



# Warren County Health District

News and Information  
warrenchd.com

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Health Commissioner

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## Summer Safety



With summer around the corner, and beginning on June 21, there are certain activities that can put you and your family at a higher risk of injury and/or illness. Listed below are some common summer activities and some steps that you can take to make these activities safer.

### Spending Time In The Sun

**The risk:** Basking in the sun's rays might feel good, but getting too much sun can lead to sunburns and skin cancer.

**The fix:** To protect your skin, wear a broad-spectrum sunscreen with at least SPF 30. (Broad spectrum means it protects against both UVA and UVB rays.) Reapply every two hours—or even more frequently if you're sweating or swimming. It is also essential to check the application instructions on the bottle of your sunscreen, as well as checking the expiration date of it. Wearing sunhats, sunglasses and sun protective clothing are also a good idea. And if possible, minimize your exposure to direct sunlight from 10 a.m. to 4 p.m., when the sun's rays are at their strongest. To learn more sun safety tips, visit <https://www.skincancer.org/skin-cancer-prevention/sun-protection/>

### Having A Bonfire

**The risk:** It doesn't get much better than roasting marshmallows under the stars—but according to the National Fire Protection Association, thousands of people end up in the emergency room with burn injuries every year.

**The fix:** Before building a bonfire, ask your local fire department if they're allowed. And if they are, ensure the fire you build is in a wide, open space and at least 25 feet away from buildings. Don't use gasoline or anything that's combustible to build your fire. It's also not a good idea to build a fire when it's windy and dry, as these conditions make it easier for the fire to become unmanageable. Roasting marshmallows? Never shake the rod, as this can create a flying flame.

To learn more about bonfire safety, visit <https://www.nfpa.org/-/media/Files/Public-Education/Resources/Safety-tip-sheets/CampingFireSafety.ashx>.

### Bike Rides

**The risk:** People of all ages can enjoy bike rides during the summer! Unfortunately, there can be many risks associated with riding a bike, with one of the most common risks being not wearing a helmet and accidents between cars and bikes.

**The fix:** Wear a bike helmet that is certified by the Consumer Product Safety Commission (CPSC) and specifically designed for biking. Make sure it fits properly: the straps should be snug and fastened—a helmet that is too big will not give you adequate protection. Whether riding in the day or night, it's also a good idea to wear bright, neon colors to ensure drivers see you. To learn more about bicycle safety tips, visit <https://www.nhtsa.gov/road-safety/bicycle-safety>.

## Tick Identification

The Warren County Health District is excited to offer a new service for Warren County residents- tick identification kits! If you find a tick on you, your family, or your pet, you can bring it in to WCHD and we will collect the tick. After it is collected, WCHD will mail the tick up to the Ohio Department of Health, where they will identify it, and then let you know what kind of tick it is.

Tick identification is part of the wider umbrella of tick surveillance efforts, which helps local, state, and federal agencies monitor any new kinds of ticks, and any diseases that they may introduce.

If you need to drop a tick off to WCHD, call 513-695-3098.



# What's Happening at WCHD?

The Warren County Health District  
needs YOU!



to take a quick survey that the health district will use to assess the quality of life of the people who work and live in Warren County.

SCAN ME



surveymonkey.com/r/  
WCQOL23

WCHD will be  
closed on  
**Monday, June  
19th** in  
observance of  
**Juneteenth**



**National CPR and AED Awareness  
Week**



June 1-7 each year is National CPR and AED Awareness Week, spotlighting how lives can be saved if more Americans know CPR and how to use an AED. Did you know about 70 percent of out-of-hospital cardiac arrests happen in homes? If you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love. Be the difference for your parent, spouse, or child. What if it were them?

CPR, or cardiopulmonary resuscitation can help save a life during cardiac arrest, when the heart stops beating or beats too ineffectively to circulate blood to the brain and other vital organs. However, even after training, remembering the CPR steps and administering them correctly can be a challenge.

There are a variety of ways that you can learn how to perform CPR and use an AED. On the American Red Cross' website, there are some videos available that show demonstrations on how to perform CPR. If you want to register for a CPR and/or AED course, visit [redcross.org/take-a-class](https://www.redcross.org/take-a-class). On this webpage, you can put your location in, and then the American Red Cross will show all of the CPR and/or AED courses available near you.

In addition to videos and training courses, the American Red Cross also offers a free first aid app that can walk someone through various first aid steps. This app is available to both Apple and Android users. To download the app, visit the Apple App store, Google Play Store, or text "GETFIRST" to 90999.



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