



Adolescent Vaping

Any tobacco use by youth and young adults, including e-cigarettes, is unsafe. In 2020, it was reported that 1 in 5 high school students and 1 in 20 middle school students reported using e-cigarettes. In fact, it has been shown in a 2019 study that 63% of adolescents do not know that a popular e-cigarette brand, JUUL, contains nicotine.

Nicotine poses many negative health effects for young people, ranging from memory loss, poor impulse control, poor mental health, increased aggression, and increased alcohol and marijuana use.

There are ways to help prevent adolescent vaping. One of the most important things that a parent or trusted adult can do is to talk about vaping with their young person. By having a conversation about vaping, the likelihood that they will begin vaping is greatly reduced.

If you, or any other trusted adult vape or use e-cigarettes around a young person, restrict your use of the device around them. Many times, young people will model the behaviors and actions of other people, so it is best to not use vapes around young people.

For more information about e-cigarette and vape use in young people, visit

<https://e-cigarettes.surgeongeneral.gov/takeaction.html>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7023954/>



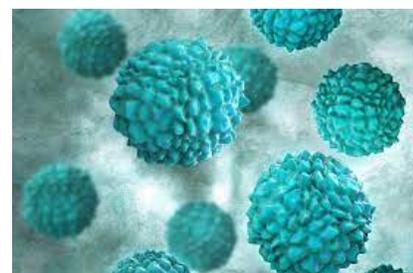
What is Norovirus?

Norovirus is a very contagious virus that causes vomiting and diarrhea. Norovirus is sometimes called the stomach flu or stomach bug. However, norovirus illness is not related to the flu which is caused by influenza virus. People with norovirus illness can shed billions of norovirus particles. Only a few virus particles can make other people sick.

You can get norovirus from:

- Having direct contact with an infected person
- Consuming contaminated food or water
- Touching contaminated surfaces and then putting your unwashed hands in your mouth

Signs and symptoms of norovirus are diarrhea, vomiting, nausea and stomach pain. Most people who get norovirus usually feel better within 1 to 3 days.



National Passenger Safety Week

January 22-28 is National Passenger Safety Week. We Save Lives and the National Road Safety Foundation launched National Passenger Safety Week and were joined by more than 50 other partners on a mission to empower passengers to speak up when in a car with an unsafe driver. These organizations hope to give passengers the courage and the ways to inform drivers of the necessity of focused and sober driving. Statistics show that in 2019, 63% of all traffic fatalities are passengers, 13% of those who died in alcohol related fatalities are passengers, and 53% of children killed in alcohol related crashes were passengers.

We Save Lives and the National Road Safety Foundation have created a courage to intervene promise, which states that:

"I will stop my friends and loved ones from driving drugged, drunk, or distracted whenever possible"

"I will not ride with anyone who is drugged, drunk, or distracted"

"I will encourage others to do the same"

"I will have the courage to intervene"

"Because I care"

To view the pledge and sign it, be sure to visit

<https://nationalpassengersafety.org>

WCHD will be closed on **January 16** in honor of **Martin Luther King Jr. Day**



Radon Awareness



Radon is a naturally occurring radioactive gas that is the leading cause of lung cancer in non-smokers. Radon is a colorless, odorless gas. Radon is responsible for around 21,000 lung cancer deaths annually, with 2,900 of these deaths occurring in people who have never smoked.

Many people's exposure to radon occurs in their home. In fact, it is estimated that around 50% of homes in Ohio have elevated levels of Radon. According to the EPA, the acceptable level of radon in a home is 4pCi/L (picocuries of radon per liter of air).

It is recommended that when you are in the process of selling your home that you test for the radon levels, and if applicable, go through mitigation to get radon levels to an acceptable standard.

It is also recommended that you perform a radon test in any of these circumstances:

- it has been two or more years since the last test
- if a test was performed, it was not performed on the lowest level of your home suitable for occupancy
- the total testing time was less than 48 hours
- there have been home improvements since the last radon test was performed.

If you need to schedule a professional to come out and perform a radon test, you can visit

<https://odh.ohio.gov/know-our-programs/radon-education-and-licensing-program/hire-a-professional>.