



### What Can I Put In My Recycling Cart?



#### Please recycle these items:

- Plastic Bottles & Jugs
- Glass Bottles & Jars
- Metal Cans
- Cartons
- Paper & Cardboard

#### **SPOTLIGHT** on

#### *Paper & Cardboard*

#### Please recycle:

- Office Paper, Newspapers, Magazines, Cereal Boxes, Cardboard, Phone Books, Junk mail & Envelopes



*This message is from the Solid Waste Management District*

513-695-1210

## Tobacco Product Use Among Youth

Tobacco product use among US youth is increasing. More than 1 in 4 high school students and about 1 in 14 middle school students in 2018 had used a tobacco product in the past 30 days.

This was a considerable increase from 2017, which was driven by an increase in e-cigarette use.

E-cigarette use increased from 11.7% to 20.8% among high school students and from 3.3% to 4.9% among middle school students from 2017 to 2018. No change was found in the use of

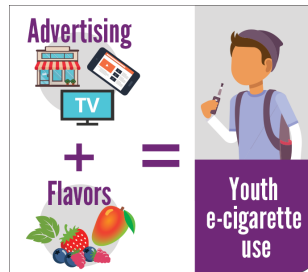
other tobacco products, including cigarettes, during this time.

#### Among youth:

- E-cigarettes are still the most commonly used tobacco product, ahead of cigarettes, cigars, smokeless tobacco, hookah, and pipes.
- E-cigarettes are the most commonly used product in combination with other tobacco products.

What's the Bottom Line on the Risks of E-cigarettes for Kids, Teens, and Young Adults?

- The use of e-cigarettes is unsafe for kids, teens, and young



adults. Most e-cigarettes contain nicotine. Nicotine is highly addictive and can harm adolescent brain development, which continues into the early to mid-20s.

- E-cigarettes can contain other harmful substances besides nicotine.
- Young people who use e-cigarettes may be more likely to smoke cigarettes in the future.

For more information, prevention tips or to read the full Centers for Disease Control report on Tobacco Use by Youth visit:

[www.cdc.gov/vitalsigns/youth-tobacco-use/index.html](http://www.cdc.gov/vitalsigns/youth-tobacco-use/index.html)

## Flu Activity Increasing

Influenza (flu) cases are increasing in Warren County and flu is currently widespread throughout Ohio.

An annual seasonal flu vaccine is the single best way to help protect against the flu.

It's not too late to get a flu shot. The Centers for Disease Control and Prevention recommend that everyone 6 months old and older get one as the best protection against seasonable flu viruses. It takes about two weeks for a flu shot to take full effect.

Influenza is a potentially serious disease that can lead to hospitalization and sometimes even death. Flu can lead to missed work or school. Some people,

such as older people, young children, pregnant women and people with certain health conditions (e.g., asthma, chronic lung disease, diabetes, heart disease, weakened immune system) are at high risk of serious flu complications.

Flu symptoms can include fever, cough, sore throat, body aches, headache, chills and fatigue. Although most people fully recover from the flu, some experience severe illness like pneumonia and respiratory failure, and the flu can

sometimes be fatal. People who think that they may have the flu and are pregnant, have an underlying medical condition or

who are extremely ill should contact their healthcare provider immediately.

In addition to a flu shot, you can help prevent the spread of flu by washing your hands, covering your cough

and staying home when you are sick.

If you need a flu shot, WCHD still has vaccine available. Call 513-695-2428 to schedule an appointment.



## Colon Cancer Awareness

March is Colorectal Cancer Awareness Month and the perfect time to get screened if you're over the age of 50. 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 50.

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 a healthy diet, 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 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](http://www.cancer.org).

## Make Your Kitchen A Fall-Free Zone

The kitchen is the heart of the home. Hanging out, relaxing and cooking for yourself or loved ones is something that people of all ages like to do, especially older adults who have a background or passion for cooking. However, as we get older, a kitchen that used to meet our needs may need some adjustments to ensure we can safely continue cooking and enjoying meals.

A few simple changes can help make your kitchen a safe place:

**Rearrange:** Make sure the ingredients, equipment and dishes that you use most often are in easily accessible locations. Store frequently used items at waist level to minimize bending and reaching.

**Make it easy:** Make sure all cabinets and drawers are easy to open and close.

**Step up safely:** Invest in a sturdy

step stool with a hand rail to access out-of-reach items. Never climb on a chair, table or stool not designed for climbing.

**Take a seat:** Have a stool or chair in the kitchen for resting while you cook to prevent fatigue or loss of balance.

**Add a mat:** Add non-slip mats with beveled edges to areas that might become wet,

such as in front of the sink and the dishwasher.

**Use smaller containers:** Divide products from large containers into smaller and lighter containers that are easier to handle than heavy bags, boxes or jars.

**Keep it tidy:** Wipe up spills immediately. A wet floor is a slippery floor, and dry goods like sugar and flour can be as slippery as ice.

Visit [www.steadyuhio.gov](http://www.steadyuhio.gov) to find more tips and resources.



### Reminder to Spring Forward:

*Daylight Savings Time Begins Sunday March 10th.*

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!

Change Your Clock



Change Your Battery