



WARREN COUNTY HEALTH DISTRICT

Prevent-Promote-Protect



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NEWS & INFORMATION

www.warrenchd.com

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Health Commissioner

Staying Safe in the Cold!

The Warren County Health District Staff wishes you and your family a very happy and safe holiday season

****Our offices will be closed 12/24, 12/25, 12/31, and 1/1 in observance of the holiday season.**



Heart attack rates and falling incidents increase in the winter months. See below for ways to ensure your safety.

Snow Shoveling Safety

- Wear sturdy shoes or boots with rugged soles.
- If you become short of breath while shoveling, stop and rest. If you feel pain or tightness in your chest, become dizzy, faint or start sweating heavily, stop immediately and call for help.
- Have a partner monitor your progress and share the workload. If you have a heart attack, your partner can call 911 and stay with you until help arrives.
- Use a sturdy, lightweight shovel to push the snow out of the way. If you must lift the snow, take small scoops.
- Warm up before shoveling by walking and stretching your arms and legs for a few minutes. Warm muscles are less likely to be injured and work more effi-

ciently.

If you use a snow blower, keep in mind that pushing a snow blower through heavy, packed snow can affect your body. Do not overexert yourself and take short breaks.

Avoiding Slips and Falls

- Allow travel time. If you don't feel safe, ask for help.
- When conditions are icy, walk with a buddy or carry a cell phone to call for help.
- Watch for slippery surfaces. Keep your head up and use your eyes to look down. Assume that surfaces that look slippery are, and find another way.
- Keep rock salt (a chemical deicing compound), sand and a shovel available near entrances. Consider keeping a small bag of sand or rock salt in your coat pocket.
- Don't try to walk in more than

an inch of snow. Deeper accumulations can cause you to trip.

- Bundle up to stay warm, but make sure you can see in all directions and move freely. Wear mittens or gloves to keep your hands out of your pockets and free to help with balance.
- Wear appropriate footwear. Winter boots that fit well provide more traction than tennis or dress shoes.
- Check that the rubber tips on canes and walkers are in good repair. Replace, if necessary.

<https://www.weathersafety.ohio.gov/WinterHealthSafetyTips.aspx>



World AIDS Day

World AIDS Day is December 1st. World AIDS Day is a global initiative to raise awareness, fight prejudice, and improve education about HIV and AIDS.

become sick with life-threatening illnesses. This is the most serious stage of HIV infection, called AIDS.

In recognition of World AIDS Day, WCHD encourages everyone to get tested for HIV, the virus that causes AIDS. It is recommended that anyone ages 15 to 65 is tested for the virus. Some may need to get tested more often.

HIV is a virus that can lead to AIDS.

There is no cure for HIV, but there is treatment. Without HIV treatment, your immune system can become weak and you can

Anyone can be infected with HIV. Around the world, about 37 million people are living with

HIV. In the United States, about 38,500 people get infected with HIV every year, and 1 in 7 people who have HIV don't know it.



WCHD offers free, confidential testing, for an appointment, call 513-695-1263. You can find additional testing locations at <http://locator.aids.gov>

www.cdc.gov/hiv

Your Car in Winter Weather

Winter months are also when car accidents are on the rise. To combat this, it is important to prepare for driving in extreme conditions.

It is suggested to have your car serviced every twelve months or 12000 miles, whichever comes first.

Heavy car users should aim to have at least an interim service every six months or 6000 miles.

Every vehicle should be equipped with an emergency supply kit. Kits should be checked every six months and expired items should be replaced. Vehicle emergency supply kits should include:

- A properly inflated spare tire, wheel wrench and tripod jack
- Jumper cables
- Tool kit and/or a multipurpose utility tool

- Flashlight and extra batteries
- Reflective triangles and brightly colored cloth to make your vehicle more visible
- Compass
- First aid kit with gauze, tape, bandages, antibiotic ointment, aspirin, a blanket, non-latex gloves, scissors, hydrocortisone, thermometer, tweezers and instant cold compress
- Nonperishable, high-energy foods, such as unsalted nuts, dried fruits and hard candy
- Drinking water
- Reflective vest in case you need to walk to get help
- Car charger for your cell phone
- Fire extinguisher
- Duct tape
- Rain poncho

**Additional items for cold weather include a snow brush, shovel, windshield washer fluid,

warm clothing, cat litter for traction and blankets.

It's also a good idea to keep family and emergency phone numbers, including your auto insurance provider and a towing company, in your phone.

<https://www.nsc.org/home-safety/safety-topics/emergency-preparedness/car-kit#:~:text=Kits%20should%20be%20checked%20every,emergency%20supply%20kits%20should%20include%3A&text=Reflective%20triangle%20and%20brightly%20colored%20cloth%20to%20make%20your%20vehicle%20more%20visible>

<https://mycarneedsa.com/blog/when-should-i-service-my-car#:~:text=As%20a%20good%20rule%20of,six%20months%20or%206000%20miles>



Flu Shots

Influenza –commonly called the “flu” – is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness and at times can lead to death. Each year it is estimated that an average of 36,000 Americans die and more than 200,000 are hospitalized from flu-related illnesses.

Who Should Get Vaccinated?

In 2010, the Centers for Disease Control and Prevention’s (CDC) Advisory Committee for Immunization Practices (ACIP) recommended that everyone over 6 months old should get an influenza vaccine.

Who Is at the Greatest Risk of Developing Flu-Related Complications?

Although most healthy people recover from the flu without complications, persons at greatest risk for medical complications include:

- All children under 5 years old
- All persons 50 years old and older

- Children and adults who have chronic lung (including asthma) or heart/circulatory disorders
- Persons who have immunosuppression (including immunosuppression caused by medications or HIV)
 - Women who are or will be pregnant during flu season

Flu Prevention

The single best way to prevent the flu is to get a flu shot every year. Washing hands often and covering coughs and sneezes are other preventative measures to reduce contract-

ing/spreading the virus. If you contract the flu, CDC recommends that people stay home for at least 24 hours after their fever is gone except to get medical care or other necessities.

Vaccine Safety

The vaccine is very safe and does not make you sick. The viruses in the flu vaccines are either killed (inactivated flu shot) or weakened (attenuated nasal spray), so you cannot get the flu from the vaccine.

Where Can I Get My Flu Shot?

Flu vaccines are offered in many locations including doctor’s offices, clinics, health departments, pharmacies, and college health centers, as well as many employers and some schools.

Come See Us!

The Warren County Health District provides seasonal flu vaccinations each year, generally beginning in September. Vaccination clinics are held at the Health Department and various sites throughout the county. Flu vaccines are administered by appointment only. Please call 513-695-1468 schedule an appointment.

A Warren County Health District nurse can visit Warren County residents who are homebound and give flu vaccinations in the resident’s home. For this service please call 513-695-1467.

https://odh.ohio.gov/wps/wcm/connect/gov/e4a8bd6f-6fec-483f-8836-c11cf1b1626/Influenza-Flu.pdf?MOD=AJPERES&CONVERT_TO=url&CACHEID=ROOTWORKSPACE.Z18_M1HGGK0N0JO0009DDDDM3000-e4a8bd6f-6fec-483f-8836-c11cf1b1626-mqsDSNx

<https://www.cdc.gov/flu/prevent/prevention.htm>

