

# PUBLIC HEALTH NEWS

Wyandot County Public Health



## ZOONOTIC DISEASE

The Merriam-Webster dictionary defines “zoonotic” as: “pertaining to a zoonosis: a disease that can be transmitted from animals to people or, more specifically, a disease that normally exists in animals but that can infect humans.”

The Environmental Division of Wyandot County Public Health is in full swing protecting county residents from zoonotic disease through monitoring and surveillance efforts, including mosquito trapping and testing. In addition, the

division has a limited supply of mosquito *Briquets*, which eliminate mosquitoes and flies by killing them at the larval stage of development. *Briquets* are free to the public and are for use in standing water areas where breeding occurs.

Proactive measures for protection from mosquitoes, besides killing them at breeding sites include: eliminating breeding sites, such as; standing water in flower pots, pet bowls, rain gutters, kiddie pools,

pool covers, birdbaths, etc. You can also protect yourself by avoiding the outdoors at dusk and dawn when mosquitoes are most active and wearing light colored long sleeved shirts and long pants. Properly applying insect repellent according to package instructions is also a very effective measure.

Information on zoonotic disease can be found at: <https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/zoonotic-disease-program/zdp>

## 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**

## SUN EXPOSURE: PROTECT YOURSELF!

**Slip. Slap. Slop. Seek. Slide.** These words are important when it comes to protecting your skin from harmful UVA and UVB sun rays. Ultraviolet rays are responsible for causing most types of skin cancer, including melanoma, the deadliest form of skin cancer. Protect yourself by remembering the five “S” words.

**Slip.** Slip on a shirt for upper body coverage.

**Slap.** Slap on a hat. Choose a hat with a bill or, better yet, a wide-brimmed hat for coverage on the back of the neck.

**Slop.** Slop on sunscreen with an adequate, at least 15 or higher, SPF (sun protection factor) number to all exposed skin. Pay special attention to bony prominences like your forehead, nose, cheeks, chin, and shoulders. Follow package instructions for sun products, especially directions on



re-application every two hours, or more, if swimming or sweating. Don't forget your lips! Choose make-up with a high SPF as well.

**Seek.** Seek shelter from the sun; especially during the hottest hours of the day from late morning through mid-afternoon. If there is no shade, wear a long sleeved shirt and pants.

**Slide.** Slide on a pair of sunglasses. Too much exposure to the sun can cause eye diseases, including: cataracts, eye growths, and cancer.

# AUGUST: NATIONAL BREASTFEEDING MONTH

Did you know that by supporting breastfeeding that you actually help to strengthen your community? It's true! Breastfeeding is environmentally friendly: no formula packaging, bottles, etc. filling up the landfill. The act of breastfeeding also creates healthier citizens. Breastfeeding moms have better postpartum recovery. They return to their pre-pregnancy bodies faster, have higher iron due to diminished menses, and have a lower incidence of stress that may help avoid post-partum depression. Moms who breastfed also have a lower risk for ovarian, uterine and breast cancers; heart disease and diabetes. Breastmilk



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1-7 AUGUST 2019

is a bioavailable nutrition source: it is easy for babies to extract nutrients from it. Breastfed babies start off healthier with colostrum which helps with the development of their digestive tract in the first few days. They receive healthy bacteria that boosts

their immune system in the milk they receive from their mothers.

Mother-child bonding while breastfeeding lends to healthier relationships which may lower the incidence of mental health issues for both mom and baby. Individuals who were breastfed tend to have lower BMIs and a decreased risk of heart disease and cancer, along with better vision and brain development.

It is clear that breastfeeding leads to smarter, healthier (mentally and physically) people, less garbage and decreased healthcare costs. With all that in mind, who wouldn't support it?

## KIDS IN CARS

In 2018, 52 children died as a result of being left in a hot vehicle. The number has risen from 43 in 2017 and 39 in 2016. As of June 8th, there have been 11 pediatric vehicular heatstroke deaths in 2019. Heatstroke occurs when body temperature exceeds 104°. Cells are damaged and internal organs start to shut down which rapidly leads to death when an adult's core body temperature reaches 107° or high-

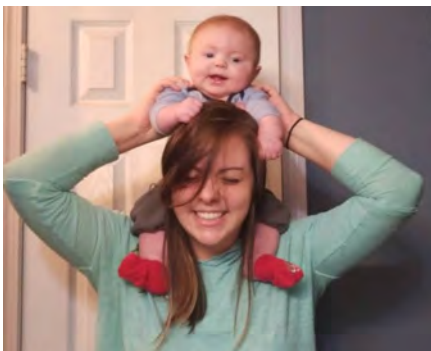
er. Children's bodies are not as efficient as adults and they heat up 3 to 5 times faster. Protect your children from heat in cars. Avoid placing a child in a hot car. Never leave a child unattended in a car. A vehicle is not a babysitter. People make tragic mistakes. Employ a system to remember to check your back seat for the presence of a child. Put your cell phone, purse, wallet, or a

shoe on the seat next to the child if you have to. Child neglect and murder charges have been brought against persons who unintentionally and unknowingly left a child in a hot car, but, the punishment after the fact is not what it's all about. If you see a child left alone in a car, call 911. Never be afraid to bust a window to free a child in a locked car. For more info, go to: [kidsandcars.org](http://kidsandcars.org)

## EMPLOYEE SPOTLIGHT: Jamie Crawford, RN



Wyandot County Public Health is proud to announce the recent arrival of Jamie Crawford, RN, to the WCPH family. Jamie works most public health clinics and is the Angeline School Nurse. Jamie states that her favorite part of the job is the ability to work with everyone throughout the community.



Jamie comes to WCPH by way of Upper Sandusky High School and Owens Community College. She and her husband, Cameron live in Forest with their 11 month old son, Owen, who keeps them both on their toes! Jamie hobbies are reading and running. Feel free to stop in and say hello to Jamie!