



NOVEMBER-DECEMBER 2017

PUBLIC HEALTH NEWS

Wyandot County Public Health

The 5 A's of Smoking

Cigarette smoking causes one in five deaths and causes harm in almost every organ in the body according to "The Health Consequences of Smoking – 50 years of Progress", a US Department of Health & Human Services report. Smoking and secondhand smoke exposure increases risks for preterm delivery, stillbirth, low birth weight,

SIDS, birth defects and infections.

The 5 A's smoking brief counseling intervention is an evidenced-based smoking cessation practice that is implemented by Public Health Nurses to clients seen through Wyandot County's Family Planning Clinic and Help Me Grow Home Visiting Program.

Nurses address these 5 A's:

ASK about tobacco use

ADVISE to quit

ASSESS willingness to make a quit attempt

ASSIST in quit attempt

ARRANGE for follow-up

Self-help materials about how to quit smoking, including information about the Ohio Quit Line and Tobacco Cessation Resources are provided as well.

Drive Safe, Drive Sober!

A sad truth during the holidays is that people often put more thought into party planning than they do in how they will get from one place to another during the holiday season.

While you don't have to throw holiday traditions aside, even if they include alcohol, please remember to be a responsible reveler.

Responsibility starts well before the holiday event. If you will be

hosting a holiday event where alcohol is served, make sure that you also have a generous amount of non-alcoholic beverages, including water, on hand. Serve tasty foods



along with drinks, and consider providing small gifts for designated drivers. Prepare to take the keys from someone who has been drinking and provide them with either a safe sober ride home, or overnight lodging at your residence.

If you will be attending a holiday event, designate a sober driver before leaving. If you are flying your sleigh solo this season and find you have had "too much" to drink, call for a safe ride home.

IMMUNIZATION CLINICS

(BY APPOINTMENT ONLY)

Upper Sandusky

Mondays
12:00-6:00 pm

Fridays
9:00-11:00 am
&
1:00-4:00 pm

Carey
2nd Monday
of every month
2:00-6:00 pm
Carey Senior Depot

Family Planning
Immunization
Teen & Family
Call:
419-294-3852
for appointment

WIC Clinic
419-294-3341

WCPH is contracted
with several major
insurance providers.
Non-contracted
insurance clients must
pay for services at visit.

Ask us about our
Patient Assistance
Program for
some adult vaccines!

WCPH
24/7 EMERGENCY PHONE
419-294-3852

National Flu Vaccination Week: December 3-9

Have you been vaccinated? It is not known how many flu deaths there are annually, but between 2011 and 2013, the CDC estimated there were



between 12,000 and 56,000 deaths related to the flu.

Illness and death attributed to the flu can be avoided with

just a few simple things. The very best way to avoid influenza is through immunization. Flu strains change over time so it is important to vaccinate yourself against the disease every year.

The young, the elderly, and the immune compromised are most susceptible to serious illness from the flu, therefore, it is doubly important

for healthy persons to immunize themselves to help protect these vulnerable populations.

If you are sick, stay home. Don't risk infecting others. Rest, drink plenty of fluids, and follow the advice of your healthcare provider. Wash hands frequently and keep them away from your eyes, nose, and mouth. Stay healthy this flu season!

Tourniquet Training

Wyandot County Medical Reserve Corps (MRC) will be meeting on Tuesday, November 28th in the new EMS building. The focus of this meeting is to learn how to STOP THE BLEED via tourniquet.

Zach Wolfe will be the instructor for the two hour tourniquet training that will provide attendees with valuable knowledge on how to act quickly in an emergency, possibly saving a life, with the use of a tourniquet. All training attendees will receive a

tourniquet to take home with them to use in event of an emergency.

A June 17, 2017 Department of Homeland Security reports that a recent National Academies of Science study found that trauma is the leading cause of death for Americans under age 46. The STOP THE BLEED campaign will enable and encourage bystanders, who are first on the scene, to effectively and swiftly respond in an emergency before professional help arrives.

Wyandot County MRC welcomes new members. A medical background, while helpful, is not a requirement for volunteerism.

You can help your community by becoming an MRC volunteer. For information, please feel free to call Wyandot County Health at 419-294-3852 and ask for Jeff Ritchey, or Claire Russell or go directly to Ohio Responds at: www.ohioresponds.odh.ohio.gov and register.

Happy Holidays?

Let's face it. When it comes to the holidays, life isn't always a Hallmark movie. Holidays can be a very depressing time of year for many people; including people with no previous signs of clinical depression. If you are one of those people who suffer through seemingly endless holiday parties, shopping, music, decorations, movies, etc., the following tips may be of help to you!

MAKE THE HOLIDAYS WHAT YOU WANT! Don't assume the worst. Don't let the high expectations of others be the guide for you.

CHANGE THINGS UP! Prepare something different for Thanksgiving or go out to eat, instead.

REACH OUT! Get together with your support team, either in person or via phone or the internet.

HEAD OFF PROBLEMS, ASK FOR HELP! Anticipating a situation based on past experience can help you keep things in check.

FORGET THE "IMPORTANT" STUFF! Christmas cards didn't get sent? So What! Let it go!

MAKE NEW TRADITIONS. Who says you have to go caroling with people you don't know or maybe, not even LIKE?! Karaoke in your basement, instead!

TAKE CARE OF YOURSELF! If you don't like the chaos of shopping, stay home and shop online... while relaxing in your favorite chair... eating a delivered meal!

VOLUNTEER! Finding a way to help someone else can actually lift your spirits. Check with local clubs and organizations.