



WARREN COUNTY HEALTH DISTRICT

Prevent-Promote-Protect



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NEWS & INFORMATION

www.warrenchd.com

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Health Commissioner

CAR & 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 (WCHD) you may qualify for a car or booster seat.

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

Please call Maria at the WCHD at 513-695-1272 to see if you are eligible for this program

The offices of the Warren County Health District will be closed, Monday, January 20th in observance of Martin Luther King Day

FLU PREVENTION

It's that time of the year, flu season. The good news is there are steps you can take to help keep you and your family healthy. Follow these steps to help prevent the flu:

GET VACCINATED:

The single best way to prevent the flu is to get a flu vaccine each season. The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season. To schedule an appointment for a flu shot at WCHD call 513-695-1229.

AVOID CLOSE CONTACT

Avoid close contact with people who are sick. When you are sick, keep your distance from

others to protect them from getting sick too.

STAY HOME WHEN SICK

If possible, stay home from work, school, and errands when you are sick.

You will help prevent others from catching your illness.

COVER MOUTH & NOSE WHEN

COUGHING

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

WASH HANDS

Washing your hands often will help protect you from germs.

AVOID TOUCHING EYES, NOSES AND MOUTH

Most experts believe that flu

viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. A person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or nose.

CLEAN & DISINFECT SURFACES & OBJECTS

Cleaning and disinfecting surfaces and objects that may be contaminated with germs like the flu can help slow the spread of influenza.

For more information on the flu or for more flu prevention information visit www.cdc.gov/flu



CHILDREN AND MEDIA

In a world where children are "growing up digital," it's important to help them learn healthy concepts of digital use and citizenship. Parents play an important role in teaching these skills. Here are a few tips from the American Academy of Pediatrics (AAP) to help families manage the ever-changing digital landscape.



- Make your own family media use plan: media should work for you and your family
- Set limits: set reasonable limits for your family
- Be a good role model: teach and model kindness and good manners online
- Value face-to-face communication: engage in back-and-forth "talk time" with your family
- Don't use technology as an emotional pacifier: media can help in keeping kids calm and quiet, but not the only way to calm down
- Warn the kids about the dangers: once content is shared it can not be removed or deleted
- Kids will be Kids: they will make mistakes, be there to help them

CERVICAL CANCER AWARENESS MONTH

January is Cervical Health Awareness Month, and WCHD wants you to know that there's a lot you can do to prevent cervical cancer. Each year, more than 11,000 women in the United States get cervical cancer.

HPV (human papillomavirus) is a very common infection that spreads through sexual activity, and it causes almost all cases of cervical cancer. About 79 million Americans currently have HPV, but many people with HPV don't know they are infected.

The good news?

- The HPV vaccine (shot) can prevent HPV.

- Cervical cancer can often be prevented with regular screening tests and follow-up care.

In honor of National Cervical Health

Awareness Month, **WCHD** encourages:

- Women to start getting regular cervical cancer screenings at age 21. The WCHD Reproductive Health Clinic offers comprehensive women's health services for

un/under insured women. For an appointment or more information please call 513-695-1263

- Parents to make sure pre-teens get the HPV vaccine at age 11 or 12

Teens and young adults also need to get the HPV vaccine if they didn't get it as pre-teens. Women up to age 26 and men up to age 21 can still get the vaccine. WCHD offers the HPV vaccine. To schedule an appointment at WCHD call 513-695-1468.



10 NEW YEAR'S RESOLUTIONS from your DOCTOR

Each year, Americans' most popular New Year's resolutions are more or less the same: get healthy, get organized, save money. But doctors at the American Medical Association (AMA) have some more resolutions for us to follow.

Learn your risk for type 2 diabetes: the AMA recommends taking a self-screening test at DoIHavePrediabetes.org to find out if you're at risk

Be more physically active: remember daily activities count towards your physical activity for the day—walking, cleaning, dancing, and taking the stairs

Know your blood pressure: the AMA suggests visiting LowerYourHBP.org to learn how to manage your blood pressure through diet, exercise, and stress relief

Staying hydrated: a good place to start is to drink more water and less soda

Drink (alcohol) in moderation, if at all: it is recommended for women to consume no more than a drink per day and men no more than two a day

Take antibiotics exactly as prescribed: take medicine as prescribed and only for the person they are prescribed for

Stop using nicotine and tobacco: smoking puts you at risk of lung cancer, heart disease, & other types of cancer 1-800-QUIT-NOW

Don't share pain medicine: take them as directed and safely get rid of extra by bringing them to a drug take-back site

Make sure your family is up-to-date on vaccines: this is one of the best ways to prevent disease ranging from the flu to measles

Manage stress: research shows that activities that elicit the "relaxation response" - such as yoga, meditation, and even prayer - can make a big difference

WORKING TO BUILD HEALTHY COMMUNITIES EVERYDAY

The primary goal of the Warren County Health District (WCHD) is three-fold, the Prevention of the spread of disease; Promotion of healthy lifestyles; and the Protection of the community from exposure to health risk. It's a critical three-fold approach to keeping you and your family, friends, and neighbors safe and healthy.

For more information about the Health Department, please visit our website at www.warrenhd.com or contact us at 513-695-1229