



# WARREN COUNTY HEALTH DISTRICT

## Prevent-Promote-Protect



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## NEWS & INFORMATION

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

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Health Commissioner

### *What's In Your Tote Bag*

Summer is full of being outside. When we go to the pool or beach we always put sunscreen on ourselves and the children. But what about all the other times we are outside.

We need to protect ourselves all year round, and it's best to use several different kinds of protection. Whether you're working in the yard, watching a ballgame, or taking an afternoon walk, make sun safety an everyday habit.

Get ready for summer with a tote bag full of different ways

to protect your skin. Keep the tote bag handy so you can grab it and go.

Some important things to pack—

- A lightweight long-sleeved shirt or cover-up.
- A hat with a wide brim that shades your face, head, ears, and neck.
- Sunglasses that block both UVA and UVB rays.
- Sunscreen with SPF 15 or higher and both UVA and

UVB (broad spectrum) protection.

- Stay in the shade, especially during late morning through mid-afternoon.
  - Can't stay in the shade? Wear a long-sleeved shirt and pants to protect your skin.
- Remember to reapply sunscreen at least every 2 hours and after swimming, sweating, or toweling off.
- [www.cdc.gov/cancer](http://www.cdc.gov/cancer)



### Car Seats & Booster Seats

#### Are you in need of a car seat or booster seat?

Through the Ohio Buckles Buckeyes (OBB) and the Warren County Health District you may qualify for a car seat or booster seat.

Education & Installation are required to receive a car or booster seat.

Please call Maria Ernest at the Health Department. at 513-695-1272 to see if you are eligible for this program.

### *Exercise Is Medicine*

Regular physical activity helps relieve stress, anxiety and depression.

Aerobic exercise has been shown to decrease tension, elevate and stabilize our moods, and to improve our sleep and self-esteem. In as little as five minutes exercise can generate anti-anxiety benefits. Exercise is also a great to im-



prove our relationship and help us make new ones.

Below are five tips to help you get started making a difference in your life.

- Get a group of friends, family, or coworkers together for a hike and picnic
- Join a team sport with friend.
- Try a local fitness class or dance class.

- Grab a friend and go bike riding
- Get a group of coworkers or family members together and start walking and stay consistent with your healthy habits

Always consult your physician before beginning any type of exercise. For more information on diet & exercise contact Kathy Dickey at 513-695-1477

## Safe At The Warren County Fair—July 15th—21st

It's county fair season and people are coming out to join in the summer festivities. It is also a time to be cautious of germs and foodborne illnesses that can make us sick. Animal exhibits at the fair are a big attraction for people of all ages. We get to see cows, horses, goats, bunnies, chickens, and more; petting and feeding them right from our hands. Unfortunately, this activity has the potential to make us very sick. Animals can carry harmful germs that can pass to humans and cause diseases. Illnesses can range from minor skin rashes to serious infections. So what should you do to prevent illness? The Centers for Disease Control and Prevention (CDC) has some tips:

- Wash Your Hands Often If You Visit an Animal Exhibit
- Find out where handwashing stations are located.
- Always wash your hands right after petting animals or touching anything where the animal is housed.
- Wash your hands when you leave animal areas, even if you did not touch the animals.
- Running water and soap are best. If running water and soap are not available, use an alcohol based hand sani-

tizer that contains at least 60% alcohol. Wash your hands with soap and water as soon as a sink is available. Eat and Drink Safely

- Keep food and drinks out of animal areas, for example, where they live and eat.
- Food should not be prepared, served, or eaten in areas where animals live and eat (with the exception of service animals, or animals that assist people with disabilities).
- Don't eat or drink raw (unpasteurized) products made or sold at animal exhibits, including milk, cheese, cider, and juice.
- Don't share your food with animals, to avoid picking up any germs from the animals and to make sure animals eat the right foods. Animals should eat the food made for them.
- Wash your hands before preparing food or drinks and before eating and drinking.
- Keep Children Safe Around Animals



- Children younger than 5 years always need adult supervision in animal areas.
- Never allow children to put their thumbs, fingers, or objects (for example: pacifiers) in their mouths when they're around animals or in an animal area, such as an empty livestock barn.
- Encourage and supervise handwashing.
- Do not take or use strollers, bottles, pacifiers, spill-proof cups, or toys into animal area
- Stop by the WCHD Booth if you have any questions.

## Beat the Back to School Rush

Now is the time to beat the back-to-school rush for vaccination requirements and recommendation for your child. Whether it is a kindergartener who needs required vaccinations to start school, your 7th grader who needs the required Tdap and meningococcal vaccinations or a 12th grader who needs the required meningococcal vaccine, now is a great time to get your child's immunizations.



Immunization clinics tend to get very busy as the school year gets closer, so now is a great time to schedule appointments to ensure your child is fully

protected. Up-to-date immunizations promote disease prevention and wellness and many are required for entry into school.

A list of vaccinations required for school admission and other important vaccines recommended for children are available on the WCHD website at [www.warrenhd.com](http://www.warrenhd.com)

Make an appointment for your child now and avoid the back to school rush at the end of summer. For an appointment, please call 513-695-1468. Previous immunization record is required.

### Mobile Mammography

The Jewish Hospital/Mercy Health Mobile Mammography Van is coming to the Warren County Health District:

Thursday, July 11th

Call 513-686-3300 to schedule your 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 Thursday, July, 4th in observance of the 4th of July Holiday.

