



WARREN COUNTY HEALTH DISTRICT

Prevent-Promote-Protect



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NEWS & INFORMATION

www.warrenchd.com

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Health Commissioner

STRESS MANAGEMENT

If you're living with high levels of stress, you're putting your well-being at risk. Stress messes with your emotional and physical health. It effects your ability to think clearly, function effectively, and enjoy life. The bills keep coming, we need more hours in the day, and work and family responsibilities are demanding. You do have a lot more control than you might think.



***Identify the sources of the stress in your life.** It's not always straight forward. It's easy to overlook how your thoughts, feelings, and behaviors contribute to your everyday stress. To identify your true sources of stress, look at your habits, attitude, and excuses. It is important to take responsibility for your role in creating or maintaining it, your stress level will remain outside your control.

***Practice the 4 A's of Stress Management.** **Avoid** unnecessary stress—learn to say NO, avoid people who stress you out, take control of your environment. **Alter** the situation. Express your feelings—don't bottle them up, be willing to compromise, and create a balanced scheduled. **Adapt** to the stressor. Reframe problems, look at the bigger picture, and practice gratitude. **Accept** the things you can't change. Don't try to control the uncontrolla-

ble, look for the upside, and learn to forgive.
***Get Moving.** Physical activity is a huge stress reliever. Exercise releases endorphins that make you feel good. Even small changes in your activity levels will add up. Put some music on and dance around, walk your dog, park your car in the farthest spot, and use the stairs and not the elevator.
***Connect to others.** Face-to-face interaction triggers hormones that counteracts the body's defensive "fight-or-flight" response. It's nature's natural stress reliever. So make a point to connect to each other. Reach out to a co-worker, have lunch with a friend, call or email a friend, schedule a weekly dinner, or confide in your teacher or coach.

For more information visit, www.helpguide.org/articles/stress/stress-management.htm

AUTISM AWARENESS MONTH

April is Autism Awareness Month. Autism is a neurological condition that is marked by differences in learning styles, passionate interests in specific subjects, repetitive motion, and sometimes difficulty with language and communication. Autism is a developmental disorder. Parents usually notice signs during the first three years of their child's life. These signs often develop gradually, though some children with autism experience worsening in their communication and social skills af-

ter reaching developmental milestones at a normal pace. Some social communication challenges are: spoken language, gestures, eye contact/facial expressions, and tone of voice. These challenges can also include recognizing emotions & intentions in others, recognizing one's own emotions, expressing emotions, gauging personal space, and taking turns when talking.



Early intervention can improve learning, communication, and social skills, as well as underlying brain development. Many children affected by autism also benefit from other interventions such as speech and occupational therapy.

For more information or concerns, contact your family physicians or visit www.autismspeaks.org/what-autism

Keep Washing Those Hands!

1. Wet your hands with running water.
2. Lather hands with soap and scrub for 20 seconds.

Need a timer? Sing your ABC's once or Happy Birthday twice.

3. Thoroughly wash your palms, knuckles, fingers, in between fingers, wrists.
4. Rinse hands well with clean, running water.
5. Dry your hands, using a clean towel.
6. Dispose paper towel in a trash can.



REPORTING ANIMAL BITES

State law requires all animal bites from animals with the ability to transmit rabies to humans be reported to the local health department for investigation.

Upon receipt of an animal bite report, our Environmental Health Staff issues a written quarantine notice to the owner of the dog, cat, ferret, pig, or



other domestic animal capable of contracting and transmitting rabies. The animal can be quarantined at its usual residence or at an animal boarding establishment for the duration of the quarantine. Following the quarantine period the animal's condition is checked for symptoms of rabies.

The animal is subsequently released from quarantine, if properly vaccinated against rabies. At the end

of the quarantine period the victim is notified of the animal's condition.

If a problem is found with the condition of the domestic animal involved in the bite or if a wild animal is involved, the animal is humanely euthanized, the rabies specimen collected and the specimen is sent by courier to Ohio Department of Health Lab, for rabies analysis.

For more information or to report an animal bite call 513-695-1220 or visit www.warrenchd.com.

10 COMMON HEALTH ISSUES

***Physical Activity & Nutrition:** research indicates that physical activity can help prevent or delay certain diseases, including some cancers, heart disease, and diabetes, and also relieve depressions and improve mood. It's important to eat foods rich in nutrients and to avoid empty calories.

***Overweight & Obesity:** Being overweight or obese increases your chances of dying from hypertension, type 2 diabetes, coronary heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea, respiratory problems, dyslipidemia and endometrial, breast, prostate, and colon cancers.

***Tobacco:** The single most preventable cause of illness and premature death in the U.S.

***Substance Abuse:** This usually means drugs and alcohol. We don't always associate with seniors, but often they self medicate using legal and illegal drugs and alcohol, which can lead to serious health consequences. Check on your loved ones.

***HIV/AIDS:** Between 11% and 15% of U.S. AIDS cases occur in seniors over age 50. Seniors are unlikely to use condoms, have immune systems that naturally weaken with age, and HIV symptoms are similar to symptoms that accompany aging.

***Mental Health:** Dementia is not part of aging. Dementia can be caused by disease, reactions to medications, vision and hearing problems, infections, nutritional imbalances, diabetes, and renal failure. There are many forms of dementia (including Alzheimer's Disease) and some can be temporary. With accurate diagnosis comes management and help. The most common late-in-life mental health condition is depression. If left untreated, depression in the elderly can lead to suicide. Here's a surprising fact: the rate of suicide is higher for elderly white men than for any other age

group, including adolescents.

***Injury and Violence:** Among seniors, falls are the leading cause of injuries, hospital admissions for trauma, and death due to injury. One in three seniors will fall each year. Strategies to help reduce injury include exercise to improve balance and strength and medication review. Home-based fire prevention devices should be placed and easy to use. Seniors ages 65 and older are twice as likely to die in a home fires as the general population.

***Environmental Quality:** Pollution affects us all, the government studies have indicated

that low-income, racial and ethnic minorities are more likely to live in areas where they face environmental risks.

***Immunizations:** Influenza and pneumonia are among the top 10 causes of death for older adults. Emphasis on Influenza vaccination for seniors has helped. Pneumonia remains one of the most serious infections, especially among women and the elderly.

***Access to Health Care:** Seniors frequently don't monitor their health as seriously as they should. While a shortage of geriatricians has been noted nationwide, your access to health care is a phone call away to your doctor or several hospital settings, in senior housing, and in *your* community.

For more information, please visit: www.urmc.rochester.edu/senior-health/common-issues/top-ten.aspx#:~:text=Top%2010%20Most%20Common%20Health%20Issues.%201%20Physical,Tobacco.%204%20Substance%20Abuse.%205%20HIV/AIDS.%20More%20items

**COVID-19 VACCINE
FOR AN APPOINTMENT
CALL :**

513-695-7468 (SHOT)