

## NEWS AND INFORMATION



### How to stay safe around your pets



Pets are a little like kids: You have to feed them, pick up after them and keep them safe. Of course, for the dog, cat, bird and more in your home and in your car, the safety rules are a little different. Here are some good strategies to ensure their health.

- Check your plants. Some are toxic to animals; if you can't place them out of reach, ask friends or family if they'll take your greenery for you.
- After handling your pet and their food, wash your hands! Washing your hands can prevent the spread of various illnesses.
- Remove any choking or eating hazards. This is especially important for animals such as dogs and cats that like to chew on anything. You may find clothing, electronics and shoes present unwanted allure.
- Lock up dangerous household chemicals. Curious pets may be able to open cabinet doors; use child-safe locks to prevent access.
- Confine them when you're gone. A crate or room that's separated by a gate may be a good solution to ensure your pet feels secure and can't destroy anything in your home, too.
- Watch out for them when you're busy. That includes when you're cooking and cleaning up, or even just playing.
- Build pet safety into your yard. Guard them from harm by fixing fences and keeping the lawn free of any obstacles or trash.

#### When travelling with your pet in the car:

- Keep your pets separate from you. Having a pet on your lap while driving is dangerous; they're a distraction and a risk to you. Instead, consider a heavy-duty, in-car crate or barrier.
- Secure them. If you're in an accident, you want your animal to have protection. In addition, a restraint keeps them from running away. Consider a leash or harness.
- Research stops. On a longer road trip, make sure you have plenty of pet-safe stops to let them out (on a leash) for bathroom and exercise breaks.
- Never leave your pet in the car. Leaving a window open is not enough—temperatures inside the car can rise almost 20 degrees Fahrenheit within the first 10 minutes, even with a window cracked open.



### WCHD Mobile Health

In case you missed it: WCHD is getting a mobile health unit! It should be on the road beginning September of this year. We will be stopping at many locations in Warren County.

WCHD Mobile Health will provide the following services across Warren County:

- Acute Care Visits
- Maintenance Visits (hypertension, diabetes and other chronic illnesses)
- Urinalysis
- Immunizations
- Hemoglobin Testing
- TB Skin Test
- Physical Exams (routine physicals, well child check ups, sports physicals, work physicals, pre-operative and Head Start physical exams)

Anyone can take advantage of the services that we offer. WCHD accepts Medicaid, Medicaid Managed Care plans, most private insurances and offers a sliding fee scale for un/underinsured.

To see where the van is going to be, visit WCHD's website, and click on Mobile Health Calendar under the Healthcare tab. If you have any questions, give 513-695-3128 a call.



WarrenCoHealth



warrencountyhd



Warren County Health District

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

# Alcohol Safety

With the summer months upon us, many adults may choose to consume alcohol. According to the 2023 Warren County Community Health Assessment, 56% of Warren County adults have consumed alcohol in the past month, and 22% have partaken in binge drinking. Binge drinking is defined as consuming four or more alcoholic drinks if you are a woman, or five or more if you are a man, in one occasion.

In the U.S., per the **National Institute on Alcohol Abuse and Alcoholism (NIAAA)**, a standard drink contains around 14 grams (0.6 ounces) of pure alcohol. Generally, this amount of alcohol is found in:

- 5 ounces of wine (12% alc. content).
- 8 ounces of malt liquor (7% alc. content).
- 12 ounces of beer (5% alc. content).
- 1.5 ounces or a "shot" of 80-proof (40% alc. content) distilled spirits or liquor (e.g., whiskey, vodka, gin, rum).

Alcohol is a central nervous system depressant that interacts with several of the brain's chemical messengers to have mind-altering effects. In the United States, when a person's blood alcohol content (BAC) is 0.08 g/dL or higher, they are considered above the legal limit for driving. However, this does not mean that a person can't be intoxicated at lower levels.

Per NIAAA, a general guideline of alcohol's effects based on BAC levels is as follows:

- **0-0.05 g/dL: Mildly Impaired**
  - Speech, memory, balance, coordination, and attention are mildly affected.
  - Sleepiness may set in.
  - The person may feel happy and relaxed.
- **06-0.15 g/dL: Intoxicated**
  - Further impairment of speech, memory, balance, coordination, and attention occurs.
  - Driving is significantly impaired.
  - Increased aggression is possible.
  - Judgment is compromised.
  - There is elevated risk of injury to oneself and others.
  - Increased drowsiness may occur.
- **16-0.30 g/dL: Severely Impaired**
  - Significant impairment of speech, memory, balance, attention, and coordination takes place.
  - Blackouts or amnesia are possible.
  - Dangerous impairment of decision-making abilities can occur.
  - Loss of consciousness is possible.
  - Nausea and vomiting are possible.
- **31-0.45 g/dL: Potentially Deadly**
  - Loss of consciousness is likely.
  - Life-threatening suppression of vital life functions, such as breathing, heart rate, and blood pressure, is possible.
  - High risk of alcohol poisoning.

If you are going to consume alcohol, here are a few things to keep in mind:

- **Understand both how much alcohol you are having and how much it will affect you.** Reference the figures in the previous paragraphs if you are unsure.
- **Eat before (and during) drinking sessions.** Alcohol enters your bloodstream through your stomach and small intestine. If your stomach is empty when you start drinking, the alcohol will enter your bloodstream faster. You may feel the effects of your drinks quickly, making it harder to manage your drinking.
- **Count your drinks.** Set yourself a drinks limit and stick to it. Avoid drinking in rounds (especially with friends who drink too much). Try to finish your drink before you start another, rather than topping up your glass.
- **Slow your alcohol consumption with drinks other than alcohol.**
- **Skip drinking games and consuming shots of alcohol**
- **Don't drink and drive.** There is no safe level of alcohol if you are driving. The more drinks you have, the more likely you are to have a road accident. Road accidents can involve other people, not just you.

## What's Happening at WCHD this month?



**Thursday, July 4th- Independence Day -WCHD CLOSED**

**July 15th- 22nd- Warren County Fair- WCHD** will be set up at the Warren County Fair sharing information with attendees

### 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. 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.



FREE naloxone kits and fentanyl test strips. To set up a time for pick up, call 513-695-3126