



WARREN COUNTY HEALTH DISTRICT Prevent-Promote-Protect



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NEWS & INFORMATION www.warrenchd.com

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Health Commissioner

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.



Sun Safety

Last month, we talked all about vitamin D. Although sun exposure is important for receiving adequate amounts of the vitamin, the ultraviolet (UV) rays can be harmful.

According to the FDA, studies have shown a link between severe sunburn and melanoma, the deadliest form of skin cancer. Over one million skin cancers diagnosed each year in the U.S. are considered sun-related according to the American Cancer Society. Skin cancer occurs in people of all skin tones, though it is less common in those with darker skin tones. Assessing your risk with the help of your doctor, protecting your skin, and performing regular skin cancer checks are the best methods of prevention.

Another risk of UV exposure is the development of cataracts. This results in clouding of the natural lens of the eye and causes decreased vision and possible blindness. Other types of eye damage include cancer around the eyes, macular degeneration, and irregular tissue growth that can block vision (pterygium).

Sun exposure can be healthy, but also risky. There are multiple strategies you can adopt to enjoy the sun while also protecting your skin and eyes.

Tips for Protection:

- Pack a hat with a wide brim that shades your face, head, ears, and neck.
- Apply sunscreen with SPF 15 or higher and both UVA and

UVB (broad spectrum) protection.

- Wear Sunglasses that block both UVA and UVB rays.
- Stay in the shade, especially during late morning through mid-afternoon.
- Can't stay in the shade? Wear a lightweight 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.



Stress Management

The global pandemic has caused stress for many people. Try out these steps to healthily manage stressful situations.

1. Identify sources of stress.

- If someone consistently causes stress in your life, limit the amount of time you spend with that person, or end the relationship.
- Analyze your schedule, responsibilities, and daily tasks. Limit any tasks that are unnecessary.
- Communicate feelings of stress in a respectful way. Be willing to compromise.

2. Practice a healthy lifestyle.

- Enjoy social time and connect with other people you enjoy.
- Eat a healthy diet containing vegetables, fruits, whole grains, healthy fats, and lean protein
- Engage in 30 minutes of physical activity daily.
- Avoid caffeine and sugar to promote relaxation and sleep.
- Avoid masking issues with alcohol, smoking, or drugs.
- Ensure 7-9 hours of sleep

3. Manage stress quickly.

- Take long deep breaths and be aware of your senses.
- Try yoga classes or downloading a meditation app for when you feel stressed or to settle down before bed.

<https://www.helpguide.org/articles/stress/stress->



Stay Hydrated This Summer!

Adequate water consumption is essential for all your bodily functions. Water regulates body temperature, lubricates joints, and helps carry nutrients and oxygen to your body's cells.

Water losses occur through the breath, perspiration, urine and bowel movements; therefore, you must replenish water supply with beverages and food that contain water. Fruit and vegetable juices, milk, and herbal teas add to daily water intake. Even caffeinated drinks (coffee, tea, and soda) can contribute to your consumption. A moderate amount of caffeine (400 milligrams) isn't harmful for most people, but it's best to limit caffeinated drinks to avoid adding extra calories from sugar to your diet.

Water can also be found in fruits and vegetables. Additionally, sports drinks can be helpful when exercising vigorously for more than an hour, especially in the heat. Be sure to read the label for sugar and caffeine content.

Mayo Clinic recommends a minimum daily water intake of 11.5 cups for women and 15.5 cups for men. Here are some helpful tips to stay hydrated:

- Keep a bottle of water with you during the day. Carry a reusable water bottle and fill it with tap water.
- If you don't like the taste of plain water, add a slice of lemon or lime to your drink.
- Drink water before, during, and after a workout.
- When you're feeling hungry, drink water. Thirst is often confused with hunger. True hunger will not be satisfied by drinking water.
- Drink on a schedule. Drink water with each meal and set a reminder to drink each hour you are awake.
- Drink water when you go to a restaurant.

Thirst is not a reliable way to determine dehydration, and effects can be dangerous-even fatal. Signs of dehydration include:

- Flushed skin
- Premature fatigue
- Increased body temperature
- Faster breathing and pulse rate

- Increased perception of effort
- Decreased exercise capacity
- Increased weakness
- Labored breathing with exercise

You can determine adequate hydration by checking your urine. A pale yellow color indicates good hydration, while dark urine may indicate a need for more fluids. Weight is also impacted by water and hydration status.



Looking for a way to spice up your water? Try

this recipe!

- 4-5 strawberries halved
- 4-5 slices lemon seeds removed, with peel
- 1 quart (4 cups) cold or room temperature water

Directions:

1. Add the fruit, spices, and/or herbs to the bottom of a sealable bottle or 1 qt. mason jar.
2. Pour in cold water, stir well.
3. Infuse at room temperature for 1-2 hours, refrigerate 3-4 hours.

<https://www.asweetpeachef.com/infused-water-recipes/#wprm-recipe-container-33872>

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/water-essential-to-your-body>

<https://familydoctor.org/hydration-why-its-so-important/>

Time to Get Vaccinated!

Since governor DeWine lifted the stay-at-home mandate, it is now safe to attend scheduled medical appointments. Up-to-date immunizations prevent disease and promote wellness. For most schools, immunizations are required for enrollment.

Immunization clinics become busier towards the start of the school year, so now is a great time to schedule appointments to ensure your child is fully protected.

For an appointment, please call 513-695-1468. Previous immunization records are required.



The Offices of the Warren County Health District will be closed July 3rd, in observance of the Independence Day holiday.



Keep Washing Those Hands!

1. Wet your hands with running water.
2. Lather hands with soap and scrub for 20 seconds.
3. Thoroughly wash your palms, knuckles, fingers, in between fingers, wrists, and up to the forearms.
**Need a timer? Sing your ABCs once or Happy Birthday twice.
4. Rinse hands well with clean, running water.
5. Dry your hands, using a clean towel.
6. Dispose paper towel in a trash can.