



# WARREN COUNTY HEALTH DISTRICT

## Prevent-Promote-Protect



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## NEWS & INFORMATION

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

Duane Stansbury, R.S., M.P.H.  
Health Commissioner

### COVID 19 VACCINE UPDATES

In general, people are considered fully vaccinated 2 weeks after their second dose in a 2-dose series, Pfizer or Moderna. Also 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine.

Fully vaccinated people can resume activities without wearing a mask or physically distancing, except where required by federal, state, local, tribal, or territorial laws, rules, and regulations, including local business and workplace guidance.

If you don't meet these requirements, regardless of your age, you are NOT fully vaccinated. We ask that you continue to social distance, wear your mask, practice good hand hygiene, and get vaccinated.

Keep taking all precautions until you are fully vaccinated.

If you haven't been vaccinated, please call the Health District at 513-695-7468 to make an appointment.

If you have any questions, please reach out to the Health District at 513-695-2475



## Steps for Healthy & Safe Swimming this Summer

We all share the water we swim in. So this means we all need to do our part to keep everyone safe. Here are a couple easy steps we can do each time we swim or relax in the water to help protect the people we care about.

### Before you get in.....

- \*Check latest inspection results
- \*Make sure the drain at the bottom of the deep end is visible and cover is secure
- \*Is there a lifeguard on duty— if not make sure to locate the safety equipment
- \*Stay out of the water if you are sick with diarrhea.

- \*Stay out of the water if you have an open cut or wound. If you do go in the water, use a waterproof bandage to completely cover the cut
- \*Shower before you get in the water

### Once you are in the water.....

- \*Do not pee or poop in the water
- \*Do not swallow the water
- \*Use well-fitting, Coast Guard approved life jackets



- \* Keep an eye on children at all times. Kids can drown in seconds and in silence
- \*Take kids on restroom breaks and check diapers every hour
- \*Dry ear thoroughly after swimming
- Steps to prevent drowning...**
- \*Make sure everyone has basic swim skills, such as floating and treading water
- \*Make sure kids wear life jackets
- \*Supervise swimmers at all times
- \*Know how to recognize a swimmer in distress and how to assist

## Take Care of Your Emotional Well-Being

Many people are having a hard time coping with life right now. They could be grieving the loss of a loved one or dealing with stress. Rates of emotional and behavioral health issues, such as depression, anxiety, substance use, domestic violence, and suicidal thoughts, have increased since early 2020. About 4 in 10 US adults reported symptoms of anxiety or depression in January 2021, 4 times the number who reported these symptoms in June 2019.



Are you trying to cope with a range of these emotions of an-

ger, fear, grief, loneliness, sadness, stress, and worry? If you are feeling any of the emotions above, talking with friends, neighbors, and loved ones can relieve stress and promote resilience. We need to remember we are not alone. Talking with friends or family about our feelings can definitely help you cope in these challenging times. Use these tips and suggestions to get the conversation going.

- Be flexible about the format. Talk on the phone or in person
- Be ready listen. Put your phone away so nothing will distract you
- Ask open-ended questions.
- End on a positive note.

- If you or your family, friends or neighbors are in crisis or need immediate help, go to [cdc.gov/howrightnow/get-help](http://cdc.gov/howrightnow/get-help).

### Listen with Compassion...

Instead of..."it will be fine"  
Try....."I understand"  
Instead of..."It is what it is"  
Try....."I'm listening"  
Instead of..."stop worrying"  
Try....."I'm here for you"

### Conversation Starters....

- \*How are you feeling?
- \*How's it going for you these days?
- \*What are you doing to get by?
- \*What are you doing to take care of yourself?

## Vitamin D—the SUNSHINE VITAMIN

Vitamin D is known as the sunshine vitamin. It is a necessary nutrient that is produced when the body is exposed to sunlight. It is also found in a limited number of foods.

From helping maintain strong bones to supporting a healthy immune system, vitamin D actually functions as a hormone in the body.

Many people require a vitamin D supplement to keep their levels consistent, but by adding these few foods to your diet you can reap the nutritional benefits of this nutrient.

1. **Rainbow Trout:** this salmon relative may be a lesser known fish but offers a ton of nutritional benefits.



A 3oz serving packs in 645 IU vitamin D, or 81% of the daily value.

2. **Mushrooms:** one of the few vegan sources of vitamin D and also the only vegetable source of the nutrient. A 1/2 cup serving of sliced white mushrooms that have been exposed to UV light packs in 366 IU vitamin D, which means almost half of the daily value.

3. **Eggs:** the yolk of the egg contains vitamin D, so opt for whole egg omelette.

4. **Salmon:** this fish supports a healthy immune system to reducing risk of chronic illnesses like heart disease and cognitive decline.

5. **Sardines:** high in heart-healthy omega -3 fatty acid but low in mer-

cury. They are also high in vitamin B12.

6. **Cod Liver Oil:** one of the highest dietary sources of vitamin D, cod liver oil has been used for years to help prevent vitamin D deficiency. Just one tablespoon of cod liver oil packs in 170% of the daily value of vitamin D.

7. **Liver:** chock full of nutrients, making this food one of the most nutrient-defense foods on the planet.

8. **Fortified Milk and Cereals:** a winning combination for a convenient breakfast. These two items also provide several important nutrients as well.

For more information, please contact the dietician here at the Health District at 513-695-1477.

## Grilling Season IS HERE

The weather is heating up, and that means more time spent on the grill. Fire and food poisoning incidents peak in the summer. To prevent this, follow these tips:

- Propane and charcoal BBQ grills should only be used outdoors.
- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- Keep children and pets at least three feet away from the grill area.
- Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- Never leave your grill unattended.
- Always make sure your gas grill lid is open before lighting it
- In propane grills, check the gas tank hose for leaks before using it for the first time each year



### Food Safety

1. Chill: keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep below 40°F in an insulated cooler.

2. Don't cross-contaminate: throw out marinades and sauces that have touched raw meat juices, which can spread germs to cooked foods. Use clean utensils and a clean plate to remove cooked meat from the grill.

3. Cook: use a food thermometer to ensure meat is fully cooked. When smoking, keep temperatures inside the smoker at 225°F to 300°F.

### Other Cooking Temperatures:

- 145°F: whole cuts of beef, pork, lamb, and veal (stand-time of 3 minutes at this temperature)
- 145°F: fish
- 160°F : hamburgers and other ground beef
- 165°F: all poultry and pre-cooked meats, like hot dogs

4. After Grilling: hold at 140°F or warmer – until it's served, refrigerate in 1-2 hours.

## 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.

