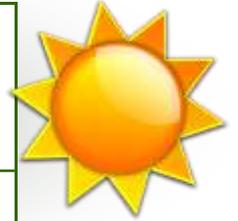


JULY-AUGUST 2018

# PUBLIC HEALTH

Wyandot County Health Department



## SUMMER FOOD SAFETY

If you're eating outdoors this summer, keep in mind one thing: ants at your picnic may be the least of your



worries if you don't follow proper summer food safe rules. Safe food handling will help

to keep food poisoning at bay.

Start your safe plan at the store. Bag your meats separately and keep them below 40° when transporting. Keep your meat cold until you are ready to grill. Clean your grill, utensils, and your hands, prior to, and after grilling. Discard marinades, etc. that

came in contact with raw meats and remove cooked meat with clean utensils placing on a clean plate. Use a meat thermometer for **proper "doneness"**. Keep the meat at 140° or warmer until served. Store in slide-lock bags or shallow containers within 2 hours of cook-time; 1 hour if temperature is 90° or

## 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

**Wyandot County  
Public Health  
24/7  
EMERGENCY PHONE  
419-294-3852**

## SUICIDE STATS

Suicide is a major health concern. The CDC reported in a December, 2017 publication that there were 44,965 suicides in 2016, an increase of 772 deaths by suicide from 44,193 in 2015. with men dying at a rate of 3 1/2 times more than women. In 2016, though the rate of suicide deaths among Caucasians dropped slightly, this race showed to be the highest ranked in deaths by suicide.

According to a study by the National Center for Health Statistics (published June, 2018), between the years 2000 and 2016, the rate of suicide rose 21% among males and 50% in females. The NCHS report showed that death by a firearm was the mode in the majority of male suicides. In fact, the 2017 Wyandot County Public Health annual report showed that 4 of the 190 recorded in county deaths were by suicide.

The 2018 Wyandot County Community Health Assessment showed that 3% of adults in Wyandot County contemplated suicide, 2% made a plan, and 1% attempted suicide in 2017. Limiting access to any lethal mean during a crisis situation can reduce suicides, but, better access to mental health care is a priority. Call the Mental Health and Recovery Services Board at 419-448-0640 for more information.

# PROTECT YOURSELF

Summer. Time to enjoy backyard cookouts, swimming, baseball, tennis and a myriad of events in beautiful, warm weather. **It's also time for something that is not so enjoyable:** sore damaged skin due to overexposure to sun which can lead to skin cancer.

Skin cancer is the most common type of cancer. If found early enough it is nearly 100% treatable. The sun can damage skin in as little as 15 minutes. Pro-

tect your skin year-round from harmful sun rays by seeking shade, when available and wearing sunscreen (at minimum, SPF 15), reapplying according to **the manufacturer's instructions.** Wear protective clothing, including long sleeved shirts and a wide brimmed hat made of tightly woven fabric that protects ears, nose, and the back of your neck, even on overcast days and when you are in the shade.

Wear sunglasses to protect your eyes against harmful UV rays and reduce your risk of cataracts. The larger the pair the better, to protect the tender skin around your eyes. The majority of sunglasses sold in the U.S. meet the standard of protection from both UVA and UVB rays. Glasses that wrap around are great for blocking rays from the side.



Remember to protect your lips,

## RABIES



Rabies is fatal. Bats can carry rabies. Does this mean that if you come in contact with a bat either by a scratch or bite, that you will wind up dead? Hardly.

The truth is that only about 6% of bats that were captured and tested were found to be positive **for rabies.** **While you can't tell if a bat has rabies just by looking at it, you should err on the side of caution and treat every bat**

the same as if it has a transmittable disease. Every year, thousands of people are treated successfully for the possibility of rabies through vaccination after they have come in contact with a bat, the most common mode of transmission in the U.S.

Be rabies proactive. Prevent bats from entering your house. Teach children to avoid contact

**with strange animals: "If they're not your own, leave them alone."** If there is contact with a bat, wash the affected area with soap and water and seek medical attention immediately. If you find a bat in the house, assume that it may have come in contact with you during sleep.

Have all sick, dead, or easily captured animals tested.

## MOSQUITOES

What can you do to avoid mosquito borne diseases? Avoid mosquito bites, of course! The warmer weather is ripe for an increase in mosquito activity.

Avoid a bite by applying repellent, according to manufacturers' instructions, reapplying if you are out for a long period of time. Stay away from mosquito breeding sites which include ponds and standing water in bird baths, old tires, animal troughs,

etc. You can further your protection from bite by wearing clothing that covers your arms and legs. Keep doors and windows closed and screens in good repair.

Mosquito bites can be itchy! **Don't scratch that itch!** In the event of a bite, refrain from scratching the affected area which could create an opening in



your skin paving the way for bacteria leading to a nasty infection. Relieve the itch by washing with soap and water, applying an ice pack or taking an antihistamine.

Call 911, a doctor or seek emergency medical assistance immediately if the bite causes a fever, vomiting, or shortness of breath. For more info, visit the CDC @ [www.odh.ohio.gov/mosquitoes](http://www.odh.ohio.gov/mosquitoes)