



WARREN COUNTY HEALTH DISTRICT

Prevent-Promote-Protect



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NEWS & INFORMATION

www.warrenchd.com

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

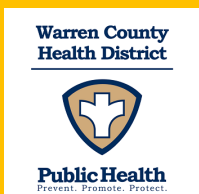
Coronavirus (COVID 19)

5 Things You Need To Know

1. **Handwashing—at least for 20 seconds**
2. **Cover Your Cough—cough into your elbow or sleeve**
3. **Stay Home If You are Ill**
4. **Social Distance—Stay 6ft Away from Each Other**
5. **Clean Work-space & High Traffic Areas**

For the most
up-to-date
information,
please visit

cdc.gov
coronavirus.ohio.gov



National Public Health Week: April 6th –12th

Public health promotes and protects the health of people and the communities where they live, learn, work and play.

While a doctor treats people who are sick, those of us working in public health try to prevent people from getting sick or injured in the first place. We also promote wellness by encouraging healthy behaviors.

From conducting scientific research to educating the community, people in the field of public health work to assure the conditions in which people can be healthy. That can mean vaccinating children and adults to prevent the spread of diseases or educating people about the risks of alcohol and tobacco.

Public health sets safety standards to protect workers and develops school nutrition programs to ensure kids have access to healthy food.

**The WCHD
2019 Annual
Report is now
available!**

Visit
www.warrenchd.com
to view the report.

Public health works to track disease outbreaks, prevent injuries and shed light on why some of us are more likely to suffer from poorer health than others.

The many facets of public health include speaking out for laws that promote smoke-free indoor air and seatbelts, spreading the word about ways to stay healthy and giving science-based solutions to problems.

WCHD is dedicated to making Warren County a healthy place to

live, work, and play by preventing the spread of disease, promoting health lifestyles, and protecting the community from exposure to health risks.

The Warren County Health Levy enables WCHD to investigate infectious disease outbreaks, provide primary care services, link individuals to other healthcare and behavioral care services, build community partnerships, and investigate environmental public health hazards.

The dedicated staff at WCHD provide quality, accessible, respectful, and credible services to all members of the community. WCHD is working to build a healthier Warren County every day.

For more information regarding the programs and services offered by the WCHD visit warrenchd.com/

Autism Awareness Month

April is Autism Awareness Month. Autism is a neurological condition that is marked by differences in learning styles, passionate interests in specific subjects, repetitive motion, and sometimes difficulty with language and communication. Autism is a developmental disorder. Parents usually notice signs during the first three years of their child's life. These signs often develop gradually, though some children with autism experience worsening in



their communication and social skills after reaching developmental milestones at a normal pace. Some social communication challenges are: Spoken language, gestures, eye contact/facial expressions, and tone of voice. These challenges can also include recognizing emotions & intentions in others, recognizing one's own emotions, expressing emotions, gauging personal space, and taking turns when talking.

Early intervention can improve learning, communication, and social skills, as well as underlying brain development. Many children affected by autism also benefit from other interventions such as speech and occupational therapy.

For more information or concerns, contact your family physicians or visit www.autismspeaks.org/what-autism

Reporting Animal Bites

State law requires all animal bites from animals with the ability to transmit rabies to humans be reported to the local health department for investigation.

Upon receipt of an animal bite report, our Environmental Health Staff issues a written quarantine notice to the owner of the dog, cat, ferret, pig, or



other domestic animal capable of contracting and transmitting rabies. The animal can be quarantined at its usual residence or at an animal boarding establishment for the duration of the quarantine. Following the quarantine period the animal's condition is checked for symptoms of rabies.

The animal is subsequently released from quarantine, if properly vaccinated against rabies. At the end

of the quarantine period the victim is notified of the animal's condition.

If a problem is found with the condition of the domestic animal involved in the bite or if a wild animal is involved, the animal is humanely euthanized, the rabies specimen collected and the specimen is sent by courier to Ohio Department of Health Lab, for rabies analysis.

For more information or to report an animal bite call 513-695-1220 or visit www.warrenchd.com.

Shop Safe and Keep the Immune System Healthy!

In lieu of social distancing, grocery pickup/delivery is extremely helpful. See below for safe ways to shop and keep your choices healthy and sustainable.

Kroger Click List: charges \$5 for pick-up, \$10 for delivery.

Walmart: free pick-up, \$10 delivery

Aldi: \$5 pick-up for \$10 minimum in purchases, free delivery on first three delivery purchases under \$35, then \$5.99 for all future purchases

What to Buy

Produce: Fruits and vegetables are packed with vitamins A, C, E, and K which protect against infection and/or produce antibodies. Produce in the frozen section is a great choice. The sodium content is low, and the nutrients are well-maintained. Choose options like frozen broccoli, cauliflower, asparagus, brussels sprouts, or peas. Additionally, frozen fruit works well. Frozen fruit, as opposed to canned fruit, contains no syrup, less sugar, and more fiber.

Canned options: Be sure to choose low-sodium or salt-free items. Rinsing and draining canned items also reduces sodium by 40%. Try canned or dry beans for plenty of fiber and a

protein boost!

Fish: Try canned/packaged tuna and salmon in water or oil! Select the unseasoned packets and add your own seasonings to

reduce sodium.

Frozen fish are also great for saving and stocking up.

Meat/poultry:

Meat selection is slim, so freezing

until ready to use is helpful. Choose lean beef and pork tenderloins to reduce fat content. Applegate Farms bacon is also a great option, while Boar's Head offers a complete line of lower sodium lunch meat. Check out <https://boarshead.com/brochures/health-guide/pdf/lower-sodium.pdf> for information about Boar's Head low-sodium options. If fresh eggs are sparse, grab pre-made hard-boiled eggs for a portable, high-protein snack.

Nuts, Oils, and Grains: Stock up on raw nuts, oats, quinoa, brown/wild rice, and whole grains. Nuts and high protein foods are filled with the nutrient zinc, another immune system fa-



cilitator that controls inflammation in the body. Oils and nuts also contain vitamin E for immune support.

Dairy: Out of milk? Try high protein, plain Greek yogurt and add frozen berries, 1/4 cup low-sugar granola, and a handful of nuts! Greek yogurt contains more protein than milk and is lower in lactose. Vitamin D, provided in all dairy products, is important for activating an antibody response to bacteria and viruses. Probiotics in yogurt provide healthy gut bacteria to support immunity.

Still need more protein? Try protein shakes such as Carnation and Ensure. No refrigeration is required before opening!

Putting it All Together: Fruits, vegetables, whole grains, lean protein, and dairy contain all eight B vitamins, another group of immune system helpers. Eat a well-balanced diet incorporating all the food groups to truly reap the benefits of a healthy immune system!

Bri Higgins, MS, RD, LD
(513) 695-1477
bhiggins@wchd.com