

NEWS AND INFORMATION



Are you ready for the eclipse?

The 2024 solar eclipse is making its appearance in parts of Ohio on April 8 starting around 3 p.m. This will be the last total solar eclipse in the contiguous United States until 2044. A total solar eclipse happens when the Moon passes between the Sun and Earth, completely blocking the face of the Sun. People viewing the eclipse from locations where the Moon's shadow completely covers the Sun – known as the path of totality – will experience a total solar eclipse. The sky will darken, as if it were dawn or dusk. Weather permitting, people along the path of totality will see the Sun's corona, or outer atmosphere, which is usually obscured by the bright face of the Sun.

Directly looking at the sun with your bare eyes, or through a camera lens, binoculars, or telescope, can cause instant damage to your eyes. It's important to know that eclipse glasses are NOT sunglasses. Even when wearing eclipse glasses, you should not look at the eclipse through a camera lens, binoculars, or a telescope as these need different types of solar filters to protect your eyes. When the moon completely blocks the visible surface of the sun, viewers can remove their eclipse glasses. A total solar eclipse is the only type of solar eclipse where eclipse glasses can be momentarily removed.

Solar eclipse glasses use lenses that are made of black polymer, a flexible resin infused with carbon particles. They are about 100,000 times darker than ordinary sunglasses and block nearly all visible light as well as all infrared and ultraviolet light. The same lenses are sometimes used in solar viewing cards that you hold over your eyes with your hand.

Eclipse glasses have their safety certified by the International Organization for Standardization (ISO). You can tell if a pair of solar eclipse glasses meet today's standards if they are labeled ISO 12312-2 (sometimes written as ISO 12312-2:2015). Eclipse glasses manufacturers send their products to specialized labs that test whether the lenses comply with the ISO 12312-2 safety specifications.



March is National Nutrition Month

National Nutrition Month is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is "Beyond the Table," which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets – and even home food safety and storage practices. It also describes the various ways we eat – not only around a dinner table, but also on the go, in schools and restaurants, at games and events. This theme also includes sustainability, for instance, decreasing food waste from school and work to home and beyond.

A few tips to help you reach "Beyond the Plate" are to:

- Focus on a healthy eating routine
- Seek the help of a registered dietitian nutritionist
- Learn what's involved in growing your food.

If you want to learn more about nutrition and want to receive personalized tips, contact Laura Brodt, WCHD's registered dietitian at 513-695-1477 to schedule an appointment. If you are a Warren County resident, Laura's services are FREE!

To learn more about National Nutrition Month, visit www.eatright.org/national-nutrition-month



WarrenCoHealth



warrencountyhd



Warren County Health District

www.warrenchd.com

What's the Deal with Measles?



Measles is caused by a virus and spreads very easily when an infected person breathes, coughs or sneezes. Measles spreads so easily that anyone who is exposed and not immune (either by being immunized or having had measles in the past) will probably get it.

In fact, it is estimated that if ten unvaccinated individuals are exposed to the measles virus, up to 90% of them will develop a measles infection.

After someone is exposed to the measles virus, it can take an average of 10-12 days, but up to 21 days, for symptoms to appear. Initial symptoms of measles are a high grade fever (104 degrees Fahrenheit and higher), runny nose, cough, and red, watery eyes. 2-3 days after the fever begins, an infected individual will develop a measles rash, which begins at the top of an individual's head and spreads down their body. These symptoms, once present, usually last for 7-10 days. Measles is infectious from four days prior, to four days after rash onset.

Measles can be a serious disease, with 30% of reported cases experiencing one or more complications. Death from measles occurs in 2 to 3 per 1,000 reported cases in the United States. Complications from measles are more common among very young children (younger than five years), adults (older than 20 years), pregnant people, and people with weakened immune systems. Diarrhea is the most common complication of measles (occurring in 8% of cases), especially in young children. Ear infections occur in 7% of reported cases. Pneumonia, occurring in 6% of reported cases, accounts for 60% of measles-related deaths.

About 1 out of 1,000 cases will develop acute encephalitis, an inflammation of the brain. This serious complication can lead to permanent brain damage. Measles during pregnancy increases the risk of premature labor, miscarriage, and low-birth-weight infants, although birth defects have not been linked to measles exposure.

Measles can be especially severe in persons with compromised immune systems. Measles is more severe in malnourished children, particularly those with vitamin A deficiency. In developing countries, the fatality rate may be as high as 25%.

If you are exposed to measles and not immunized, you may be advised to quarantine (stay home) from work, school, and public places for 21 days. This is because of the time it can take for symptoms of measles to appear, and to prevent the spread of measles to other individuals.

The Measles, Mumps, and Rubella (MMR) vaccine is the most effective protection against Measles. One dose of the MMR vaccine is 93% effective at preventing measles, and two doses of it are 97% effective. Almost anyone should receive the MMR vaccine at some point in their lives.

If you or your child needs the MMR vaccine, give WCHD a call at 513-695-1548 or 513-695-1229 or contact your child's pediatrician.



What's Happening at WCHD this month?

Beginning **March 11th**, WCHD's operating hours will be from 7:30AM-4:00PM Monday through Friday.



ALL MONTH:



FREE at home COVID-19 tests available. If you are interested in getting some COVID-19 tests, call 513-695-3126 to schedule a pick up time.



Nutrition and diet counseling provided by WCHD dietitian, Laura Brodt. If you are interested, call 513-695-1477 to set up an appointment.



Vaccination Clinics. Adult and childhood vaccines available. Need a COVID-19 and/or flu vaccine? Call 513-695-1468 or 513-695-1229 to get scheduled.



Various Health Clinics. Need to see a doctor or medical professional? Visit warrenchd.com to see a description of the clinics WCHD offers or call 513-695-2428 to speak to a representative.