



WARREN COUNTY HEALTH DISTRICT

Prevent-Promote-Protect



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NEWS & INFORMATION

www.warrenchd.com

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

WHAT'S IN YOUR BAG THIS SUMMER

Summer is full of being outside. When we go to the pool or beach we always put sunscreen on ourselves and the children. But what about all the other times we are outside?

We need to protect ourselves all year round, and it's best to use several different kinds of protection. Whether you're working in the yard, watching a ballgame, or taking an afternoon walk, make sun safety an everyday habit.

Get ready for summer with a tote bag full of different ways

to protect your skin. Keep the tote bag handy so you can grab it and go.

Some important things to pack:

- A light-weight long-sleeved shirt or cover-up.
- A hat with a wide brim that shades your face, head, ears, and neck.
- Sunglasses that block both UVA and UVB rays.



• Sunscreen with SPF 15 or higher and both UVA and UVB (broad spectrum) protection.

- Stay in the shade, especially during late morning through mid-afternoon.

- Can't stay in the shade? Wear a 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.

www.cdc.gov/cancer

Wash Those Hands....one of the most important things we can do!!

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, and 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.

EXERCISE IS MEDICINE

Regular physical activity helps relieve stress, anxiety and depression.

Aerobic exercise has been shown to decrease tension, elevate and stabilize our moods, and improve our sleep and self-esteem. In as little as five minutes, exercise can generate anti-anxiety benefits. Exercise is also a great to improve our relationships and help us make new ones.



Below are five tips to help you get started making a difference in your life:

- Get a group of friends, family, or coworkers together for a hike and picnic
- Join a team sport with friends.
- Try a local fitness class or dance class.

- Grab a friend and go bike riding
- Get a group of coworkers or family members together and start walking and stay consistent with your healthy habits

Always consult your physician before beginning any type of exercise. For more information on diet & exercise, contact Bri Higgins at 513-695-1477



TOBACCO PREVENTION ADVOCACY WINNERS

Congratulations Max, Nilli, & Lilly

Throughout the month of May, Warren County High School students had the opportunity to participate in the Tobacco Prevention Advocacy contest, organized by the Tobacco Prevention Committee – a partnership through the Warren County Health District and the Substance Abuse Prevention Coalition.

Students submitted advocacy letters and posters with messages supporting tobacco prevention policy. Participants outlined and supported many types of strategies in their projects, including policies that would ban all flavored tobacco products (including vapor products), restrict advertising of tobacco products, increase tobacco-free spaces, and increase funding to support tobacco prevention and cessation programming. Some letters spoke to personal accounts regarding how tobacco use has affected them in their personal lives, strengthening the rhetoric that more should be

done to prevent tobacco use.

The members of the Tobacco Prevention Committee announced the top 3 winners on June 3rd

1st place prize - \$3,000 scholarship

Max Allison

Carlisle High School

2nd place: \$1,500 scholarship

Nilli Tayidi

Little Miami High School

3rd place prize - \$500 scholarship

Lilly Currey

Warren County Career Center

To view contest winners, please visit:

<https://warrenhd.com/tobacco-prevention-advocacy-contest>

Thank you to all who participated in the contest!



BACK TO SCHOOL IMMUNIZATIONS

Now is the time to beat the back-to-school rush for vaccination requirements and recommendation for your child. Whether it is a kindergartener who needs required vaccinations to start school, your 7th grader who needs the required Tdap and meningococcal vaccinations, or a 12th grader who needs the required meningococcal vaccine, now is a great time to get your child's immunizations.

Immunization clinics tend to get very busy as the school year gets closer, so



now is a great time to schedule appointments to ensure your child is fully protected. Up-to-date immunizations promote disease prevention and wellness, and many are required for entry into school.

A list of vaccinations required for school admission and other important vaccines recommended for children are available on the WCHD website at www.warrenhd.com

Make an appointment for your child

now and avoid the back to school rush at the end of summer. For an appointment, please call 513-695-1468. Previous immunization record is required.

The offices of the Warren County Health District will be closed Friday, July 2nd in observance of Juneteenth and Monday, July 5th for Independence Day



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