



WARREN COUNTY HEALTH DISTRICT

Prevent-Promote-Protect



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NEWS & INFORMATION

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Health Commissioner

*Did you
know.....*

**WCHD
offers**

**Food Safety
Training
for food
service
employees?**

***The next class
is March 13th.***

***Level 2:
ServSafe
Managers
Certification***

Visit our
website for
more infor-
mation on
registration
and class
dates/times.

www.warrenhd.com

Colorectal Cancer Awareness

March is Colorectal Cancer Awareness Month and the perfect time to get screened if you're over the age of fifty.

Among cancers that affect both men and women, colorectal cancer is the second leading cause of cancer deaths in the United States.

Every year, about 140,000 Americans are diagnosed with colorectal cancer,

and more than 50,000 people die from it. But this disease is highly preventable, by getting screened beginning at age fifty.



Getting tested can literally prevent cancer before it starts. Testing can identify problems and find growths before they become cancer. And if colon cancer is found early, you have a good chance of beating it with treatment.

You can reduce your risk of

colorectal cancer by eating right, maintaining an appropriate body weight, limiting consumption of alcohol and high-fat foods, and becoming more physically active. But of course, don't forget to also get tested for colon cancer!

If you are 50 or older, talk to your doctor about getting tested. For more information, contact the American Cancer Society at 1-800-ACS-2345 or visit

www.cancer.org

Television Tip Overs

No surprise here: nearly every home in the United States has at least one television. The average American spends more than 4 hours in front of one every day. Even with all these eyes on screens, parents and caregivers of young children often overlook one critical safety check: could your TV tip over?

Several years ago, research showed a big jump in the number of injuries reported from TVs tipping over. More concerning, these injuries aren't just bumps and bruises. Kids are dying at a rate of one every three weeks, and many more suffer serious head injuries and broken bones, all due to TV tip-overs.

Both flat-screen and cathode ray tube (CRT) TVs have risks. Flat-screen TVs tip over easily, and box-style CRT TVs are

heavy. TVs are often placed on top of furniture, like dressers, so if a child climbs the dresser and it tips over, the force of the falling TV can cause deadly injuries.

Good news, though! There are ways to reduce the chances that your children will suffer a TV tip-over injury. Start with these five tips:

- All TVs should be secured to the wall. Use safety straps or brackets for CRT TVs and wall mounts for flat-screen TVs.
- Place TVs only on furniture designed to support televisions, such as TV stands and entertainment centers. Dressers, armoires, and chests of

drawers are not safe places for a television.

- Secure TV stands and entertainment centers to the wall using safety straps or brackets.
- Do not place toys or the remote control on top of the furniture or the TV. Your child could climb the furniture to reach the item and cause the TV and furniture to tip over onto him.
- Make sure TVs are safely secured in other places your child spends time, like the homes of family, friends, and caregivers.

More information can be found at

www.preventchildinjury.org



Ozone Season

Ozone season begins for southwest Ohio and northern Kentucky on March 1. The Southwest Ohio Air Quality Agency's seven ozone monitors will be collecting data 24 hours a day. Ozone monitors are located throughout the four-county region of Butler, Clermont, Hamilton, and Warren counties.

Agency staff analyzes ozone concentrations and issues Air Quality Advisories when the ozone levels are forecasted to reach levels unhealthy for sensitive groups. An Air



Quality Advisory is a public service message that includes health-based recommendations for children, the elderly, and those with respiratory issues.

The Agency provides several valuable online tools to help residents track local air quality:

Air Quality Map: illustrates the Agency's monitoring network. Residents can click on a monitoring site and view a pop-up of that site's hourly air quality data. **Air Quality Concentration Charts:** this page provides the flexibility to view specific pollutants and/or monitoring sites

for the past 24 or 48 hours.

AirNow.gov: the Agency's air quality forecast is submitted to the U.S. EPA's national website. Residents can also find archived air quality maps and data.

For more information, residents may call the Air Quality Index phone recording at (513) 946-7753, visit SouthwestOhioAir.org or interact on [Facebook](https://www.facebook.com/SouthwestOhioAir) and [Twitter](https://twitter.com/SouthwestOhioAir).

The Southwest Ohio Air Quality Agency works with government agencies, businesses, communities and citizens to achieve and maintain healthy air quality for Southwest Ohio.

Leaching Lines During Wet Soil Conditions

If you are planning on building a home in Warren County that will utilize a septic tank/leaching tile field private sewage system, you should be aware that leaching lines cannot be installed under wet soil conditions.

The problem is that when the leaching trench is excavated under moist or wet soil conditions, the trench side-walls are smeared and glazed and the soil structure is destroyed. When this occurs, the already slow permeability available in our clay soils is diminished to the extent that the leaching field will fail.

Sewage system installers are prohibited from installing leaching lines during wet soil conditions and they know that their work will be disapproved should this occur. Because it is sometimes necessary for the home



to be occupied prior to soil conditions being acceptable for the installation of the leaching tile field, we will allow the owner of the newly constructed home to occupy the home utilizing the septic tank as a temporary holding tank.

This means the septic tank must be pumped out by a registered septage hauler when it fills up, which will happen about every two weeks. Needless to say, this can become quite expensive if the soil conditions remain wet for several months.

Builders and homeowners are urged to take advantage of suitable weather conditions and to get their sewage system installed as weather permits at the earliest opportunity to avoid excessive pumping costs.

If you have any questions regarding private sewage systems please contact the Environmental Health Division of the Warren County Combined Health District at 513-695-1220 or visit our website at www.wcchd.com.

Reminder to Spring Forward:

Daylight Savings Time Begins

Sunday March, 11th.

When you're moving your clocks forward this year, make sure to change the batteries in your smoke alarms and carbon monoxide (CO) alarms, too!

