



**Warren County
Health District
Newsletter**

If you would like an electronic version of this newsletter emailed to your home or business please email:

ahabermehl@wcchd.com

The monthly newsletter is also available on our website at www.warrenchd.com.

The offices of the Warren County Health District will be closed Monday, January 21st in observance of Martin Luther King Day.

Flu Prevention

It's that time of the year, flu season. The good news is there are steps you can take to help keep you and your family healthy. Follow these steps to help prevent the flu:

Get Vaccinated

The single best way to prevent the flu is to get a flu vaccine each season. The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season. To schedule an appointment for a flu shot at WCHD call 513-695-1229.

Avoid close contact.

Avoid close contact with people

who are sick. When you are sick, keep your distance from others to protect them from getting sick too.



Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching

your illness.

Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

Clean your hands.

Washing your hands often will help protect you from germs.

Avoid touching your eyes, nose or mouth.

Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. A person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or nose.

Clean and disinfect surfaces or objects.

Cleaning and disinfecting surfaces and objects that may be contaminated with germs like the flu can help slow the spread of influenza.

For more information on the flu or for more flu prevention information visit

Car Seat Program

One of the important jobs we have as parents is keeping our children safe when riding in a vehicle. Each year, thousands of young children are killed or injured in car



crashes. Proper use of car safety seats helps keep children safe.

WCHD partners with the Ohio Department of Health for the Ohio Buckles Buckeyes (OBB) program.

The OBB program provides child safety seats and booster seats to eli-

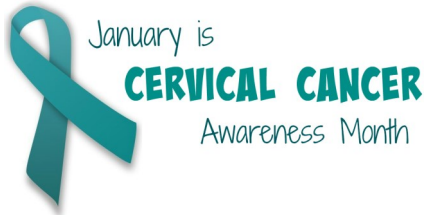
gible, low-income families throughout Ohio.

Warren County residents who are in need of a car seat for their child can receive a free car seat and education through WCHD.

For more information or to see if you are qualify for the program call 513-695-1272.

Cervical Cancer Awareness

January is Cervical Health Awareness Month, and WCHD wants you to know that there's a lot you can do to prevent cervical cancer. Each year, more than 11,000 women in the United States get cervical cancer.



HPV (human papillomavirus) is a very common infection that spreads through sexual activity, and it causes almost all cases of cervical cancer. About 79 million Americans currently have HPV, but many peo-

ple with HPV don't know they are infected.

The good news?

- The HPV vaccine (shot) can prevent HPV.
- Cervical cancer can often be prevented with regular screening tests and

follow-up care.

In honor of National Cervical Health Awareness Month, **WCHD** encourages:

- Women to start getting regular cervical cancer screenings at age 21.

The Reproductive Health Clinic offers comprehensive women's health services for un/under insured women. For an appointment or more information please call 513-695-1263

- Parents to make sure pre-teens get the HPV vaccine at age 11 or 12

Teens and young adults also need to get the HPV vaccine if they didn't get it as pre-teens. Women up to age 26 and men up to age 21 can still get the vaccine. WCHD offers the HPV vaccine. To schedule an appointment at WCHD call 513-695-1468.

Reproductive Health: Liletta 5 Year Contraceptive Offered

The Warren County Health District's Reproductive Health and Wellness clinic offers services to ensure affordable comprehensive healthcare to Warren County and the surrounding counties for good health promotion and disease prevention. A staff of



physicians, nurses, nutritionists and social workers provide quality care to women who are uninsured or under-insured. Sliding fee scale determined by income for the uninsured or the under-insured. Private insurance, Medicaid and most Managed Care plans accepted. Services include comprehensive physical exams, pap smears, breast exams, birth control, related laboratory testing/procedures, counseling and referrals, STD testing and education and pregnancy testing.

Most recently, in regards to birth control, WCHD would like to share that Liletta, a hormone-releasing intra-uterine device (IUD) is available through the WCHD Reproductive Health Clinic.

Liletta is a safe, long acting and reversible contraceptive option that prevents pregnancy for as

long as you want for up to *five years*. Most insurances are accepted or for those without insurance, WCHD offers the Liletta for \$50.00. WCHD wants to continue to expand access to affordable, quality family planning methods to women. To schedule an appointment at the WCHD Reproductive Health Clinic please call 513-695-1263 or for more information on Liletta or other birth control options offered at WCHD please visit www.warrenchd.com.

Crisis Text Line

A free 24/7, confidential, statewide text line for people in crisis.

Ohio resident who need help coping with a crisis can now text the keyword **"4hope"** to **741741** to be connected to a crisis counselor.

On average, Ohio loses between 1,200-1,500 people annually to suicide. While the state's suicide rate dropped last year to its lowest point in more than a decade, it still accounted for 10.8 deaths per 100,000 people

For more information on what Ohio is doing to prevent suicides, visit

www.mha.ohio.gov/suicideprevention