



# WARREN COUNTY HEALTH DISTRICT

## Prevent-Promote-Protect



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## NEWS & INFORMATION

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Health Commissioner

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

### Celebrate National Nurse's Day on May 6th!

May 6th kicks off national nurse's week which will last through May 12th. The final day being the birthday of the modern nursing pioneer Florence Nightingale.

Nurses are the backbone of medical care. With 3.8 million nurses in the US, they make up the largest healthcare profession.

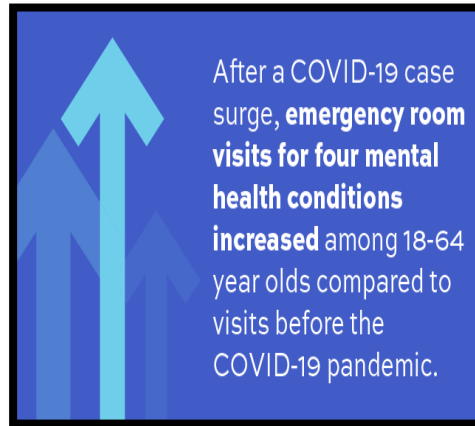
**Do not forget to  
thank a nurse on  
May 6th!**



### *How Are You Feeling? Mental Health Check*

Feeling stressed, overwhelmed, anxious, or sad? Are you grieving the loss of a loved one? You are not alone. The COVID-19 pandemic has negatively affected the mental health of

adults in our community. An increase in emergency room visits for mental health conditions is linked with COVID-19 case surges. Having just come out of the Omicron surge, let's take a moment to answer the question, "How am I feeling?"



There are some practical ways that we can respond if we do not feel mentally healthy. When feeling overwhelmed, it is important to take things one at a time.

Here are some tips for taking care of yourself one small way each day. Find what helps you unwind and take a break throughout the day! Loosen fatigue, sadness, or anxiety by getting moving. Treat yourself to a healthy meal and a proper amount of sleep!

Effective online resources are available to help us take care of ourselves. The CDC has a webpage titled, "How Right Now." This resource shows words that may relate with how we are feeling. When one of those words are selected, it provides trusted materials that can help us through the range of emotions we face! Additional materials on the website help start conversations about our mental health, hear motivation stories from others, and many other forms of support!

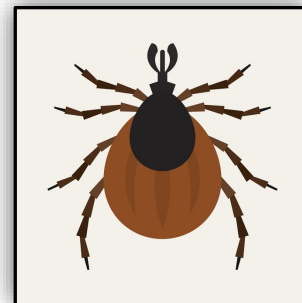
For more information go to: [www.cdc.gov/howrightnow](http://www.cdc.gov/howrightnow)

### *Tick Season is Officially Here*

While some ticks are active year round, most tick encounters happen during early spring to midsummer. Ticks are of concern because of the tickborne diseases that they can spread. The two most common found in Ohio are Rocky Mountain Spotted Fever and Lyme Disease. The Ohio Department of Health has noted an increase in these two tickborne diseases.

#### How to prevent tick bites?

The best way to avoid tickborne illness is to prevent tick bites! Try your best to stay away from areas where ticks lives. Additional protection can be taken by using tick repellents registered by the EPA.



Do not forget about your pets! They are very vulnerable to tick bites and tickborne diseases. Check your pets for ticks and consult with a veterinary about tick prevention!

For more information on ticks:  
[odh.ohio.gov/tickborne-diseases](http://odh.ohio.gov/tickborne-diseases)

## ***Leafy Greens: Food Safety***

Leafy greens can provide you with the proper nutrients that protect you from certain diseases. But these vegetables are sometimes contaminated with harmful germs. If these germs are digested, they can cause a foodborne illnesses.

### **Does this mean leafy greens are not safe to eat?**

Millions of servings of leafy greens are eaten safely everyday. There are steps you should take to ensure your leafy greens are safe to eat!

- Wash your hands before handling the leafy greens.
- Throw away any bruised or torn leaves
- Rinse under running water while gently rubbing them to help get rid of any dirt or germs
- Dry the leaves with a clean cloth or paper towel

For more information on safe handling leafy greens:

[cdc.gov/foodsafety/leafy-greens](http://cdc.gov/foodsafety/leafy-greens)

The Warren County Health District will be closed **Monday, May 30th** in observance of **Memorial Day.**



## ***Parents are the Key to Safe Teen Drivers***

Did you know that one of the most important safety features for a teen driver is a parent? Motor vehicle accidents are a leading cause of death in teens. Thankfully, these accidents can be avoided, and it all starts with the parents!

### **As a parent, what can I do to protect my teenaged driver?**

It is important that parents educate their teenager on the dangers of driving. Start by helping them understand the risks and leading causes of teen crashes. You can start with the eight danger zones outlined by the CDC:

- (1.) Driver inexperience
- (2.) Driving with teenage passengers
- (3.) Night time driving
- (4.) Not using seat belts
- (5.) Distracted driving
- (6.) Drowsy driving
- (7.) Reckless driving
- (8.) Impaired driving.

For more information go to:

[www.cdc.gov/parentsarethekey](http://www.cdc.gov/parentsarethekey)

### **How else can we protect our teenage drivers?**

The CDC recommends that parents use a, "Parent/Teen Driver Agreement." This is a document that outlines safe driving practices for the teenager. These best practices are worded as promise statements from the teenager. For example, "I promise to always wear a seat belt and make my passengers buckle-up." It is a great idea to get these things in writing. This way, you can make sure your whole family is on the same page. It is so important for a parent to be actively involved in the teenagers driving! A parent's guidance is very effective in preventing teenager's auto accident.

For a copy of a safe driving agreement go to:

[www.cdc.gov/parentsarethekey/agreement](http://www.cdc.gov/parentsarethekey/agreement)



### **Are there any other safe driving resources available?**

The Ohio Department of Health and the Ohio Traffic Safety Office provide valuable information and resources for our teen drivers. They have partnered with the Children's Hospital of Philadelphia to provide Ohio-based scientific resources. Their collaboration provided the, "CHOP Teen Driving Practice Guide." The practice guide uses short lessons and videos to help new drivers avoid the most common types of crashes and driving mistakes.

For more information from ODH and their partner CHOP: [injury.research.chop.edu](http://injury.research.chop.edu)

[publicsafety.ohio.gov/newdriversafety](http://publicsafety.ohio.gov/newdriversafety)