



WARREN COUNTY HEALTH DISTRICT

Prevent-Promote-Protect



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NEWS & INFORMATION

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Health Commissioner

www.wcchd.com

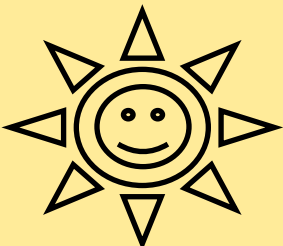
Benefits of Being in the Sun

With the clocks springing forward last month, we get to enjoy an extra hour of sunlight during our days! We all know the harmful effects the sun can have on us, but do not forget about the benefits of sunlight.

Exposure to sunlight helps...

- **Synthesize vitamin D.** Vitamin D works with the body to maintain calcium, and without sufficient vitamin D bones will not form properly.
- **Sleep better.** The sunlight exposure helps maintain our circadian rhythm (AKA sleep/wake cycle)
- **Improve your mood.** Being in the sun helps create serotonin which effects our mood. In the winter months, we are at risk for the appropriately named SAD (seasonal defective disorder) when serotonin levels are at their lowest.

This information must be taken in light of knowing the consequences of sun exposure. As with most things in life, **sun exposure should be taken in moderation!**



National Public Health Week: April 4-10

Public health promotes and protects the health of people and the communities where they live, learn, work and play.

While a doctor treats people who are sick, those of us working in public health try to prevent people from getting sick or injured in the first place. We also promote wellness by encouraging healthy behaviors.

From conducting scientific research to educating about health, people in the field of public health work to assure the conditions in which people can be healthy. That can mean vaccinating children and adults to prevent the spread of diseases or educating people about the risks of alcohol and tobacco.

Public health sets safety standards to protect workers and develops school nutrition programs to ensure kids have access to healthy food.

Public health works to track disease outbreaks, prevent injuries and shed light on why some of us are more likely to suffer from poorer health than others.

The many facets of public health include speaking out for laws that promote smoke-free indoor air and seatbelts, spreading the word about ways to stay healthy and giving science-based solutions to problems.

WCHD is dedicated to making Warren County a healthy

place to live, work, and play by preventing the spread of disease, promoting health lifestyles, and protecting the community from exposure to health risks.

The Warren County Health Levy enables WCHD to investigate infectious disease outbreaks, provide primary care services, link individuals to other healthcare and behavioral care services, build community partnerships, and investigate environmental public health hazards.

The dedicated staff at WCHD provide quality, accessible, respectful, and credible services to all members of the community. WCHD is working to build a healthier Warren County every day.

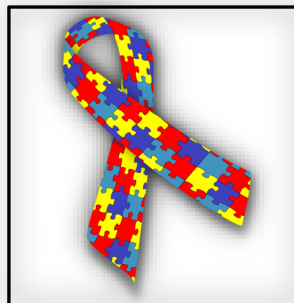
For more information regarding the programs and services offered by the WCHD visit www.warrenchd.com.

**The WCHD
2021 Annual
Report is now
available!**

**Visit
www.warrenchd.com
to view the report.**

World Autism Awareness Day—April 2

The whole month of April is marked by national autism awareness in the United States. On a global perspective, the United Nations have sanctioned April 2nd to be World Autism Awareness Day. World autism day celebrates the resilience of those with autism. Participating in this observance shows worldwide support for those with autism.



How can you participate in autism awareness?

The best way to celebrate this day is by becoming aware of the characteristics of people with autism. Awareness helps increase our understanding of autism and promote kindness towards the community.

Another great way to participate is by wearing blue! Many buildings and landmarks across the globe will be lit up blue in observance of world autism awareness day. Join in and wear blue on Saturday April 2nd to help support acceptance and kindness towards the autistic community!

For more information on autism contact your family physician or visit www.autismspeaks.org

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 domes-



tic 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 ra-

bies. 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.

Poultry and Salmonella

It's not unusual to see soft and cute baby poultry put on display in agricultural feed stores, especially during the spring. But most people do not realize that live poultry (chicks, chickens, ducks, ducklings, geese, turkeys) can be a source of human Salmonella infections, especially for children. When live baby poultry carry Salmonella they don't appear to be sick, but they can still spread the germs to people.

People can be exposed to Salmonella by holding, cuddling, or kissing the birds and by touching things where the birds live, such as cages or feed and water bowls.

Salmonella can make people sick with diarrhea, vomiting, fever, and/or abdominal cramps. Sometimes, people can become so sick from a Salmonella infection that they have to go to the hospital.

Young children, elderly persons, and those with weakened immune systems are more likely than others to develop severe illness. When this occurs, Salmonella may spread from the intestines to the bloodstream and then to other body sites and can cause death unless the person is treated

promptly with antibiotics.

How do people get Salmonella infections from live baby poultry?

Live poultry may have Salmonella germs in their droppings and on their bodies (feathers, feet, and beaks) even when they appear healthy and clean. The germs can also get on cages, coops, and other things in the area where birds live and roam. Additionally, germs can be found on the hands, shoes, and clothing of those who handle the birds, or work or play in areas where birds live and roam. People become infected with Salmonella when they put their hands or other things that have been in contact with droppings in or around their mouth.

How do I reduce the risk of Salmonella infection from live baby poultry?

— Wash your hands thoroughly with soap and water right after touching live baby poultry or anything in the area where they live and roam. Use hand sanitizer if soap and water are not readily available.

— Adults should supervise hand washing for young children.
— Don't let children younger than 5 years of age handle or touch chicks, ducklings, or other live poultry.

— Don't snuggle or kiss the birds, touch your mouth, or eat or drink around live baby poultry.

— Don't let live baby poultry inside the house, in bathrooms, or especially in areas where food or drink is prepared, served, or stored, such as kitchens or outdoor patios.

Keep live poultry outside.

— Don't eat or drink in the areas where the birds live or roam.
— Don't clean any equipment or materials associated with raising or caring for live poultry, such as cages or feed or water containers, inside the house.
— Don't give live baby poultry as gifts to young children.

For more information on Salmonella visit www.cdc.gov/salmonella.

