



WARREN COUNTY HEALTH DISTRICT

Prevent-Promote-Protect



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NEWS & INFORMATION

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www.wcchd.com

Swimming Pools During COVID-19

As public aquatic venues open in some areas, CDC offers the following considerations for the safety of those who operate, manage, and use public pools, hot tubs, and water playgrounds. There is no evidence that COVID-19 can spread to people through the water used in pools, hot tubs, or water playgrounds. Proper operation and disinfection of pools, hot tubs, and water playgrounds should kill the virus that causes COVID-19.

The following guidelines should be implemented to ensure the safety of everyone. Please promote behaviors



that prevent the spread of COVID-19 and maintaining healthy environments & operations.

COMMUNICATE CLEARLY

Post information throughout the pool and surrounding areas to remind swimmers and visitors to take steps to prevent the spread of COVID

- Stay home if you are sick
- Social distance
- No gathering in groups other than among household members
- Swimmers should not sit or stand in the walkways, or block the walkway
- Practice good personal hygiene
- Refrain from touching your eyes, nose, & mouth

MAINTAIN PUBLIC RESTROOMS & SHOWERS

- Encourage 6ft social distancing in the locker room
- Discourage any casual seating in locker room
- Clean and disinfect public areas and restrooms every two hours using EPA-registered disinfectants, particularly high touch surfaces
- If towels are provided keep covered in clean containers and wash at appropriate temperatures
- Restrooms and shower facilities should be limited to users and number posted on the wall

For more information www.cdc.gov/coronavirus/2019-ncov/community/parks-rec/aquatic-venues.html

DONATE TODAY

People who have fully recovered from COVID-19 have antibodies in their plasma that can attack the virus. This convalescent plasma is being evaluated as treatment for patients with serious or immediately life-threatening COVID-19 infections.

If you have tested positive for COVID-19 and have recovered, please consider donating plasma or giving blood

For information about donating, Hoxworth Blood Center Cincinnati 513-451-0910 American Red Cross Dayton 937-222-6711

Cleaners/Sanitizers Approved by the CDC

In efforts to kill traces of the coronavirus on common surfaces, The CDC and EPA have recommended public usage of cleaning products and sanitizers such as bleach and Lysol. The shelves in stores are low on these items; however, there are several items you may have on hand that can be just as effective.

Important Tips

- It is important to **never** mix bleach with ammonia or any other cleaner.
- Wear rubber or other non-porous boots, gloves, and eye protection.
- Try not to breathe in product fumes. If using products indoors, open win-



dows and doors to allow fresh air to enter.

To make a bleach solution, mix:

- 5 tablespoons (1/3 cup) bleach per gallon of water OR
- 4 teaspoons bleach per quart of water

*A 3% solution of hydrogen peroxide may be used

*Alcohol solutions with at least 70% alcohol may also be used.

Hand Sanitizers

1. Begin with 90% or higher isopropyl alcohol and aloe vera gel.
2. Mix three parts alcohol with 1 part aloe vera.
3. Transfer sanitizer to a small, clean, empty container.

Reusable Sanitizing Wipes

1. Start with an old T-shirt or other cotton fabric. Cut it into squares, about the same size as a commercial wipe.
2. Soak these cloths with a bleach solution or a mixture of 2/3 cup 99% isopropyl alcohol and 1/3 cup water
3. Store used wipes in a sealed container and wash in the laundry on the hot water setting. Be sure to do this before re-soaking them in the solution for reuse.

https://www.huffpost.com/entry/how-to-make-disinfectant-kill-corona-virus_15e95fe81c5b6a7e383dfbba5

Vitamin D, Mood, and Depression: Is There a Link?

Vitamin D is an essential nutrient for bone, brain, and heart health. Some evidence indicates lower levels of vitamin D may be associated with depression.

A review of 13 studies with over 31,000 participants found that those with a vitamin D deficiency had an increased risk for depression, when compared to those with higher levels of vitamin D.

According to registered dietitian, Robin Foroutan, low vitamin D levels may impair cognitive function because vitamin D receptors in the brain are responsible for mood and behavior. Additionally, improving vitamin D levels may promote general health and well-being, although more research is needed.

The average adult needs around 600

to 800 international units (IU) of vitamin D a day. A serving of salmon contains roughly 400 IU; however, few foods naturally contain enough Vitamin D to fulfill recommendations.

The most common way to attain vitamin D is through sunlight, as it is synthesized by the skin when exposed to ultraviolet light. In order to get enough vitamin D, 15 minutes of sunlight between 10 a.m. and 3 p.m., three times a week is recommended.

Doctors will likely recommend a combination of therapy and medication as the first step for treating depression. A balanced diet and regular exer-



cise may also reduce depressive symptoms.

Best sources of vitamin D include:

- Mushrooms
- Egg yolks
- Salmon and other fatty fish
- Milk
- Yogurt
- Breakfast cereals
- Orange juice

Enjoy some beautiful sunshine!

Consult your doctor to check your vitamin D levels and determine the proper dose if supplementation is needed.

Grilling Season is Here!

The weather is heating up, and that means more time spent on the grill. Fire and food poisoning incidents peak in the summer. To prevent this, follow these tips:

- Propane and charcoal BBQ grills should only be used outdoors.
- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- Keep children and pets at least three feet away from the grill area.
- Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- Never leave your grill unattended.
- Always make sure your gas grill lid is open before lighting it
- In propane grills, check the gas tank hose for leaks before using



it for the first time each year

Food Safety

1. Chill: keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep below 40°F in an insulated cooler.
2. Don't cross-contaminate: throw out marinades and sauces that have touched raw meat juices, which can spread germs to cooked foods. Use clean utensils and a clean plate to remove cooked meat from the grill.
3. Cook: use a food thermometer to ensure meat is fully cooked. When smoking, keep temperatures inside the smoker at 225°F to 300°F.

Other Cooking Temperatures:

- 145°F: whole cuts of beef, pork, lamb, and veal (stand-time of 3 minutes at this temperature)
 - 145°F: fish
 - 160°F : hamburgers and other ground beef
 - 165°F: all poultry and pre-cooked meats, like hot dogs
4. After Grilling: hold at 140°F or warmer – until it's served, refrigerate in 1-2 hours.

Nursing Assistants Week

Last month, we observed International Nurses Month. In June, we are thanking our nursing assistants for all they do. Along with doctors and nurses, these assistants have been the first responders to COVID-19. Thank you for all you do to assist your coworkers and care for patients. Your presence keeps hospitals and clinics running as smoothly as possible in these uncertain times.



Cancer Survivors Day

June 2nd is also National Cancer Survivors Day. Whether newly diagnosed or in remission, we are so proud of our cancer survivors and all they have endured, especially through the mandated quarantine to stay healthy. Continue to stay strong and fight!