



WARREN COUNTY HEALTH DISTRICT

Prevent-Promote-Protect



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NEWS & INFORMATION

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

www.wcchd.com

Healthy Swimming

Sun Safety

Skin cancer is the most common type of cancer in the US.

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 to protect your skin:

Stay out of the sun as much as possible 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 and a hat.

Check your skin regularly for changes.

Have your eyes ever started to sting and turn red when you were swimming, playing, or relaxing in a pool? Did you think it was because of the chlorine in the water? Have you ever walked into an indoor pool area, gotten a whiff of a strong chemical smell, and thought, "Wow, there's a lot of chlorine in the pool?"

It's actually not the chlorine. You're smelling a group of chemical compounds created when chlorine reacts with pee, poop, sweat, or dirt from swimmers. These chloramines irritate the eyes and respiratory tract and cause a strong chemical smell at indoor pools.

Mixing chlorine and pee, poop, sweat, or dirt not only creates chloramines—it also uses up the chlorine in the pool, which would otherwise kill germs. These germs can get into the water when they wash off swimmers' bodies or when infected swimmers have diarrheal incidents in the water.

Just one diarrheal incident can release enough *Cryptosporidium* (or "Crypto" for short) germs into the water that swallowing a mouthful can cause diarrhea for up to 3 weeks.

Even when the concentration of a pool disinfection chemical (chlorine or bromine) and the pH (which affects chlorine's and bromine's germ-killing power) are well maintained, germs aren't instantly killed. Crypto, the leading cause of disease outbreaks linked to pools, can survive in an adequately chlorinated pool for days.

This is a reminder that the water we swim, play, and relax in and share is not germ free and this is why it's important for each of us to do our part to keep germs, pee, poop, sweat, and dirt out of the water in the first place.

To help prevent chloramines from forming and to protect your health and the health of your family and friends, here are a few

simple and effective steps all of us can take each time we swim:

- Don't swim or let your kids swim if sick with diarrhea.
- Shower before you get in the water.
- Don't pee or poop in the water.
- Don't swallow the water.
- Every hour—everyone out! Take kids on bathroom breaks. Check diapers, and change them in a bathroom or diaper-changing area—not poolside—to keep germs away from the pool.

These steps will help you protect yourself and loved ones while maximizing the health benefits of swimming. Healthy swimming is not just about the steps the pool operators and pool inspectors take. So let's all do our part to help keep ourselves, our families, and our friends healthy this summer and year-round.

www.cdc.gov/healthyswimming



Temporary Food License

Remember that if you are going to be operating a temporary food sales booth at one of the local festivals you need to secure a license from the Warren County Health District



at least 48 hours before the festival event.

License fees this year are \$52.00 per event for commercial operations and \$26.00 per event for non-profit groups.

An event is up to 5 consecutive days in length. If you have any questions regarding temporary food licenses, please call 513-695-1220 or visit www.warrenchd.com

E-Waste Recycling Event—May 17th

The Cincinnati Reds and PNC Bank, alongside many of the city's leading corporations, are teaming up with Cohen Recycling for their annual Electronic Waste Recycling Drive on May 16-18, 2019.

E-waste is the largest and fastest growing waste stream around the globe. Last year, more than 190,000 pounds of obsolete computers, printers, monitors, televisions and other e-waste was collected over three days. Throughout the lifetime of this event,



Reds Country has recycled and helped divert more than one million pounds of materials; conserving precious metals and other resources that will be used to make new products.

The recycling drive is as easy as 1, 2, 3!

1. Visit one of three convenient locations.
2. Drop off your e-waste.
3. Make a donation to the Reds Community Fund and meet some Reds players and personalities (*minimum*

of \$10 per car is suggested).

The first 400 cars at each event will receive two free tickets to a 2019 regular season Reds game.

There will be a drop off location in Warren County on May 17th. You can drop off your e-waste at Mason/Deerfield PNC, 5283 Bowen Dr. Mason, from 7:00 a.m.—3:00 p.m. you can drop

For more information visit www.cohenusa.com/reds

Is Your Medicine Cabinet Putting You at Risk?

Modern medicine is helping people live longer, healthier lives than they did even 20 years ago. But as much as medications can help you manage your health risks, some prescription medications can increase your risk of falling by causing dizziness, drowsiness or numbness. They could also have other side effects that affect your balance and perception. You can avoid many risk factors that can lead to a fall and injury by being partners with your doctor and pharmacist and talking about your prescriptions. Remember to:

- Maintain a list of all the drugs you take, including doses, frequency and prescribing doctor. Also include any over-the-counter medicines or supplements you take. Bring the list with you to doctors' appointments and when you pick up prescriptions.
- Read the prescription label. If it says "may cause dizziness or drowsiness," or cautions against driving, ask about the best time to take it to avoid falls. Ask your doctor about alternative treatments with less hazardous side effects.



- Take your medicine exactly as prescribed. Ask your doctor to write detailed directions on how and when to take your medications.
- Talk to your doctor about changes to your eating habits, as well as how much caffeine and alcohol you consume, as these can affect how your medicines work.
- Ask your pharmacist about easier-to-read labels and instructions on your medicine containers if you have trouble reading warnings or directions. Your pharmacist can help select the best over-the-counter medications that only have the ingredients you need for your symptoms.

For more information visit www.steadyu.ohio.gov

Mobile Mammography

The Trihealth Mobile Mammography Van is coming to the Warren County Health District:

Wednesday, May 8

Call 513-569-6565 to schedule your desired appointment time.

Covered by Medicare, Medicaid and most private insurances companies.

Financial assistance available to those who qualify.

The Offices of the Warren County Health District will be closed on Monday, May 27th in Observance of the Memorial Day Holiday.

