



Trick-or-Treat Safety Tips

Halloween is an exciting time of year for kids, and to help ensure they have a safe holiday, here are some tips from the American Academy of Pediatrics (AAP).

- Plan costumes that are bright and reflective. Make sure that shoes fit well and that costumes are short enough to prevent tripping, entanglement or contact with flame.
- Consider adding reflective tape or striping to costumes and trick-or-treat bags for greater visibility.
- Because masks can limit or block eyesight, consider non-

toxic makeup and decorative hats as safer alternatives. Hats should fit properly to prevent them from sliding over eyes.



- When shopping for costumes, wigs and accessories look for and purchase those with a label clearly indicating they

are flame resistant.

- If a sword, cane, or stick is a part of your child's costume, make sure it is not sharp or long. A child may be easily hurt by these accessories if he stumbles or trips.
- Do not use decorative con-

tact lenses without an eye examination and a prescription from an eye care professional. While the packaging on decorative lenses will often make claims such as "one size fits all," or "no need to see an eye specialist," obtaining decorative contact lenses without a prescription is both dangerous and illegal. This can cause pain, inflammation, and serious eye disorders and infections, which may lead to permanent vision loss.

- Review with children how to call 9-1-1 (or their local emergency number) if they ever have an emergency or become lost.

For more holiday safety tips visit www.aap.org.

FLU SHOTS AVAILABLE!

Call
513-695-1229

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

The Warren County 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

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

Free Nutrition and Weight Loss Class

When it comes to weight loss, there's no lack of fad diets promising fast results. But such diets limit your nutritional intake, can be unhealthy, and tend to fail in the long run.

The key to achieving and maintaining a healthy weight isn't about short-term dietary changes. It's about a lifestyle that includes healthy eating, regular physical activity, and balancing the number of calories you consume with the number of calo-

ries your body uses.

If you're worried you may have put on a few extra pounds or you are looking for some guidance in the area of nutrition, then consider joining the Weight

Management Class at the Warren County Health District. The class is free and is held Monday

evenings from 4:00 p.m.-6:00 p.m. at the health department located at 416 S. East St. in Lebanon.

Kathy Dickey, Licensed Dietician at the health department, provides helpful tips each week to help you lose and

maintain your weight loss. For more information call 513-695-1477.



Breast Cancer Awareness

October is National Breast Cancer Awareness Month. Breast cancer is the most common cancer among American women, except for skin cancers.

About 1 in 8 women in the US will develop invasive breast cancer during their lifetime.

The good news is that many women can survive breast can-

cer if it's found and treated early. It can occur at any age, but it is much more likely after age 40 and the risk goes up as you get older.



The best defense is to find breast cancer as early as possible – when it is small, has not spread, and is easier to treat. Talk to a doctor about your risk for breast can-

cer. He/she can help you decide when to begin getting mammograms as well as how often you should get them done.

For more information on breast cancer, please visit the American Cancer Society website at www.cancer.org or call 1-800-227-2345.

SIDS Awareness Month

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.

Infant Safe Sleep



Baby sleeps safest alone, on their back, in a crib.

to help you protect her and make breastfeeding easier. This is called room sharing.

- 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.

Check Your Blood Pressure

High Blood pressure is a major risk factor for heart disease and stroke. High blood pressure is called the "silent killer" because it often has no symptoms or warning signs and many people do not know they have it.

If you have high blood pressure, your heart is having a difficult time

pumping blood through the blood vessels. The easiest way to find out if you have high blood pressure is to monitor it on a regular basis. The Warren County Health District offers walk-in blood pressure checks at no cost Monday– Friday from 7:30 a.m.– noon and 1:00 p.m. - 4:00 p.m.

It is important to measure your blood pressure regularly. If you haven't had your blood pressure monitored lately, call your physician or visit the health department to have it checked.

For additional information on WCHD services visit www.warrenchd.com