



WARREN COUNTY HEALTH DISTRICT

Prevent-Promote-Protect



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No 408

NEWS & INFORMATION

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www.wcchd.com

Handwashing 101

This is one of the best ways to prevent viruses like COVID-19.

When Should I Wash My Hands?

- Before, during, and after preparing food
- After using the restroom, changing diapers, or touching children who have used the toilet
- After handling pets, animal waste, or pet foods
- After handling trash/garbage
- After blowing your nose, coughing, or sneezing

1. Wet your hands with running water.
2. Lather with soap. Scrub for 20 seconds. Wash your palms, knuckles, fingers, in between fingers, wrists, and up to the forearms. ****Need a timer?** Sing your ABCs once or Happy Birthday twice.
3. Rinse hands well and dry.

Staying Mentally Healthy During Uncertain Times

Looking after your mental health is vital, especially when your world has been turned upside down. We are in unprecedented times with the Coronavirus. No one knows exactly how things are going to work out or how much longer it's going to last. As hard as we try, our mental health may be suffering as we try to keep it together for our family and friends. The good news is there are a lot of things we can do to stay physically and mentally healthy.

***KEEP ACTIVE**—this keeps our bodies healthy, our immune system strong, and our minds in tip-top condition. Physical activity burns off stress hormones so we feel calm.

***IMMERSE YOURSELF IN NATURE**—research shows that nature can have a healing affect on our minds and bodies. One study showed patients recovering from surgery whose beds overlooked the garden recovered

quicker than patients whose beds overlooked a carpark.

***FOCUS ON THE PRESENT**—our minds have a tendency to ruminate on the past, sometimes in a negative way. This tendency is often exacerbated during a stressful time. Focus on the present moment and with an attitude of kindness and curiosity.

***LAUGH**—laughing feels good, boosts our immune systems, and helps us keep things in perspective. Laughter is contagious.

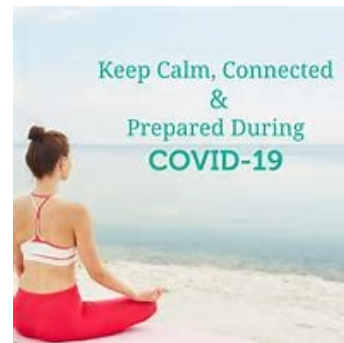
***PRACTICE KINDESS**—in times of need, we often see the best of humanity as people dig deep to help others.

***FOCUS ON WHAT'S GOOD**—there is always something to be thankful for. Gratitude can improve our wellbeing.

***KEEP LEARNING**—our minds need challenge and stimulation to stay healthy. It is important to always be learning new things.

***CONNECT**—research shows that people who have the richest social relationships are the happiest; the quality of relationships has even been linked to physical health and longevity.

***CONCENTRATE ON STRENGTHS**—character strengths are essential in supporting our well-being. Research shows that working with our strengths increases our levels of happiness.



Mosquitoes 101

The Warren County Health District (WCHD) remains proactive in treating standing water in public areas with an environmentally safe larvicide and by trapping mosquitos for testing. There are many steps individuals and families can take to reduce mosquito bites either at their home or when out and about such as:

- Make sure doors and windows have a tight-fitting screen
- Repairing and replacing torn screens in your home
- Removing all discarded tires from properties
- Cleaning and chlorinating swimming pools and hot tubs
- Turning over plastic wading pools and wheelbarrows
- Eliminating any standing water from your property

For more information, call the Environmental Division at 513-695-1220

National Physical Fitness and Sports Month

May is National Physical Fitness and Sports Month! The weather is getting nicer, so be sure to enjoy the outdoors by taking a walk or jog, or by playing your favorite sport!

Rainy day? Try stretching or dancing to your favorite song! Use a chair

for squats or calf raises. For upper body work, rest your hands on your bed for a modified pushup. Any movement is good.



Be sure to fuel with healthy foods. Pair a complex carbohydrate with foods containing 15-20 grams of protein for meals and snacks. Be sure to eat at least three meals daily. Meal timing is important too. Eat at least 3 hours prior to beginning a workout and refuel within 30 minutes afterwards.

Complex Carbohydrates:

- Potatoes
- Sweet potatoes
- Beans/lentils

- Peas
- Squash
- Whole grains
- Fruit

High Protein Foods:

- Meat/fish/poultry
- Eggs
- Dairy
- Soy/tofu
- Nuts/nut butters
- Chickpeas

For more information, contact Bri Higgins, (513) 695-1477 or bhiggins@wcchd.com

Cloth Face Coverings to Help Slow the Spread of COVID-19

Governor Mike DeWine has strongly recommended wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain, especially in areas of significant community-based transmission.

CDC advises the use of simple cloth face coverings to slow the spread of the virus. The cloth face covering can help people who may have the virus and not know it and from transmitting it to others.

Children under 2 years of age should not wear cloth face coverings. People who have trouble breathing, are incapacitated, or unconscious should also not wear cloth face coverings.

Face covers should not be used in place of social distancing. Please continue to stay 6 feet apart from others.

Face coverings should:

- Fit snugly but comfortably against the side of the face
- Be secured with ties or ear loops
- Include multiple layers of fabric
- Allow for breathing without restriction
- Be able to be laundered and ma-

chine dried without damage or change to shape

Below is a list of needed materials and directions for a no-sew Bandana Face Covering. Also, you can visit the link below for more details.

Materials

- Bandana (or square cotton cloth approximately 20"x20")
 - Rubber bands (or hair ties)
 - Scissors
1. Fold bandana in half
 2. Fold top down, fold bottom up
 3. Place rubber bands or hair ties about 6 inches apart
 4. Fold side to the middle and tuck

Please visit

www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html for more information on cloth face coverings.

International Nurses Day

Nurses Day is Tuesday, May 12th. This day celebrates the birthday of Florence Nightingale, the founder of nursing. Nightingale developed specialized care for wounded soldiers in the Crimean War and created the first nursing school in 1860.

Today, nurses work in various settings to care for the medical needs of others. The current times have been especially tough, and we want to thank all our community nurses and nurses around the world for all they do. Be sure to thank a nurse this month!

The Warren County Health District will be closed, Monday, May 25th in observance of Memorial Day

