



WARREN COUNTY COMBINED HEALTH DISTRICT

Prevent-Promote-Protect



NO. 377
September 2017

NEWS & INFORMATION

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Health Commissioner

www.wcchd.com

September: Preparedness Month

Prevent Blindness Ohio Program

The Warren County Health District continues to partner with Prevent Blindness Ohio to provide vision screenings for county residents who are uninsured and cannot afford the cost of eye examinations and eyeglasses.

For more information or to see if you are eligible for this free service, contact the health district at 513-695-1468



September is National Preparedness Month. It is a time to prepare yourself and those in your care for an unexpected emergency.

If you've seen the news recently, you know that emergencies can happen unexpectedly in communities just like yours, to people like you. We've seen tornado outbreaks, river floods and flash floods, historic earthquakes, tsunamis, and even water main breaks and power outages in U.S. cities affecting millions of people for days at a time.

This September, please prepare and plan in the event you must go for three days without electricity, water service, access to a supermarket, or local services for several days. Follow these four steps:

1. Be Informed: Free information is available to assist you from federal, state, local, tribal, and territorial resources. You can find preparedness information by:

- Accessing www.ready.gov to learn what to do before, during, and after an emergency or www.wcchd.com for local public health emergency information/plans.

- Contacting your local emergency management agency to get essential information on specific hazards to your area, local plans for shelter and evacuation, ways to get information before and during an emergency, and how to sign up for emergency alerts if they are available
- Contacting your local firehouse and asking for a tour and information about preparedness

2. Make a Plan: Discuss, agree on, and document an emergency plan with those in your care. For sample plans, see www.ready.gov. Work together with neighbors, colleagues and others to build community resilience.

3. Build a Kit: Keep enough emergency supplies on hand for you and those in your care – water, non-perishable food, first aid, prescriptions, flashlight, battery-powered radio – for a checklist of supplies visit www.ready.gov.

4. Get Involved: There are many ways to get involved especially before a disaster occurs.

The whole community can participate in programs and activities to make their families, homes and communities safer from risks and threats. Community leaders agree the formula for ensuring a safer homeland consists of volunteers, a trained and informed public and increased support of emergency response agencies

during disasters. Major disasters overwhelm first responder agencies, empowering individuals to lend support.

For more emergency preparedness information or suggestions on how to make a plan, build a kit or get involved visit www.ready.gov or www.wcchd.com.



Home Health Aide Services

Home Health Aide Services are regularly scheduled supervised visits provided to Warren County residents who have a referral from their doctor and are homebound.

These services are provided 1-3 times a week in the privacy of your home by an STNA (state tested nursing assistant). A Registered Nurse (RN) also makes



The nursing staff at the Warren County Health District can help the patient and family by providing knowledge and skills necessary to provide in-home care in order

to maintain loved ones in their own environment. Home Health

Aide services such as: assistance in bathing, washing hair, shaving, and skin care and helping the client get up and around are provided.

If you or a friend or relative are in need of these services call 513-695-1152 or visit our website at www.wcchd.com

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 playground safety tips available at

www.preventchildinjury.org

West Nile Virus

West Nile virus (WNV) can cause potentially serious illness and is present in many counties in Ohio, including Warren County. The Warren County Health District (WCHD) remains proactive in treating standing water in public areas with an environmentally safe larvicide and by trapping mosquitoes and having them tested by the Ohio Department of Health for the presence of West Nile virus.

On August 22, 2017 the first positive mosquito pool was reported to the WCHD. The sample in question was collected on June 27, 2017 in Turtlecreek Township. The public can minimize the number of mosquitoes and reduce their risk of being bitten by following the tips below:

- Make sure that doors and windows have tight-fitting screens.
- Repair or replace all torn screens in your home.
- Remove all discarded tires from

your property.

- Dispose of tin cans, plastic containers, ceramic pots, or similar water-holding containers. Make sure roof gutters drain properly. Clean clogged gutters in the spring and fall.
- Clean and chlorinate swimming pools, outdoor saunas and hot tubs. Keep empty and covered when not in use.
- Drain water from pool covers.
- Change the water in bird baths at least once a week.
- Turn over plastic wading pools, and wheelbarrows, etc. when not in use.
- Clean ditches of obstructions so they drain properly.
- Eliminate any standing water that collects on your property.
- Check trees for cavities that hold

water and fill them with soil, gravel, or sand.



- Remind or help neighbors to eliminate breeding sites on their properties.
- Use insect repellent containing DEET at a concentration of at least 30% and follow the label directions.

For more information please visit our website at www.wchd.com or our Facebook page at www.facebook.com/WCCHD.Ohio.

FLU SHOTS

Call today to schedule your appointment to get your flu shot!

513-695-1228