



**WARREN COUNTY COMBINED
HEALTH DISTRICT**
Prevent-Promote-Protect



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NEWS & INFORMATION

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Health Commissioner

www.wcchd.com

Bicycle Safety Month

**Bicycle
Helmet
&
Booster
Seat
Giveaway!**

**Saturday
May 20
9:00 - 11:00
a.m.**

**Franklin
Public
Library
44 E. 4th St.
Franklin, OH**

**Must meet WIC income guidelines for booster seat.

**No income restrictions for bike helmets.

Wearing a helmet every time you ride a bike is a proven way to save lives! Each year, the number of people injured by not wearing a bike helmet is 51,000 – enough people to fill nearly half of Ohio stadium! The American Academy of Pediatrics estimates that 75 percent of bicycle related fatalities among children could be prevented by wearing a helmet.



protect before you pedal

The Warren County Health District is encouraging local children to “put a lid on it” by giving away free bicycle helmets from 9:00-11:00 a.m. (while supplies last) on Saturday May 20 at the Franklin Public Library, located at 44 E. 4th St. in Franklin.

The helmet giveaway is part of a grant received by the Warren County Health

District. The grant was awarded by Ohio Chapter of the American Academy of Pediatrics through their *Put a Lid on It* program.

The helmet giveaway comes at the end of Bike Helmet Safety Awareness Week, which runs from May 9-21. Since the *Put a Lid on It* program began in 2011, over 10,000 bike helmets have been given away throughout Ohio.

For more bike safety information visit:

www.ohioaap.org/putalidonit

Booster Seat Safety

Car crashes are the #1 cause of death among children in the United States. Depending on age, weight and height, children need to be in car seats, booster seats, or seat belts every time they are in a car.

Every day, an average of 5 children are killed and nearly 600 are injured in car crashes in the United States. More than half of the children killed are not using child safety seats or belts. Using a child safety seat can reduce the risk of death by up to 70 percent.

Parents and caregivers are required by Ohio law to obey

the following safety practices:

—Infants and young children must ride in a child safety seat until they are 4 years and weigh at least 40 lbs.

—Every child ages 4-8 who is no longer in a car seat must use a booster seat until he/she reaches 4’9” tall.

—Children and teens ages 8-18 years who are not in booster seats must use adult seat belts.



District will be giving away booster seats to WIC income eligible families (not required

to participate in the WIC program but must be within WIC income guidelines) at the Bicycle and Booster Seat Helmet giveaway at the Franklin Public Library on Saturday

May 20 9:00-11:00 a.m. Supplies are limited.

For more information on car seats visit

www.safekids.org

The Warren county Health

Playground Safety

Whether in your back yard, at school, or at a local park, playgrounds are a source of fun for a child. Unfortunately, many schools and park districts do not have the resources to constantly check on playground conditions, which is why they need help from people in the community who use the playground. When you see a problem, let the organization managing the playground know—you can be a source of important information needed to help maintain a good play space.

No matter where your kids are playing, remember to check the surfacing



first.

Is it the right type? Surfacing should be either loose materials such as wood chips, sand, or pea gravel OR permanent rubber-like materials. Permanent rubber-like surfacing and engineered wood fibers are the only surfaces that meet the requirements of the Americans with Disabilities Act.

Is there enough coverage? Surfacing should extend 6 feet out from the edge of playground equipment. Swings and slides need more coverage depending on how tall they are, so check with the Consumer Product Safety Commission to see

exactly how much coverage your playground needs.

Is it in good condition? If surfacing is loose materials, check heavily-used areas like under swings and at the end of slides to make sure 12 inches of material is in place. Check permanent rubber surfacing for worn spots or holes.

If not, make another choice. If you didn't say yes to these three questions, let the organization that oversees the playground know that the playground needs attention and find a new place to play until the playground meets guidelines.

More tips available at www.preventchildinjury.org/toolkits/

Lyme Disease

Lyme disease is transmitted to humans through the bites of *Ixodes scapulari*, also known as the blacklegged tick, and caused by the bacterium *Borrelia burgdorferi*. Ohio has seen an increase in the number of cases of Lyme disease over the last four years with 93 cases in 2013, 119 cases in 2014, 154 cases in 2015, and 160 cases in 2016, respectively.

The increase in the number of cases has occurred concurrently with an increase in the population of the primary vector of the disease, the blacklegged tick. Many instances of Lyme disease are initially identified by the appearance of an erythema migrans rash that sometimes looks like a "bull's-eye." Lyme disease can manifest in various symptoms depending on the stage of the infection including fever, rash, facial paralysis, and even arthritis.



Treatment of patients with Lyme disease typically consists of an antibiotic regimen which can usually result in a rapid and complete recovery when began during the early stages of Lyme disease. Some of the most common antibiotics

used to treat infection include amoxicillin and doxycycline. Lyme disease and other tick-borne diseases can be prevented in several ways. Prevent tick bites on your family, your pets, and yourself by avoiding wooded areas and areas with high grass, wearing repellent that contains 20% or more of DEET, IR3535, picaridin on exposed skin, and examining children, pets, and clothing when coming in from the outdoors. Homeowners can reduce the likelihood that ticks will be in their yard by mowing frequently, clearing tall grass and brush around the home, removing any trash from the yard that could give ticks, and other pests, places to hide. For more information related to ticks and Lyme disease visit www.CDC.gov or www.odh.ohio.gov

Sun Safety

Skin cancer is the most common type of cancer in the United States. Ultraviolet (UV) radiation from the sun is the main cause of skin cancer.

UV damage can also cause wrinkles and blotches or spots on your skin. The good news is that skin cancer can be prevented, and it can almost always be cured when it's found and treated early.

Take simple steps today to protect your skin:

Stay out of the sun between 10 a.m. and 4 p.m.

Use sunscreen with SPF 30 or higher. Put on sunscreen every 2 hours and after you swim or sweat.

Cover up with long sleeves a wide brimmed hat and sunglasses.

Check your skin regularly, a new or changing spot should be evaluated.