



WARREN COUNTY HEALTH DISTRICT

Prevent-Promote-Protect



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NEWS & INFORMATION

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Health Commissioner

www.warrenhd.com

WARNING SIGNS OF A HEART ATTACK

IT'S NOT TOO LATE TO
GET A FLU SHOT!

FIGHT FLU

Its not too late for
Flu Prevention.

Steps to keep you
and your family
healthy...

GET VACCINATED
AVOID CLOSE
CONTACT

STAY HOME WHEN
SICK

COVER MOUTH &
NOSE WHEN
COUGHING

WASH HANDS

AVOID TOUCHING
EYES NOSE & MOUTH
CLEAN & DISINFECT

Please call the
Health Department
at 513-695-1229 to
schedule an
appointment for a
flu shot

IT'S NOT TOO LATE TO
GET A FLU SHOT!

FIGHT FLU

Don't wait to get help if you experience any of these heart attack warning signs.

Some heart attacks are sudden and intense. But most start slowly, with mild pain or discomfort. Pay attention to your body and call 911 if you experience:

- **Chest Discomfort**—Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes—or it may go away and then return. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body**—Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.



• **Shortness of breath**—This can occur with or without chest discomfort.

- **Other signs**—Other possible signs include breaking out in a cold sweat, nausea or lightheadedness.

One thing to remember is symptoms vary between men and women. As with men, women's most common heart attack symptom is chest pain (angina) or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

Take the time to learn the signs for a heart attack, and remember—even if you are not sure, have it checked out. Minutes mat-

ter. Fast action can save lives—maybe your own.

Call 911 if you experience heart attack warning signs. Calling 911 is almost always the fastest way to get lifesaving treatment.

An emergency medical services (EMS) team can begin treatment when they arrive—up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too. For many reasons, it's best to call 911 so that an experienced EMS team can begin treatment and arrange rapid transport to the emergency room.

For more information, visit www.heart.org/en/health-topics/heart-attack/warning-

TEEN DATING VIOLENCE AWARENESS MONTH

February is National Teen Dating Violence Awareness & Prevention Month (TDVAM).

This is an issue that affects everyone—not just the teens—but their parents, friends, teachers, & the communities. Together, we can raise awareness about teen dating violence and promote safe, healthy relationships.

TEEN
DATING
VIOLENCE
AWARENESS
MONTH

Nationwide, youth age 12 to 19 experience the highest rates of rape and sexual assault. Adolescents in abusive relationships often carry these unhealthy patterns of violence into future relationships.

Girls are vulnerable to experiencing violence and are more likely to suffer long-term behavioral & health consequences.

Everyone can make a difference

by reaching out to young people in small ways. Talk to them about the warning signs, try creating a positive connection about dating, talk about how the media portrays healthy and unhealthy relationships, and get involved by getting started.

If you know of a teen or parent that could benefit from talking with someone, connect them with the National Dating Abuse Helpline, at 1-866-331-9474

VALENTINE'S DAY TIPS

Whether you plan to celebrate on your own or with someone special, use these tips to give a gift of health to you or someone you love on Valentine's Day and all year long.

Be Heart-Healthy—Make a date with your heart! February is American Heart Month, and Valentine's day is a great time to start taking steps to be heart-healthy

- ◆ Prevent & Control - blood pressure, high cholesterol, & diabetes
- ◆ Avoid smoking
- ◆ Limit alcohol use
- ◆ Be active
- ◆ Eat healthy

Be food-conscious—Make a healthy meal for Valentine's Day. Serve food lower in salt and fat content, with more fruits & veggies.

- ◆ Less sodium
- ◆ Healthy recipes

Spread Love-Not Germs—Protect yourself and the ones you love from the cold & flu

- ◆ Wash hands often
- ◆ Get the flu vaccine
- ◆ Avoid contact when someone is sick

Go easy on the bubbly—If you drink

alcohol, do so in moderation.

- ◆ Don't drink & drive
- ◆ Women who are pregnant or trying to get pregnant should not drink



Be Sensitive—Consider your valentine may have allergies, asthma, diabetes, or other health conditions. Ask questions.

- ◆ Asthma & Allergies
- ◆ Take charge of your health
- ◆ Healthy pets, Health people

For more information on healthy tips for the holidays, please visit:

www.cdc.gov/family/valentine/

FOOD SAFETY @ the HEALTH DEPARTMENT

Food safety is an important topic that has the potential to impact us all on a daily basis. In 2017 there were 841 foodborne disease outbreaks reported throughout the United States, which ultimately resulted in 14,481 illnesses, 827

hospitalizations, and 20 deaths (CDC). Of the outbreaks reported in 2017, 489 were linked to a restaurant where

an individual or group had eaten (CDC). Ohio experienced 69 foodborne illness outbreaks during the year of 2017.

The Warren County Health District, in conjunction with the Ohio Department of Health and Ohio Department of Agriculture, works to promote food safety practices



throughout Warren County. The environmental health division is responsible for the licensing and inspection of food service operations and retail food establishments within Warren County. Health district sanitarians inspect restaurants,

grocery stores, temporary food vendors, schools, and other facilities to make sure that employees are performing proper food storage, handling, preparation, and service. The goal of the food safety program is reduce the potential for foodborne illness by ensuring that food es-

tablishments adhere to the Ohio Uniform Food Safety Code. While the health district focuses on ensuring that businesses are keeping food safe it is also important to practice good food safety at home. For food safety tips visit

www.foodsafety.gov.

The Offices of the
Warren County
Health District
will be closed
Monday,
February 17th
in observance of
President's Day.

