



# WARREN COUNTY HEALTH DISTRICT

## Prevent-Promote-Protect



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## NEWS & INFORMATION

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Health Commissioner

[www.wcchd.com](http://www.wcchd.com)

### Skin Cancer Prevention Month

Skin cancer is the most common type of cancer in the U.S.

Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. UV damage can also cause wrinkles, 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*.

#### **Simple steps to protect your skin:**

Stay out of the sun between 10 a.m.—4 p.m.

Use sunscreen with SPF 15 or higher.

Put on sunscreen before going outside & every 2 hours and after you swim or sweat.

Cover up with long sleeves and a hat.

Check your skin regularly for changes

[www.cdc.gov/cancer/skin](http://www.cdc.gov/cancer/skin)

### **Tire Recycling Events**

WCHD collected over 1,400 tires at the recycle rally event held on April 28th in Waynesville.

The tire recycling events are held as a way to help residents properly dispose of old tires that can serve as mosquito breeding grounds when water builds up inside unused rimless tires and allows an area for mosquitoes to lay their eggs.



WCHD will be sponsoring two more tire recycling events in May/June with funding provided through the Ohio EPA's Mosquito Control Grant. The next event will be held on

May 19th from 9:00 a.m. to 2:00 p.m. at the Salem Township Fire Department located at 5270 E. US Route 22, Morrow, OH. The second event will be on June 23

from 9:00 a.m. to 2:00 p.m. at the Harlan Township Fire Department located at 9120 Morrow Rossburg Rd. Pleasant Plain, OH.

WCHD will be collecting scrap tires for recycling. There is not cost for the event however, please no businesses and no tires on rims. For more information visit our website at [www.warrenchd.com](http://www.warrenchd.com) or follow us on Facebook at [www.facebook.com/WCCHD.Ohio/](https://www.facebook.com/WCCHD.Ohio/)

### **Public Swimming Pool Inspection Program**

One of the Health Department's busiest programs during the summer months is our public swimming pool inspection program.

Our Environmental Health staff conduct monthly inspections of public swimming pools that operate in Warren County, Ohio. A public swimming pool is defined by the state health department as any indoor or outdoor pool that is intended to be used collectively for swimming, diving, or bathing; and when it is not a private residential pool intended for use by a family or their guests.

Warren County has such a large number of public swimming pools primarily because

of the number of communities and neighborhoods who have public swimming pools as an amenity to their residents. In 2017, our Environmental Health staff conducted 1705 inspections of our public swimming pools, checking items such as water quality parameters (chlorine and pH levels), safety equipment (ring buoy and reach poles) and if a lifeguard is present that they are qualified. The vast majority of these public swimming pools



are only open during the summer/early fall months but we do have some public swimming pools (indoor)

that operate all year round. For more information or if you

notice a problem with your public swimming pool, be it cloudiness, green water, etc., please contact our Environmental Health Division at 513-695-1220 or visit [www.warrenchd.com](http://www.warrenchd.com)

## Cribs for Kids Program

The Warren County Health District is an official Cribs for Kids partner agency and conducts safe sleep education to program participants and the community.

Parents and caregivers can reduce the risk of sleep-related deaths by following the ABC's of



infant safe sleep.

The safest way for your baby to sleep is: **A**lone, on his/her **B**ack, and in a **C**rib free of loose and/or soft bedding such as pillows, comforters, bumpers or stuffed animals.

If you need assistance in providing your infant a safe

place to sleep please, call the Warren County Health District's Cribs for Kids program. Portable cribs are available at no cost for eligible Warren and Clermont County residents. To see if you qualify for a portable crib, please call 513-695-2475 or visit [www.warrenchd.com](http://www.warrenchd.com)

## Lyme Disease

Lyme disease is an emerging disease in Ohio and cases have continued to increase over the past several years, from 45 in 2008 to 270 in 2017. This increase coincides with the spread and increase of the principal vector, *Ixodes scapularis* (blacklegged tick) throughout the state. Lyme disease can be contracted throughout most of the year when blacklegged tick adults and nymphs are active, but most cases occur in the late spring and summer when the nymphs are active.

### Here are a few tips to help prevent tick bites:

—Use Environmental Protection Agency (EPA) registered insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, or 2-undecanone. Always follow product instructions.

—Wear clothing treated with permethrin.

—Showers as soon as possible after spending time outdoors.



—Check for ticks daily. Ticks can hide under the armpits, behind the knees, in the hair and in the groin area.

—Tumble clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed.

If you develop a rash, fever, exhaustion, or joint and muscle aches within several weeks of removing tick or spending time in a tick habitat, see your healthcare provider. Be sure to mention your recent tick bite and when it happened, or that you've spent time in places where ticks might live. If left untreated, Lyme disease can affect the joints, heart and nervous system.

Antibiotics treat Lyme disease. People treated with antibiotics in the early stages of Lyme disease usually recover rapidly and completely.

For more information on Lyme disease visit [www.cdc.gov/lyme](http://www.cdc.gov/lyme)

**The Offices of the Warren County Health District will be closed on Monday, May 28th in Observance of the Memorial Day Holiday.**

