

MAY-JUNE 2019

PUBLIC HEALTH NEWS

Wyandot County Health Department



TO VACCINATE OR NOT TO VACCINATE...

THAT is the question. Parents make many tough decisions throughout the course of their children's lives. The decision to vaccinate should not have to be one of them.

Vaccines have been around for more than 200 years beginning with Edward Jenner's vaccine against smallpox in 1796. Years of science-based research is paramount in the development of the vaccines in use today.

According to a February, 2018 CDC publication, "In 1912, measles became a nationally notifiable disease in the United States, requiring U.S. healthcare providers and laboratories to report all diagnosed cases. In the first decade of reporting, an average of 6,000 measles-related deaths were reported each year.", but, protection against measles was not available until 1963 with the creation of a vaccine to combat the deadly disease.

Today, children are protected from measles through vaccination at the age of one year. In 1989, a booster dose against the disease was recommended by the Advisory Committee on Immunization Practices (ACIP), the American Academy of Pediatrics (AAP), and the American Academy of Family Physicians (AAFP) after reported measles outbreaks in previously vaccinated children. This booster dose is given on, or after, a child's 4th birthday before entry into kindergarten.

Though measles was declared eliminated in the U.S. in 2000 due to the "absence of continuous disease transmission for greater than 12 months", our work is not yet done. A resurgence of the disease has occurred across the nation in recent months prompting declarations of public health emergencies and mandatory vaccinations in affected

areas. In an effort to prevent an outbreak, New York City is offering free vaccines to those who can not afford them after reports of at least 285 cases of measles.

Outbreaks of measles have been reported in 15 states as of the end of March, 2019. Five of the 15 states allow parents to refuse vaccines based on philosophical reasons. Ohio, a state with a 2017 88% up-to-date measles vaccine rate also gives parents the choice of whether or not to vaccinate, but currently is not experiencing outbreaks. In 2018, WCPH clients had an up-to date rate of 88% for the measles vaccine. When measles complications include: premature birth, pneumonia, encephalitis, and hearing loss, "To vaccinate or not to vaccinate?" should never be the question. But, for the record, the answer should always be... Vaccinate. It saves lives.

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

JUNE IS NATIONAL SAFETY MONTH!

It's no surprise that June is designated National Safety Month. Protect yourself, your family, and friends by practicing safe habits.

Bicyclists, make sure your tires are properly inflated and your bike is in good repair. Wear a properly fitted helmet, shoes, and other safety gear, including protective eyewear to protect your vision from both the sun and flying debris.

If you will be swimming for either sport or fun, get acquainted with the body of water where you'll be spending your time. Take swim

lessons from licensed programs and invest in proper swim attire.

Approximately two thirds of fireworks related injuries happen between mid-June and the 4th of July. Ohio law states fireworks use is permitted for sparklers, noise-makers, and "novelties" **only**. Other consumer fireworks are available to be purchased, but must be removed from the state within 48 hours of purchase.

Soccer, baseball, softball, and football require specific safety gear as well. Make sure your fa-

vorite players wear properly fitted eyewear, shoes, pads, gloves, helmets, etc.

In Ohio, June is a beautiful month for campers. Smart campers play it safe around the campfire by burning approved materials and keeping the fire contained in a ring or approved pit. An extinguisher or water source should be close at hand to completely put out the fire.

Remember to stay safe all summer long by wearing sunglasses, sun-block, and insect repellent!

FOOD ALLERGIES



A 2016 USDA post stated that about 2% of adults and 4-8% of children have food allergies. The eight most common allergens are: milk, eggs, fish, tree nuts, peanuts, wheat and soybeans. Food allergies are responsible for approximately 30,000 ER visits, 2,000 hospitalizations and 150 deaths: every year in the U.S. Common symptoms of a food allergy arrive anywhere from a couple of minutes to several hours after eating or coming into contact with an allergen

and can include: rash, hives, swelling of the throat, tingling or itchiness, abdominal issues, coughing, wheezing, dizziness, lightheadedness, difficulty breathing or a drop in blood pressure.

In recent years, allergies to foods have become more common. The reason behind this is unclear, however theories include: genetics, environmental changes, and the possibility of immune systems fighting common things instead of just harmful things.

The Food Allergen Labeling and Consumer Protection Act was put into effect on January 1, 2006 for all foods packaged in the U.S. This labeling law requires manufacturers to list all ingredients in easy to read, consumer friendly language.

People with allergies learn what foods to avoid. If you are hosting an event, especially for children, check to ensure a safe menu. If you suspect a reaction to food, seek medical help immediately.

BACK TO SCHOOL

The 2018-2019 school year is not yet over, so, why the "BACK TO SCHOOL" article? Parents in the know can tell you that NOW is the perfect time to schedule things like school and sports physicals, dental and vision appointments and vaccines for entry into both primary

and secondary schools. Some students may require tutoring over the summer to get prepared for the fall, while others may be able to take advantage of educational classes and camps. Sports gear is expensive. If students require certain gear, parents can purchase it

throughout the summer instead of all at once. School supplies can be purchased in advance to offset the high cost when August rolls around. Check in with your child's school to see what is in store for the 2019-2020 school year and start getting ready!