



# WARREN COUNTY HEALTH DISTRICT

## Prevent-Promote-Protect



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### NEWS & INFORMATION

Duane Stansbury, R.S., M.P.H.  
Health Commissioner

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

### National Preparedness Month

**Warren County Fall Community Shred & Electronics Recycling Event**

**Saturday Sept. 22**  
10:00 a.m.—  
1:00 p.m.

406 Justice Dr.  
Lebanon, OH

**For more info call**  
513-695-1815 or  
513-6951210

Shredding is sponsored by WC Records Center and Royal Document Destruction

Electronics Recycling Sponsored by Warren County Solid Waste and Cohen Recycling

Disasters don't plan ahead but you can! September is National Preparedness Month. This year, we are asking that you take action *now*. Make a plan with your community, your family, and for your pets. It can be as simple as a conversation over dinner. Plan how you will communicate with



loved ones during an emergency, create a fire escape plan, and most importantly, *practice* your plan. Make the plan easy to understand and execute during dire circumstances.

Also, never forget that your community needs you. Managing a disaster response cannot happen without the assistance of brave volunteers who have a drive to serve their community.

WCHD is home to the Warren County chapter of the Tristate Medical Reserve Corps. The Tristate Medical Reserve Corps (TMRC) is a volunteer group that brings health professionals and others together to support local public health and emergency medical services.

The TMRC includes representatives from 3 states - Ohio, Kentucky, and Indiana - and includes members from 21 counties.

The Warren County MRC needs credentialed doctors, nurses, pharmacists, dentists, and allied health professionals to help ensure that we can meet the demand for medical professionals during a time of crisis. You can

make a difference by joining the Medical Reserve Corps by signing up at [www.ohioresponds.odh.ohio.gov/](http://www.ohioresponds.odh.ohio.gov/).

Any preparation for emergencies begins with ensuring your family's needs are taken care of first. Without taking care of your loved ones, you will not be able to take care of your neighbors. During this National Preparedness Month take a pledge to make plan, start a kit, and find a way to support your community. Together, we can continue to ensure that Warren County is resilient to all hazards. For more information on emergency preparedness visit [www.warrenchd.com/emergency-preparedness](http://www.warrenchd.com/emergency-preparedness) or [www.ready.gov](http://www.ready.gov)

### Start A Compost Pile

Composting is both a practical and easy way to handle yard wastes. It is cheaper than bagging these wastes and paying to have them removed.

Leaves, grass clippings, sawdust, wood ashes, fruit and vegetable peelings, egg shells, and coffee grounds are all excellent compost "raw materials". **Do not add** dog droppings, cat litter box wastes, bones, fatty

food scraps such as cheese, meats, or cooking oils. These types of wastes will attract pests (rodents, flies), create a greater potential for odors, and they are extremely slow to decompose into compost.



A properly constructed and maintained compost pile will not create an odor nor attract pests. There are numerous "How To" books in your local library on

composting or you can visit [www.epa.gov/recycle/composting-home](http://www.epa.gov/recycle/composting-home)

Do your part to recycle your food scraps and yard wastes. Your flowers and trees will benefit from the addition of compost to the soil and you will be doing your part to reduce the amount of waste going to sanitary landfills.

## Flu Shots

The Centers for Disease Control and the Warren County Health District recommend a yearly flu vaccine as the first and most important step in protecting against flu viruses.

**The Warren County Health District is currently offering flu shots to individuals 6 months of age and older, by appointment.**

Please call 513-695-1229 to schedule your appointment. Flu shots are \$25.00. Private Insurance



(excluding United Health Care), Medicaid, most Medicaid Managed Care Plans and Medicare accepted. Keep in mind that there are everyday actions that can help prevent the spread of viruses that cause respiratory illnesses like the flu. Take these steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

- Wash your hands often with soap and water, especially after you cough or sneeze and before eating. Alcohol-based hand cleaners are also effective.
- Try to avoid close contact with sick people.
- If you get sick with influenza, stay home from work or school and limit contact with others to keep from infecting them. Avoid touching your eyes, nose or mouth. Contact your medical provider if symptoms become severe or worsen.

## West Nile Virus

The Warren County Health District (WCHD), in cooperation with the Ohio Department of Health, has identified 29 positive West Nile virus samples during the mosquito trapping season as of August 10, 2018.

Additionally, there have been 429,516 mosquitoes submitted and 1,498 positive West Nile virus sample pools found statewide.

As youth sporting events begin it's important that participants and spectators alike take proper precautions to avoid being bitten by mosquitoes.

These precautions include wearing long sleeves and applying an Environmental Protection Agency (EPA) – registered mosquito repellent to reduce the likelihood of a bite. Spaces with the potential for large crowds such as parks, sports stadiums, and concert venues may require extra measures to reduce the likelihood of mosquitoes by routinely emptying out trash containers and removing other features (rimless tires, areas with low elevation, refuse, etc.) that could serve as sites for water to accumulate.

West Nile virus can cause potentially serious illness and is present in many counties in Ohio, including Warren County.

The WCHD remains proactive in treating standing water in public areas with an environmentally safe larvicide and by trapping mosquitoes and having them tested by the Ohio Department of Health for the presence of WNV. The public can minimize the number of mosquitoes and reduce their risk of being bitten by following the tips below:

- Make sure that doors and windows have tight-fitting screens.
- Repair or replace all torn screens in your home.
- Remove all discarded tires from your property.
- Dispose of tin cans, plastic containers, ceramic pots, or similar water-holding containers.
- Make sure roof gutters drain properly. Clean clogged gutters in the spring and fall.
- Clean and chlorinate swimming pools, outdoor saunas and hot tubs. Keep empty and covered when not in use. Drain water from pool covers.
- Change the water in bird baths at least once a week.
- Turn over plastic wading pools,



and wheelbarrows, etc. when not in use.

- Clean ditches of obstructions so they drain properly.
- Eliminate any standing water that collects on your property.
  - Check trees for cavities that hold water and fill them with soil, gravel, or sand.
  - Remind or help neighbors to eliminate breeding sites on their properties.
- Use insect repellent containing DEET at a concentration of at least 30% and follow the label directions.

An interactive map of the areas of the county that have had pools of mosquitoes test positive for West Nile Virus in Warren County is available at <http://warrenchd.com/environmental/mosquito-surveillance>.

For more information, please visit our website at [www.warrenchd.com](http://www.warrenchd.com) or our Facebook page at [www.facebook.com/WCCHD.Ohio](http://www.facebook.com/WCCHD.Ohio).