



# WARREN COUNTY COMBINED HEALTH DISTRICT

Prevent-Promote-Protect



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## NEWS & INFORMATION

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

[www.wcchd.com](http://www.wcchd.com)

### Infant Safe Sleep

One of the most important decisions you will make as a new parent is where and how you place your baby to sleep. If you follow these safe sleep rules, you will help protect your baby from Sudden Infant Death Syndrome (SIDS), suffocation and accidents during sleep:



- Always place your baby to sleep on his back. Side and tummy positions are not safe.
- Use a crib that meets current safety standards. The mattress should be firm and fit snugly in the crib. Cover the mattress with only a tight-fitting crib sheet.
- Do not put anything soft, loose or fluffy in your baby's sleep space. This includes pillows, blankets, comforters, soft or pillow-like bumpers,

stuffed animals and other soft items.  
Use a sleep sack or other type sleeper instead of blankets to keep your baby warm and safe.

- Place your baby's separate, safe sleep space near your bed to help you protect her and make breastfeeding easier. This is called room sharing.
- Falling asleep with your baby in bed or on a couch or armchair is dangerous. Room share instead.
- Never place your baby to sleep on top of any soft surface. This includes adult beds, waterbeds, pillows, cushions, and comforters.
- Do not use wedges or positioners to prop your baby up or keep him on his back.

- Make sure your baby doesn't get too warm during sleep. Use light sleep clothing and keep room temperature at what would be comfortable for a lightly-clothed adult.

The Warren County Health District provides the Cribs for Kids program to residents of Warren and Clermont Counties. Families that *qualify* can get a Pack-n-Play portable crib at no cost in order to provide a safe sleep space for their infant. Education on infant safe sleep practices and a follow up home visit is also provided.

For more information or to see if you are eligible for the program call 513-695-2475.

**Educate everyone who cares for your baby about these safe sleep rules!**

### FLU SHOTS AVAILABLE!

Call  
513-695-1229

The Centers for Disease Control and the Warren County Health District recommend a yearly flu vaccine as the first and most important step in protecting against flu viruses.

*The Warren County Combined Health District is currently offering flu shots to individuals 6 months of age and older, by appointment.*

Please call 513-695-1229 to schedule your appointment.

Flu shots are \$25.00

Private Insurance, Medicaid, most Medicaid Managed Care Plans and Medicare accepted.

### Start A Compost Pile

Composting is both a practical and easy way to handle yard wastes. It is cheaper than bagging these wastes and paying to have them removed. Leaves, grass clippings, sawdust, wood ashes, fruit and vegetable peelings, egg shells, and coffee grounds are all excellent compost "raw materials". **Do not add** dog droppings, cat litter box wastes, bones, fatty food scraps such as cheese, meats, or cooking oils. These types of

wastes will attract pests (rodents, flies), create a greater potential for odors, and they are extremely slow to decompose into compost.

A properly constructed and maintained compost pile will not create an odor nor attract pests.

There are numerous "How To" books in your local library on composting or you can visit the WCHD website at

[www.wcchd.com/downloads/134/compost-guide.pdf](http://www.wcchd.com/downloads/134/compost-guide.pdf)



for a free brochure on back-yard composting. Do your part to recycle your food scraps and yard wastes. Your flowers and trees will benefit from the addition of compost to the soil and you will be doing your part to reduce the amount of waste going to sanitary landfills.

## Asbestos: What You Need to Know

The Southwest Ohio Air Quality Agency enforces state and federal regulations for the removal, and disposal of asbestos for public and commercial projects in Butler, Clermont, Clinton, Hamilton, and Warren counties.

Asbestos is a naturally occurring fibrous mineral that does not burn, is strong, is heat resistant and resilient to chemical corrosion which makes it ideal for use in building materials. However, long-term respiratory exposure to airborne asbestos fibers may cause serious illnesses such as asbestosis (lung tissue is scarred) or mesothelioma (cancer of the lining of the lungs or abdo-

men). Asbestos containing materials that remain intact are less likely to be release these disease-causing fibers. In these cases, the EPA advises people to leave asbestos containing material alone if it is in good condition (no tears, abrasions, or subject to water and other damage).

When a building is scheduled to be demolished or renovated, this may cause asbestos to be disturbed. The contractor is required to notify the Southwest Ohio Air Quality Agency in advance so certified as-

bestos inspectors may visit the site. Agency inspectors will ensure the material is being removed and disposed of safely and in accordance with regulations. There are also notification requirements for demolition projects, even if there are no asbestos present.

For more information about asbestos, please visit the Southwest Ohio Air Quality Agency's website at [SouthWestOhioAir.org](http://SouthWestOhioAir.org).



## Smoke Alarms at Home

Smoke alarms are a key part of a home fire escape plan. When there is a fire, smoke spreads fast. Working smoke alarms give you early warning so you can get outside quickly. The following are some smoke alarm safety tips:

- Install smoke alarms in every bedroom. They should also be outside each sleeping area and on every level of the home. Also, install alarms in the basement.
- Large homes may need extra smoke alarms.
- It is best to use interconnected smoke alarms. When one smoke alarm sounds, they all sound.
- Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working.



- A smoke alarm should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce false alarms.

They should be at least 10 feet (3 meters) from the stove.

- People who are hard-of-hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.

- Replace all smoke alarms when they are 10 years old.

According to the National Fire Protection Association, 3 out of every 5 fire deaths happen in homes with no smoke alarms or no working smoke alarms. Follow the safety tips listed above to keep your family safe. For more fire safety information visit [www.nfpa.org](http://www.nfpa.org).

### Do You Need A Mammogram?

The St. Elizabeth Mobile Mammography Van is coming to the Warren County Health District: **Wednesday, November 15**  
Call 859-655-7400 to schedule your desired appointment time.

Covered by Medicare, Medicaid and most private insurances companies.

**Financial assistance available to those who qualify.**

**The Warren County Health District will be closed on Monday, October 9th in observance of Columbus Day.**