



WARREN COUNTY HEALTH DISTRICT

Prevent-Promote-Protect



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NEWS & INFORMATION

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Health Commissioner

www.wcchd.com

DO YOU NEED A MAMMOGRAM?

The Mercy Health mobile mammography van is coming to the Warren County Combined Health District:

**Thursday
July 10th**

Call 513-686-3300 to schedule your appointment.

Mammograms are covered by most health plans.

For best coverage, please verify that Mercy Health and The Jewish Hospital are in-network providers.

Financial Assistance available for those who qualify.

Beat the Back to School Rush—Vaccinate Now

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 grader who needs the required Tdap vaccination or a 12th grader who needs the required meningococcal vaccine, 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 promote 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.warrenchd.com

Make an appointment for your child now and avoid the back to school rush at the end of the summer. For an appointment please call 513-695-1468. *Previous immunization record is required.*

WCHD Prenatal Clinic

Getting early and regular prenatal care is one of the best ways to promote a healthy pregnancy. Prenatal care is more than just health care; it often includes education and counseling about how to handle different aspects of pregnancy, such as nutrition, physical activity, and what to expect from the birth itself.

Prenatal visits also give you and your family a chance to talk to your health care provider about any questions or concerns you have related to your pregnancy. Prenatal care can help keep you and your baby healthy. Doctors can spot health problems early when they see mothers regularly. This allows doctors to treat them early. Early treatment can cure many problems and prevent others.

Doctors also talk to pregnant

women about things they can do to give their unborn babies a healthy start to life. Women who see a health care provider have healthier babies, are less likely to deliver early, and are less likely to have other serious problems related to pregnancy.

The Warren County Health District offers a Prenatal Clinic that provides comprehensive prenatal and postpartum care. There is a registered nurse staffed Monday thru Friday while the physician clinic is held on Thursday afternoons at our office located at 416 S. East St., Lebanon.

Prenatal care consists of physical exams, routine laboratory tests, nutrition counseling and social consults. Clinic pa-

tients deliver at Bethesda North Hospital. Ohio Medicaid, most Medicaid managed care plans and contracted private insurance accepted. A sliding fee scale by income available for the uninsured.

The Warren County Health District also offers the

Cribs for Kids program as well as a car seat program which provides eligible families with a pack-n-play and/or a car seat if needed.

For more information visit our website at www.warrenchd.com or to schedule a prenatal clinic appointment call 513-695-1262.



Hepatitis A

The Ohio Department of Health (ODH) has declared a statewide community outbreak of hepatitis A after observing an increase in cases linked to certain risk factors since the beginning of 2018. Outbreaks of hepatitis A are occurring in several states across the U.S., including neighboring states of Indiana, Kentucky, Michigan and West Virginia.



Hepatitis A is a vaccine-preventable liver disease that usually spreads when a person ingests fecal matter - even in microscopic amounts - from contact with objects, food or drinks contaminated by the stool of an infected per-

son. Hepatitis A can also be spread from close personal contact with an infected person, such as through sex. People at increased risk for hepatitis A in this outbreak include:

- People with direct contact with individuals infected with the virus
- Men who have sex with men
- People who use street drugs whether they are injected or not
- People who are incarcerated
- People experiencing homelessness
- People who have traveled to other areas of the U.S. currently experiencing

outbreaks

Symptoms of hepatitis A include fatigue, low appetite, stomach pain, nausea, clay-colored stools and jaundice. People with hepatitis A can experience mild illness lasting a few weeks to severe illness lasting several months.

People who believe that they are at high risk for hepatitis A infection should contact their healthcare provider or the Warren County Health District for information about vaccination.

The Warren County Health District offers the Hepatitis A vaccine. To schedule an appointment call 513-695-1468.

Stay Healthy at The County Fair

It's county fair season and people are coming out to join in the summer festivities. It is also a time to be cautious of germs and foodborne illnesses that can make us sick.

Animal exhibits at the fair are a big attraction for people of all ages. We get to see cows, horses, goats, bunnies, chickens, and more; petting and feeding them right from our hands. Unfortunately, this activity has the potential



to make us very sick. Animals can carry harmful germs that can pass to humans and cause diseases. Illnesses can range from minor skin rashes to serious infections.

So what should you do to prevent illness? The Centers for Disease Control and Prevention (CDC) has some tips:

Wash Your Hands Often If You Visit an Animal Exhibit

- Find out where handwashing stations are located.
- Always wash your hands right after petting animals or touching anything where the animal is housed.
- Wash your hands when you leave

animal areas, even if you did not touch the animals.

- Running water and soap are best. If running water and soap are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Wash your hands with soap and water as soon as a sink is available.

Eat and Drink Safely

- Keep food and drinks out of animal areas, for example, where they live and eat.
- Food should not be prepared, served, or eaten in areas where animals live and eat (with the exception of service animals, or animals that assist people with disabilities).
- Don't eat or drink raw (unpasteurized) products made or sold at animal exhibits, including milk, cheese, cider, and juice.
- Don't share your food with animals, to avoid picking up any germs from the animals and to make sure animals eat the right foods. Animals should

eat the food made for them.

- Wash your hands before preparing food or drinks and before eating and drinking.

Keep Children Safe Around Animals

- Children younger than 5 years always need adult supervision in animal areas.
- Never allow children to put their thumbs, fingers, or objects (for example: pacifiers) in their mouths when they're around animals or in an animal area, such as an empty livestock barn.
- Encourage and supervise hand washing.
- Do not take or use strollers, bottles, pacifiers, spill-proof cups, or toys into animal areas.

**Have Fun, Stay Healthy
&**

**Visit the WCHD Booth at
the Warren County Fair
July 16-21!**