure if you are infected is to get tested.
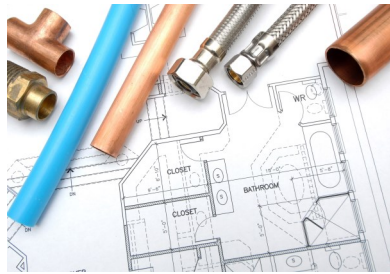
WCHD offers free, confidential HIV testing and counseling. Call 513-695-1263 to schedule an appointment.

For more testing site locations visit www.aids.gov or www.wcchd.com

WCHD Plumbing Division

The duties of the Plumbing Inspection Division of the Warren County Health District include plan review for new plumbing in commercial and residential buildings, inspection of the plumbing work through all phases of construction, and final approval of the plumbing work prior to occupancy.

The Plumbing Inspection Division is responsible for protecting the water supply by ensuring, through plan review and inspections, that the plumbing has no cross-connections or possibility of backflow. The plumbing inspectors are also responsible for ensuring the waste plumbing is properly vented and trapped so the plumbing safely carries waste away while causing no health problems.

The Warren County Health District employs State of Ohio Certified Plumbing Inspectors. By law, only State Certified Plumbing Inspectors can inspect plumbing work. The plumbing inspectors are responsible for plan review and inspection of all residential commercial plumbing work whether it is a remodel or new construction in Warren County.

In addition, to the aforementioned duties, the five plumbing inspectors provide technical consulting services to homeowners installing their own plumbing. They also work closely with the Environmental Health Division on plumbing related problems in restaurants and grocery stores.

For more information on the WCHD Plumbing Inspection Division visit our website at www.wcchd.com or call 513-695-1476.

Dental Emergencies—Are You Prepared?

Thousands of dental emergencies—from injuries to a painful, abscessed tooth—take place every day. Would you know what to do if your child broke a tooth or had a tooth knocked out while playing outdoors? What if you had a bad toothache in the middle of the night and couldn't get to the dentist until the next day? Knowing what to do can lessen the pain and save a tooth that might otherwise be lost.

Keep your dental office phone number and an emergency number where the dentist can be reached after hours with other emergency numbers, such as your family doctor, and fire and police departments. Some families post these numbers on the refrigerator or inside a kitchen cabinet door near the phone. Call the dentist immediately for instructions on how to handle a dental emergency.

Toothache: Rinse the mouth with warm water to clean it out. Gently use dental floss or an interdental cleaner to remove any food or other debris that may be caught between the teeth. Never put aspirin or any other painkiller against the gums near the aching tooth. This could burn gum tissue. If the toothache persists, try to see the dentist. Don't rely on painkillers. They may temporarily relieve pain but your dentist should evaluate the condition.

Knocked-out (avulsed) tooth: Try to find the tooth! This may not be as easy as you think if the injury took place on a playground, basketball court or while skateboarding, so try to stay calm. Hold the tooth by the crown and rinse the root in water if the tooth is dirty. Don't scrub it or remove any attached tissue fragments. If it's possible, gently insert and hold the tooth in its socket while you head to the dentist. If that's not possible, put the tooth in a cup of milk and bring it to the dentist. Time is critical for successful reimplantation, so try to get to your dentist immediately.

Broken tooth: Rinse your mouth with warm water to clean the area. Use cold compresses on the outside of the cheek to help reduce the swelling.

Tongue or lip bites or wounds: Clean the area gently with a clean cloth and apply cold compresses to reduce any swelling. If the bleeding can't be controlled, go to a hospital emergency room or clinic. You may able to reduce bleeding from the tongue by pulling it forward and using gauze to put pressure on the wound.

Objects caught between teeth: Try to gently remove the object with dental floss. Never use a sharp instrument to remove any object that is stuck between your teeth. If you can't dislodge the object with floss, contact your dentist.

Possible broken jaw: Apply cold compresses to control swelling. Get to the hospital emergency room immediately.

The offices of the Warren County Combined Health District will be closed Monday, February 19th in observance of Presidents' Day.