



WARREN COUNTY HEALTH DISTRICT Prevent-Promote-Protect



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NEWS & INFORMATION

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www.warrenchd.com

PREVENT HYPOTHERMIA & FROSTBITE

The WCHD will be closed in observance of Martin Luther King, Jr. Day Monday, January 17th

Hypothermia and frostbite are both dangerous conditions that can happen when a person is exposed to extremely cold temperatures. Stay safe this winter by learning more about hypothermia and frostbite, including who is most at risk, signs and symptoms, and what to do if someone develops hypothermia or frostbite.

WHAT IS HYPOTHERMIA?

Hypothermia is caused by prolonged exposures to very cold temperatures. The body temperature gets too low and affects the brain, making it hard to think clearly.

WHO IS AT RISK? Victims of hypothermia are often older adults with inadequate food and clothing, babies sleeping in a cold room, people who remain outside for long periods of time, and people who use illicit drugs and drink alcohol.

WHAT ARE SIGNS AND SYMPTOMS OF HYPOTHERMIA?

Adults: shivering, exhaustion, confusion, memory loss, slurred speech, an/or drowsiness.

Babies: bright, red, cold skin and very low energy.

DON'T WAIT—ACT: Hypothermia is a medical emergency. If you notice any of the signs or symptoms, take the person's temperature. If it is below 95 F, get medical attention immediately. If you are unable to get medical help, try and warm the person up.

WHAT IS FROSTBITE? Frostbite is a type of injury caused by freezing. It leads to a loss of feeling and color in the areas affected. Frostbite can permanently damage the body.

WHO IS AT RISK? You may have a greater chance of developing frostbite if you have poor blood circulation or are not properly dressed for cold temperatures.

WHAT ARE THE SIGNS AND SYMPTOMS OF FROSTBITE?

If you notice redness or pain in any

skin area. A white or grayish-yellow skin color, skin that feels firm or waxy, and/or numbness.

DON'T WAIT—ACT: If you notice any signs or symptoms get medical attention. Check and see if person is showing signs of hypothermia. If person only shows signs of frostbite, get the person into a warm room, do not rub the frostbitten areas at all, put the affected areas in warm water, not hot. Do not use a heating pad or lamp for warming, affected areas are numb and can burn.

BE PREPARED: Whether it is hypothermia or frostbite, take a first aid course.

Knowing what to do is an important part of protecting your health and others.



www.cdc.gov/disasters/winter/staysafe/hypothermia.html

OUR LIVES BEGIN TO END
THE DAY WE BECOME
SILENT ABOUT
THINGS THAT MATTER
Martin Luther King Jr.



FAST FACTS ABOUT SMOKING

*Smoking leads to disease and harms almost every organ in the body.

*Cigarette smoking remains the leading cause of preventable disease and death in the United States.

*Billions of dollars are spent each year on marketing cigarettes.

*Smoking costs the US billions of dollars yearly.

*CDC recommends that each state spends around 12% of the funds they receive on tobacco control. The states spend very

little on prevention and offering help from smokers to quit.

*1,600 youth try their first cigarette each day.

*Many adult smokers truly want to quit smoking.

*For every person that dies because of smoking, at least 30 people live with a serious smoking-related illness.

*More than 16 million Americans are living with a smoking-related disease.

*On average, smokers die 10 years early than a non-smoker.

*Smoking increases your risk of tuberculosis, eye diseases, problems with your immune system, and rheumatoid arthritis.

If you or someone you know and love smoke, stop today and encourage them to do the same.

For help call 1-800-QUIT-NOW or visit the Smokefree.gov

For more information, visit www.cdc.gov/tobacco/data_statistics/fact_sheets/index.htm

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You can quit. For free help, CALL 1-800-QUIT-NOW.

DON'T LET GLAUCOMA STEAL YOUR SIGHT !

Half of the people with glaucoma do not even know they have it. Start this year out by learning about glaucoma and taking steps to reduce your risk of vision loss.

FACTS ABOUT GLAUCOMA: Glaucoma is a group of diseases that damage the eye's optic nerve and can result in vision loss and even blindness. About 3 million Americans have glaucoma, it is the second leading cause of blindness.

If glaucoma is caught early, you can preserve your vision because there is no cure for glaucoma.



KNOW YOUR RISKS OF GLAUCOMA: Anyone can get glaucoma, but there are certain groups that are at a higher risk. People with diabetes, people with a family history of glaucoma, everyone over 60, and African Americans over the age of 40.

TAKE ACTION TO PREVENT VISION LOSS: There are several steps you can take to protect yourself and lower your risk of vision loss from glaucoma. Make sure you get a comprehensive dilated eye exam to catch glaucoma early and to start a treatment plan. Talk with your family members about their history of glaucoma to help you talk with your doctor. Maintain a healthy weight and control your blood pressure. Avoid smoking and being active will also help you avoid vision loss from glaucoma.

MANAGE AND TREAT GLAUCOMA: Vision loss from glaucoma usually affects the peripheral vision in the beginning. Later the central vision will be affected. Which is needed for seeing objects and for common daily tasks of reading and driving.

Take steps to protect your eyes and vision health. Know the facts and the risks. Take action today!

www.cdc.gov/visionhealth/resources/features/glaucoma-awareness.html

CERVICAL HEALTH AWARENESS

January marks the observance of Cervical Health Awareness Month. More than 13,000 women in the United States are diagnosed with invasive cervical cancer each year, but the disease is preventable with vaccinations and appropriate screening.

CERVICAL CANER PREVENTION

Human Papillomavirus (HPV) vaccine can help prevent infection from both high risk HPV types that can lead to cervical cancer and low risk types that cause genital warts. The CDC recommends all boys and girls get the HPV vaccine at age 11 or 12 as the vaccine produces a stronger immune response when taken during the preteen years. For this reason, up until age 14, only two doses of the vaccine are required. The vaccine is available to all males and females through age 45 but for those 15 and older, three-dose series is needed.

CERVICAL CANCER DETECTION

A pap test can find cell changes to the cervix caused by HPV. HPV tests find the virus and help healthcare providers know which women are at a higher risk for cervical cancer. Pap and HPV test (either alone or in combination) are recommended for women over 30. Each woman is different and should ask her healthcare provider how often she should be screened and which tests are right for her.

WCHD provides both exams and the vaccine. If you are interested in scheduling your annual gynecological exam, please call the Women's Health/Family Planning clinic at 513-695-1263. The health district also provides the HPV vaccine. To set up and appointment for the HPV vaccine, please call 513-695-1468.



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.

