



# WARREN COUNTY HEALTH DISTRICT

## Prevent-Promote-Protect



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## NEWS & INFORMATION

warrenchd.com

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### TICK SEASON 101

**Wet year. Mild winter. Early spring. This combo creates ideal conditions for an engorged tick season in 2021.**

#### 8 tips to consider

1. Walk in the center of trails and avoid high grass
2. Reduce exposed skin and tie up loose hair.
3. Wear light color clothing.
4. Treat your clothing or consider using repellents.
5. If you find an embedded tick, do not panic.
6. Get the proper tools
7. Pull steadily and securely
8. Dispose of the tick and clean up

Protect • Check • Remove • Watch [Ohio.Gov/Tick](http://Ohio.Gov/Tick)

#### BeTICK Smart

- Wear repellent.
- Check for ticks daily.
- Shower soon after being outdoors.
- Call your doctor if you get a fever or rash following a tick bite.

- 1 Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
- 2 Pull upward with steady, even pressure to remove the tick. Avoid twisting or jerking.
- 3 Clean the bite area and your hands with rubbing alcohol, iodine scrub, or soap and water.

#### Actual Size Comparison Ohio Tick ID Card



## HEAT STROKE VS. HEAT EXHAUSTION

It is hot outside! That means wearing sunscreen, keeping cool, dressing for the weather, and drinking plenty of water. Whether you are inside or outside, it is important to know the signs and symptoms of heat related illnesses.

Be on the look-out for heat-related illness if you see the temperatures over 91 Fahrenheit. Keep in mind that the humidity only adds to the intensity. As with many illnesses, very young and very old are at the highest risk for heat-related illnesses. This is one reason why children should never be left in a hot car and the elderly should be looked on during heat waves. Of course they are not the only ones to be effected by heat stroke or heat exhaustion.

Heat-related illnesses usually go in three phase. Keep in mind this may not always be the case. The first phase includes heat cramps, which is marked by heavy breathing during exercise and muscle cramps. The CDC recommends stopping your activity, moving to

a cool place, and drinking water or a sports drink until the cramps go away.

The second phase is heat exhaustion. The warning signs for heat exhaustion are: heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, and fainting. The skin may feel cool and moist. The victim's

pulse will be fast and weak, and breathing will be fast and shallow. If it is hot out and those symptoms appear, move to a cool place, loosen clothing, and sip some water.

The final phase is heat stroke. According to the Mayo Clinic, if left untreated, heat exhaustion can

lead to heat stroke, which can be a "life-threatening condition that occurs when your core body temperature reaches 104 (F) or higher. Heat stroke requires immediate medical attention to

prevent permanent damage to your brain and other organs. The warning signs for heat stroke are:

high body temperature, headache, dizziness, nausea, confusion, passing out or losing consciousness, a fast or strong pulse, and hot, red, dry or even damp skin.

If you think you or someone is experiencing a heat stroke, call 911 immediately.



## BLOOD PRESSURE CHECKS

High Blood pressure is a major risk factor for heart disease and stroke. High blood pressure is called the "silent killer" because it often has no symptoms or warning signs and many people do not know they have it.

If you have high blood pressure, your heart is having a difficult time pumping blood through the blood vessels. The easiest way to find out if you have high



blood pressure is to monitor it on a regular basis. The Warren County

Health District offers walk-in blood pressure checks at no cost Monday– Friday from 7:30 a.m.– 11:30 a.m. and 1:00 p.m. - 3:30 p.m.

It is important to measure your blood pressure regularly. If you haven't had your blood pressure monitored lately, call your physician or visit the health department to have it checked.

For additional information on WCHD services visit [www.warrenchd.com](http://www.warrenchd.com)

## 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 deter-

mine dehydration, and effects can be dangerous even fatal. Signs of dehydration include:

- Flushed skin
- 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.

Try this recipe!

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

1. Add the fruit, spices, and/or herbs to the bottom of a sealable bottle
2. Pour in cold water, stir well.
3. Infuse and Enjoy!

## WOMEN INFANTS & CHILDREN (WIC)

Women, Infants and Children (WIC) eligible for the WIC program receive coupons which enable them to receive milk, eggs, cereal, 100% juice, whole grains, fruits and vegetables, peanut butter or beans and infant formula from participating grocery stores.

WIC also provides nutrition education, breastfeeding support (breast pumps for special circumstances), health care referrals, immunization screening and supplemental foods.

WIC is not a welfare program, many working families qualify to receive WIC benefits.

Appointments are scheduled to meet the needs of all family members. Participants visit the WIC office every three months to pick up coupons for free foods from local grocery stores.

For more information or to schedule an appointment call 513-695-1217 or visit our website at

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

