



WARREN COUNTY HEALTH DISTRICT

Prevent-Promote-Protect



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NEWS & INFORMATION

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Health Commissioner

FLU SHOTS AVAILABLE!

Call
513-695-1229

The Centers for Disease Control and the Warren County Health District recommends 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 \$30.00

Most Private Insurance, Medicaid and most Medicaid Managed Care Plans accepted.

TRICK -OR-TREAT SAFETY TIPS

Halloween is an exciting time of year for kids, and to help ensure they have a safe holiday, here are some tips from the American Academy of Pediatrics (AAP).

- Plan costumes that are bright and reflective. Make sure that shoes fit well and that costumes are short enough to prevent tripping, entanglement or contact with flame.
- Consider adding reflective tape or striping to costumes and trick-or-treat bags for greater visibility.
- Because masks can limit or block eyesight, consider non-toxic makeup and decorative hats as safer alternatives. Hats should fit properly to prevent them from sliding over eyes.
- When shopping for cos-

tumes, wigs and accessories look for and purchase those with a label clearly indicating they are flame resistant.

- If a sword, cane, or stick is a part of your child's costume, make sure it is not sharp or long. A child may be easily hurt by these accessories if he stumbles or trips.
- Do not use decorative contact lenses without an eye examination and a prescription from an eye care professional. While the packaging on decorative lenses will often make claims such as "one size fits all," or "no

need to see an eye specialist," obtaining decorative contact lenses without a prescription is both dangerous and illegal.

This can cause pain, inflammation, and serious eye disorders and infections, which may lead to permanent vision loss.

- Review with children how to call 9-1-1 (or their

local emergency number) if they ever have an emergency or become lost.

For more holiday safety tips visit www.aap.org.



BREAST CANCER AWARENESS

The most common cancer among American women other than skin cancer, is breast cancer. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

There are different symptoms of breast cancer, and some people have no symptoms at all. Symptoms can include:

- Any change in the size or the shape of the breast
- Pain in any area of the breast



- Nipple discharge other than breast milk (including blood)
- A new lump in the breast or underarm.

If you have any signs that worry you, contact your doctor right away.

Each year in the United States, more than 245,000 women get breast cancer and more than 40,000 women die from the disease. Men also get breast cancer, but it is not very common. Less than 1% of breast cancer occurs in men. Most breast cancers are

found in women who are 50 years old or older, but breast cancer also affects younger women. About 10% of all new cases of breast cancer in the United States are found in women younger than 45 years of age.

October is Breast Cancer Awareness month, take time this month to have your mammogram and take care of yourself.

www.cdc.gov/cancer/dcpc/resources/features/breastcancerawareness/

HEALTH LEVY INFORMATION

What is the Health Levy: it is a one-half mill renewal levy that will help cover the operating costs of the Warren County Health District for the next 10 years.

What is Public Health: is a branch of public services devoted to **preventing** disease, **promoting** of good health, and **protecting** the public from communicable disease.

How is WCHD funded: WCHD is

currently funded by a one-half (0.5) mill levy an inside millage. Federal and State grants also contribute to our services. The remaining portion of funding comes from services and permit fee.

What would the proposed Levy cost me: the average home owner in Warren County will pay 4 cents a day for continued health services. An owner of a home valued at \$100,000 can expect to pay \$15.31 a year.

Who does the health department serve: WCHD serves every member of our community through both direct and indirect services. Direct services include immunization and primary care clinics. Indirect services are community services we provide every day in the supermarket and restaurant inspections to ensure safe dining and well and sewage system inspections that protect our streams from pollution. **And that protects you!**

HOW YOU CAN PREVENT SEXUALLY TRANSMITTED DISEASE

While sexually transmitted diseases (STDs) affect individuals of all ages, STDs take a particularly heavy toll on young people.

Centers for Disease Control and Prevention (CDC) estimates that youth ages 15-24 make up just over one quarter of the sexually active population, but account for half of the 20 million new sexually transmitted infections that occur in the United States each year.

Arm yourself with basic information about STDs:

Abstinence: the most reliable way to avoid infection is to not have sex.

Vaccination: vaccines are safe, effective and recommended ways to prevent hepatitis B and HPV. HPV vaccines

for males and females can protect against some of the most common types of HPV.

Reduce Number of Sex Partners: it is important that you and your partner get tested, and that you share your results with one another.

Mutual Monogamy: this means that you agree to be sexually active with only one person, who has agreed to be sexually active with only you. Being in a long-term monogamous relationship with an uninfected partner is one of the most reliable ways to avoid STDs.

Use Condoms: correct and consistent use of the male latex condom is highly effective in reduction STD transmission. Use a condom every time you have anal, vaginal, or oral sex. Natural membrane condoms are not recommended for STD prevention.

Knowing your STD status is a critical step in stopping the transmission. If you know you are infected you can take steps to protect yourself and your partner. Be sure to ask your healthcare provider to test you for STDs—asking is the only way to know if you are receiving the correct tests. Don't forget your partner needs tested too. Many STDs can be easily diagnosed and treated. If either you or your partner is infected, you both need to receive proper treatment at the same time to avoid getting re-infected.

For more information or to make an appointment, please contact the STD Clinic at the Health District at 513-695-1263.

<https://www.cdc.gov/std/prevention/default.htm>

CHECK YOUR BLOOD PRESSURE

High Blood pressure is a major risk factor for heart disease and stroke. High blood pressure is called the "silent killer" because it often has no symptoms or warning signs and many people do not know they have it.

If you have high blood pressure, your heart is having a difficult time



pumping blood through the blood vessels. The easiest way to find out if you have high blood pressure is to monitor it on a regular basis. The Warren County Health District offers walk-in blood pressure checks at no cost Monday– Friday from 7:30 a.m.– noon and 1:00 p.m. - 4:00 p.m.

It is important to measure your blood pressure regularly. If you haven't had your blood pressure monitored lately, call your physician or visit the health department to have it checked.

For additional information on WCHD services visit www.warrenchd.com