

MARCH-APRIL 2018

PUBLIC HEALTH NEWS

Wyandot County Public Health



SHINGRIX

Wyandot County Public Health continues its commitment to protect the community through vaccination. WCPH will soon be administering “Shingrix”, a vaccine that has more than a 96% success rate across age groups 50 years and older in the prevention of shingles.

Nearly all older Americans have the varicella zoster virus lying dormant within their nervous systems just waiting to reactivate. Shingles, a painful and potentially serious disease that affects 1 in 3 people in the U.S., is caused by the reactivation of this vi-

rus, which is also the virus that causes chickenpox.

Shingles most commonly, but not always, appears as a painful, itchy rash developing on one side of the body. It can last for two to four weeks, or longer. The pain and severity of shingles increases with age due to the decline in the immune system which responds to infection. A person can experience, sometimes debilitating, neurological pain months to years after the shingles rash is gone.

An estimated 1 million cases of shingles are reported in the

United States every year. VZV is present in more than 99 percent of persons 50 years and older. One third of Americans will develop shingles in their lifetime. According to MMWR, June, 2008, one half of adults aged 85 years and older will develop shingles.

Shingrix is a two dose series with the second dose given 2 to 6 months after the initial dose. Shingrix is recommended even for those who were previously vaccinated against shingles with Zostavax.

Visit wyandotohealth.com and Facebook for future updates regarding Shingrix vaccine.

It's Garden Planning Season!

Wyandot County Public Health is in the planning stages for the 5th year of the Community Garden. Last year, local 4th grade, along with environmental science high school students, were instrumental in the early gardening phase.

Students grew plants, from seed, in their classrooms, that were later transplanted into bales and garden boxes. Union School 4th graders assisted with planting and helped prepare remaining garden boxes by tilling dirt

and pulling weeds. The students also collected several bags of trash throughout the garden. Community service hours were earned by a very hard working 6th grader, who watered the garden throughout the summer.

Gardening is all about growing. Hopefully, our community of gardeners will grow in 2018. The garden committee is extending an invitation to students in Carey and Mohawk schools to share the garden experience. Also in 2018, the gardening area itself will grow with

the addition of another garden box!

In 2017, a partnership was established with Art Connections. Pumpkins and gourds grown in the garden were given to artists who turned them into works of art. These masterpieces were sold at the Halloween Parade in Upper Sandusky. Funds collected from the sale benefitted Art Connections and the garden. Please call WCPH For more garden info!

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

EGG SAFETY

What is 274 eggs? If we were playing Jeopardy, the front half to this question would be: "In a November 2016 report from the American Egg Board, this is the amount of eggs, per capita, Americans eat in a year." That's a lot of eggs!

Eggs are an inexpensive, amazing source of protein (6 grams in one large egg) and other nutrients. An October 2017 Consumer Reports publication stated that

eggs aid in brain development, help maintain healthy skin, and may play a role in reducing macular degeneration and age-related cataract formation.

USDA/FSIS asserts shell eggs and liquid eggs (eggs removed from their shell) should be stored at 40° F or below, but, not frozen. Eggs should be stored in their case to prevent from cracks or breaks and to help protect against absorption from strong odiferous

foods. Remember to rotate eggs using the "first in, first out" rule.

Before handling eggs, wash hands with soap and warm water. Remove from refrigerator only as many eggs as needed. Do not use cracked eggs. Do not wash eggs before using as they are washed and sanitized before they are packed. Use clean, sanitized utensils and equipment.

School Vaccines

Spring is coming and the time is right to begin to think about vaccinating your child prior to entering preschool, kindergarten, 7th grade or their senior year. Wyandot County Public Health thanks you for vaccinating, as it is the most effective method of preventing infectious diseases

Vaccines are available for children entering kindergarten during registration on April 3rd for St. Peter's students; April 5th and 6th for Carey students; and on April 12th and 13th

for Upper Sandusky students. Parents may opt to vaccinate at their healthcare provider during their child's physical prior to registration or school entry. WCPH is currently scheduling vaccine appointments for these students at all regular vaccine clinics on Mondays and Fridays at the health department and in Carey on the 2nd Monday of the month.

In addition to primary "infant" vaccines, required "booster" vaccines

for kindergarten are: Dtap, Polio, MMR, and Chickenpox; Tdap and Menactra for 7th graders; and Menactra for high school seniors. A second dose of varicella and the HPV vaccine series, Gardasil, are recommended for 7th graders and seniors as well.

WCPH is contracted with several insurance companies which provide coverage for vaccines. Call 419-294-3852 for more info and to schedule an appointment.

TURN AROUND. DON'T DROWN.

What weather condition causes the most deaths each year? Floods. Most of the flood related drownings are preventable. Save your life, and the lives of your children and other family members or traveling companions. When you see flood waters ahead: Turn Around. Don't Drown.

Vehicles can be swept away when drivers attempt to travel through flood water. Many mistakenly believe 3,000 pound vehicles are heavy enough to maintain contact with road surfaces. Food for thought: if an aircraft carrier

weighing 97,000 tons float, what makes you think your vehicle won't do the same?

It only takes about six inches of water to reach the bottom of most cars. This high water could cause loss of control and stalling. Many vehicles will float in 12 inches of water. Most vehicles, including SUV's and pickups can be carried away in 2 feet of rushing water.

Persons who walk through or come too close to flood waters claim sec-

ond place in weather related flood drownings. Believe it or not, as little as six inches of rushing water can knock over an adult.

Never walk on or drive through flooded roadways. You can never be sure of the water's depth or the condition of the road that lies beneath the water.

When it comes to floods, play it safe: Turn Around. Don't Drown. For more information go to www.ready.gov/floods.