

MARCH-APRIL 2019

PUBLIC HEALTH NEWS

Wyandot County Health Department

THE EYES HAVE IT!

Did you know that an estimated 45 million people in the U.S. wear corrective lenses?

March is National Eye Donor Month; Workplace Eye Health and Safety Awareness Month; and Save Your Vision Month. Even if you have never had problems “seeing the blackboard” (lucky you!), you should have your eyes checked by an optometrist or an ophthalmologist. Not only do these professionals check your vision, but, they can inform you of



any emergent eye disease or condition of which you may be unaware. Many eye diseases go unnoticed as they are asymptomatic, but, left untreated, they could lead to permanent vision loss or even blindness.

Proper eye care begins at birth. Though parents may not notice, their child’s eyes are routinely examined by



their healthcare provider at regular check-ups.

Some people, including diabetics, and those at higher risk for glaucoma, should submit to an exam every two years.

Employers can assure the safety of their workers’ eyes by conducting a thorough assessment of the work environment and providing proper protective eyewear. Call for your eye exam soon!

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**

PUBLIC HEALTH WEEK: APRIL 1-7

Every year in April, the American Public Health Association works with communities to observe and celebrate National Public Health Week.

Sanitarians working in public health departments throughout the U.S. are responsible for ensuring the health and safety of communities by monitoring the quality of

food establishments, water, septic, schools, pools, and parks through licensing and inspections.

Public health nurses track disease outbreaks and immunize communities against vaccine-preventable disease. These nurses also contract with schools to maintain health through

educational programs that target healthy life choices, including food, tobacco, etc.

Wyandot County Public Health, your local public health department is your source for in-county death and statewide birth info. Visit wyandothealth.com for information on local programs and services.

START A GARDEN IN MARCH, NATIONAL NUTRITION MONTH!

Are your hands itching to get in the garden? If so, there are several items that you can plant soon!

While most standard garden vegetables can't successfully be planted outside until the ground thaws and warms up with the danger of frost having passed, there are some veggies that can be planted and grown under cover, in pots, or in a "tunnel" as early as March!

Spinach, lettuce, and kale are three quick growing vegetables that are easy to grow from seed. With fas-

tidious harvesting, and the right growing conditions, these greens can be picked as soon as 3 weeks from planting with continuous picking into the summer!

Chard, another "easy to grow from seed" vegetable, comes in traditional green, white, red, and yellow, making a very colorful spring salad.

If you're gardening with little ones, consider planting radishes! They come in a variety of colors and tastes and have seeds that are big

enough for little hands to handle. Radishes mature quickly and are easy to pull from the ground which is also beneficial when gardening with kids.

While we're talking about gardening with children, perhaps the best vegetable for kids to plant in the spring is peas. The seeds are easy to handle and, depending on the variety, peas grow in bush form or on vines. Harvesting and removing from the pod are easy tasks for kids, too! Happy spring gardening!

BETTER SMART THAN LUCKY!

Everybody's Irish on March 17th! Each year, millions celebrate St. Patrick's Day with four leaf clovers, parties, parades, and plenty of Irish alcohol and green beer. Leprechauns run rampant through cities nationwide visiting bars and clubs often exhibiting risky behavior, even behind the wheel.

Unfortunately, what starts as a fun

night out often ends in disaster. Drunk driving accounts for nearly one-third of motor vehicle related fatalities in the U.S. and costs billions of dollars in fines, fees, lost wages, etc., and yet, drunk driving accidents are totally preventable.

This St. Patrick's Day, don't rely on the luck of the Irish! If you plan to celebrate, be smart, plan ahead!

If your St. Paddy's Day plan includes alcohol, designate a sober leprechaun BEFORE YOU GO OUT to get you safely to and from your shenanigans.

Remember: if you "think" you're ok to drive, you're probably not; "tipsy" is drunk; "buzzed" is drunk; drunk is drunk. Don't get behind the wheel after drinking.

IS YOUR WELL WATER SAFE TO DRINK?

In Ohio, bacteria levels are one of the primary factors used to determine whether your well water is safe to drink. Based upon the results of water sample requests taken by the health department in 2018, over 20% of water systems tested were not bacteriologically safe. Water systems that are identified as unsafe should be properly disinfected and retested. So, now the question is, "WHEN should you test your well water for bacteria?"

Recommendations differ for how often to test well water, but, at a minimum, water should be tested when: there is a change in taste, odor, or appearance; if a problem has occurred i.e., broken well cap, floodwaters, new contamination source; the well has a history of bacterial contamination; family or house guests have recurring GI illnesses; or if there is an infant or an immune compromised person living in the home.

Well disinfection recommendations differ, however, you should consider disinfecting your well when: a water test shows bacterial contamination; your well water pump has been replaced or repaired; portions of your water lines or plumbing fixtures have been replaced; or flood waters have affected your well water source. Contact the environmental division at WCPH for more information on safe water.