



WARREN COUNTY COMBINED HEALTH DISTRICT

Prevent-Promote-Protect



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NEWS & INFORMATION

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www.wcchd.com

Beat the Heat

Stay Healthy at the Warren County Fair July 17-22

No hand to mouth contact such as eating, smoking, drinking or nail biting in the animal areas.

Wash your hands with soap and water after visiting animal areas.

Always wash your hands before eating.

If soap and water are not available, use hand sanitizer.

Use special caution if you are pregnant, elderly, have children under 5 or have an underlying medical condition.

Visit WCCHD's booth at the fair for more health and wellness information!

It is the time of year when we tend to see a lot of hot and humid weather. The Warren County Health District would like to remind you that temperatures during this time of the year can sometimes be potentially dangerous and put individuals at risk for heat related illness if the proper precautions are not followed.

It is important to check on elderly and individuals with illnesses that decrease their ability to respond to extreme heat (those with heart and kidney disease, high blood pressure, recent stroke, diarrhea or mental illness). Infants and small children are also at greater risk to experience heat-related illness.

People who work outdoors, including construction workers and roofers, should be aware of the dangerously high temperatures and should drink plenty of water even when not thirsty.

The following are some precautions you can take to avoid heat stress or heat related illness:

- Drink plenty of water, even if not thirsty.

- Avoid alcoholic beverages; alcohol can increase a person's risk to heat related illnesses.

- Decrease physical activity such

as yard work or exercise during the day. Activities should occur in the morning or in the evening. Stay in the shade as much as possible.

- Individuals with chronic health problems, such as heart disease or lung problems, should minimize activities because the heat will add additional stress.

- Extra caution should be taken for the elderly and young infants and children to assure that they are protected from the heat.

- Individuals on medications should check with their doctor or pharmacist to see if the medicines put them at increased risk of heat related illness.

- Check on those who may need assistance.

- Wear lightweight, light-colored, loose, cotton clothing.

- Eat light meals.

- Adjust blinds, shades and awnings to keep the sun out.

- Children and pets should not be left unattended in closed vehicles. Temperatures quickly rise to dangerous levels.

- Use air conditioning, or spend time in a cool basement. Many facilities such as libraries, malls,

movie theaters and other public areas are air-conditioned and can be visited during the day to help aid in keeping individuals cool.



Does Your Child Need Required School Immunizations?

Saturday Immunization Clinic — July 22

Call 513-695-1468 to schedule an appointment for required school immunizations.

Immunization appointments are also available Monday—Friday.

In order to avoid the back to school rush, we encourage families to call now to schedule their appointment for immunizations. Visit www.wcchd.com for additional information.

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 ani-



mal 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 Columbus, Ohio, for rabies analysis.

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

Bed Bugs

Bed bugs are insects that feed on human blood. They are often found near sleeping areas in the seams of mattresses, box springs, cracks and crevices in bed frames, and usually spread to gaps behind baseboards, pictures, wallpaper and electrical outlets.

Bed bugs hitchhike into a home on used furniture, clothing, suitcases or other items brought from infested areas.

When traveling, look for evidence of bed bugs before unpacking. Check pillowcases, sheets and mattresses for their feces, which look like dark spots – as if someone had touched a magic marker to the fabric. Examine the room thoroughly, especially the wall, baseboard and furniture near the bed. Adult bed bugs are reddish-brown, wingless insects about the size of an apple seed.

When viewed from the side, they are flat, which is why they can fit into such narrow spaces. Newly hatched bugs are white or yellowish, and resemble the adults, but are smaller. Bed bug eggs are white, about the size of a pinhead, and are found in crevices in

clusters of 10 to 50 eggs.

If you identify bed bugs in your home, you will probably require the help of a professional pest control specialist. But a professional can't do it alone.

To get rid of bed bugs:

- Remove clutter such as pictures, books and clothing from the infested area, so there are fewer places for the bugs to hide.
- Vacuum to remove some of the bed bugs; eggs are glued in place and can't be removed by vacuuming alone. They must be scraped off. When vacuuming, concentrate on mattress seams and around any tufts or buttons. Remove and discard the vacuum bag immediately; place it in a sealed plastic bag and dispose of it in an outdoor garbage can.
- Infested items such as clothing, shoes, bedding and blankets can be placed in a clothes dryer on high heat for 20 minutes to kill bed bugs and their eggs. Mattresses and box springs may be enclosed in a bed bug-proof



zippered cover to kill the bugs inside. The cover should remain in place for more than one year, because bed bugs can survive a long time without feeding. Infestations will usually require the use of pesticides in conjunction

with the cleaning and vacuuming methods listed above. Chemicals are most safely applied by a licensed professional. Professionals have access to the insecticides most

effective against bed bugs and are trained in their proper application. Improper application of chemicals is dangerous, and may even make the problem worse. For example, bug bombs are not effective, and may scatter bed bugs to other rooms or neighboring apartments. Repellents such as DEET do not work against bed bugs.

For an informational pamphlet on bed bugs visit our website at www.wcchd.com or call 513-695-1228.