



# WARREN COUNTY HEALTH DISTRICT

## Prevent-Promote-Protect



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### NEWS & INFORMATION

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Health Commissioner

## Community Health Needs Assessment

### Tire Recycling Event

June 23

9:00 a.m. – 2:00 p.m.

WCHD will be sponsoring one more tire recycling event in June with funding provided through the Ohio EPA's Mosquito Control Grant.

The event will be held on Saturday, June 23 from 9:00 a.m. to 2:00 p.m. at the Harlan Township Fire Department located at 9120 Morrow Rossburg Rd. Pleasant Plain, OH.

WCHD will be collecting scrap tires for recycling. There is not cost for the event however, please no businesses and no tires on rims.

For more information visit our website at [www.warrenchd.com](http://www.warrenchd.com)

Would you like to share your opinion about the health needs of Warren County? Do you have ideas on what we can do to improve the health of the community? Are there barriers to residents receiving healthcare in our community?

The Warren County Health District, Christ Hospital, Cincinnati Children's, Mercy Health,

Premier Health, Kettering Health, Lindner Center of HOPE, Trihealth, and UC Health invite you to share your thoughts at the Community Health Needs Assessment meeting on Tuesday, June 19th at 6:00 p.m.. The public

meeting will be at the Franklin Division of Fire and EMS Community Room, 45 E. 4th Street, Franklin, OH.

Space is limited so please RSVP to [rsvp@healthcollab.org](mailto:rsvp@healthcollab.org) or 513-878-2862 by June 18th to reserve your spot.

We would love to hear your thoughts and have your help in shaping the future of healthcare in Warren County.



## Make a Healthy Splash

Swimming is a popular, fun summer activity with health benefits for people of all ages. It is important to remember, however, that pools and other types of recreational water venues can be places where germs can spread.

Recreational Water Illnesses (RWIs) are caused by germs spread by swallowing, breathing in mists or aerosols of, or having contact with contaminated water in swimming pools, hot tubs, water parks, water play areas, interactive fountains, lakes, rivers or oceans. RWIs can include infections of the skin, eye, ear, respiratory, neurologic and gastrointestinal system. The most common symptom of RWI is diarrhea, which can be caused by germs such as *Crypto* (short for *Cryptosporidium*) *Giardia*, *Shigella*, norovirus and *E. coli*. Other infections include Legionella, Hot Tub Rash, Swimmers Ear and MRSA.

Swimmers and individuals playing in interactive fountains and spray parks share the water

with everyone. People with diarrheal illness who swim can quickly contaminate the water with millions of germs. Even water that is properly chlorinated can be potentially harmful as it can take anywhere from a few minutes to several days to remove some types of illness-causing organisms from the water. Swallowing even a small amount of recreational water that has been contaminated with germ-containing feces can cause illness.

Fortunately, there are steps that everyone can take to help keep recreational waters safe.

**Three Steps for All Swimmers** Keep germs from causing recreational water illnesses (RWIs):

- Don't swim when you have diarrhea.

- Don't swallow pool water.
- Practice good hygiene. Shower with soap before swimming, and wash hands after using the toilet or changing diapers.

### Three Steps for Parents of Young Children

Keep germs out of the pool:

- Take kids on bathroom breaks and check diapers often.
- Change diapers in a bathroom or diaper-changing area – not at the poolside.
- Wash your child thoroughly with soap and water before swimming.

For more information on Recreational Water Illnesses visit

[www.cdc.gov/healthywater](http://www.cdc.gov/healthywater)



## Hepatitis A

Hepatitis A is a vaccine-preventable liver disease that usually spreads when a person ingests fecal matter—even in small amounts—from contact with objects, food, or drinks contaminated by the stool of an infected person. Hepatitis A also can spread from close personal contact with an infected person, such as through sex.

Symptoms of Hepatitis A include fatigue, low appetite, stomach pain, nausea, clay-colored stools and jaundice. Most people who get Hepatitis A feel sick for several months, but they usually recover completely and do not have lasting liver



damage. Sometimes Hepatitis A can cause liver failure and death, although this is rare and occurs more commonly in people older than 50 and people with other liver diseases.

### Who is at greater risk for Hepatitis A?

—Those with direct contact with individuals infected with the virus

—Travelers to countries where the virus is prevalent

—Men who have sex with men

—Individuals who use street drugs, whether they are injected or not

—People with blood clotting factor dis-

orders

—Individuals with chronic liver disease

—Household members and other close contacts of adopted children newly arrived from countries where Hepatitis A is common

The best way to prevent Hepatitis A is to get vaccinated. Proper and frequent hand washing is also a key factor in controlling the spread of disease.

**WCHD offers the Hepatitis A vaccine through our immunization clinic. To schedule an appointment call 513-695-1229 or individuals can also contact their physician for more information.**

## Child Safety In and Around Cars

Young children need special protection in the car to keep them safe in the event of a crash. New parents should spend plenty of time learning how to properly install and use a car seat in their vehicle. Try these tips:

- Never drive off without your child properly secured in the right car seat for him or her.
- Children should sit in a rear-facing car seat at least through age 2.
- When choosing a car seat or booster seat, match the seat type to your child's height and weight, not just his or her age.
- Register your car seat to stay aware of important safety recalls
- Find a trained child safety technician at [cpsboard.org/protect-kids-in-cars](http://cpsboard.org/protect-kids-in-cars) to be sure your car seat is installed correctly.
- If you are in need of a car seat, call WCHD at 513-695-1272 to

see if you qualify for the WCHD car seat program. The program offers car seats at no cost to eligible families in need.

### Hot Car Risks

In the U.S., between Memorial Day and Labor Day, on average 37 children die in hot cars each year. In just over half (54%) of all incidents, the children are unknowingly left or forgotten in the car by a caregiver, though children have also died after gaining access to an unattended vehicle (27%). Another 18% have died after knowingly being left, which typically does not equal mal-intent. To keep your child and others safe around hot cars:

- Never leave your child in the car alone, not even for a minute.
- Always keep your car locked so children cannot get inside on their own.

- Use reminders – like keeping your phone in the backseat – to ensure you don't forget your child in the car.

### Back-over Dangers

Back overs can kill or seriously injure children and they often occur near driveways or parking spaces. To protect your child from a back over:

- Always walk around your car to check for children and hazards before driving
- Teach your child to stay clear of running cars, especially if the driver has just gotten in.
- Use backup cameras to better see what is behind your vehicle - check your vehicle manual to see if your car offers additional technology.

