

JANUARY-FEBRUARY 2020

# PUBLIC HEALTH

Wyandot County Public Health



## 20/20 FOR 2020

In 1978, ABC launched a news show called 20/20. Currently still in production, the show, over the years, has aired episodes covering celebrities; sensational news topics; legal, political and social issues; and health and global environmental and health issues.

On January 3rd, 1978, vaccines for both Yellow Fever and Meningococcal diseases were licensed. According to the World Health Organization, in 2019, there are 26 dis-

eases that are vaccine-preventable. In 1978, residents in the Love Canal neighborhood of Niagra Falls, New York sold their homes to the federal government after years of toxic industrial waste disposal was linked to health issues, including: birth defects, miscarriages, and cancer. In 1978, the average life span was 73.3 years while today it is about 76 years for a man and 81 years for a woman. In

1978, the population of the world was 4.3 billion. The 2020 world population estimate is set at 5.5 billion. In 1979, FEMA was established to “prepare for, prevent, respond to, and recover from disasters.

In 2020, Wyandot County Public Health will continue to work with 20/20 vision toward the initiation and maintenance of positive health and safety initiatives to benefit the future of the residents of Wyandot County.

## 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**

## NATIONAL BIRTH DEFECTS PREVENTION MONTH

Caring for an infant starts well before a baby is born. In fact, women make plans for a healthy baby months before the actual birth. Information obtained from a CDC publication dated July 11, 2019 states that women should get “400 micrograms of folic acid every day” at least one month before pregnancy to help prevent birth defects of the developing brain and spine. Folic acid can be found in leafy green vegetables, citrus

fruit, beans, breads, rice, cereals, and pasta. Women should regularly consult with their healthcare professional before and throughout the pregnancy and up-

hold healthy lifestyle habits. Pregnant women should eat and drink nourishing foods and beverages and avoid harmful substances including alcohol, tobacco, marijuana and other drugs. Maintaining a proper weight, avoiding infection and vaccinating will also help to ensure a healthy baby upon delivery.

February is National Birth Defects Month. Contact the nursing division at WCPH for info on birth defects assistance.

*Birth defects are common*



Every 4½ minutes, a baby is born with a birth defect in the United States.

Birth defects affect

**1 in every 33**

babies born in the United States each year.

That translates into about

**120,000** babies.



# CHILDREN'S DENTAL HEALTH MONTH

Question: When your child should have their first dental check-up?

Answer: When the first tooth appears or before their first birthday!

It might seem odd to have a dental check-up at such a young age, but, according to the American Academy of Pediatric Dentistry, an early check-up could prevent future dental issues, like tooth decay.

Children today are subjected to more sugar than ever, especially in liquid form which includes milk and

infant formula. You can reduce the amount of sugar for your child by transitioning from bottle to cup before their first birthday and providing them with the best thing to quench their thirst: water straight from the tap.

"Fluoride in water prevents cavities! Get it from the tap!" is the 2020 slogan for Children's Dental Health Month.

Have you ever wondered how fluoride works? A 2019 "Mouth

Healthy" publication from the American Dental Association explains that fluoride binds with calcium and phosphate (found in saliva) creating stronger enamel protecting teeth against cavities.

A dental clinic, free to children 18 years and younger, will be held on Friday, February 7 on the annual "Give The Kids A Smile Day". Space is limited and reservations are required before January 24. Call 419-422-7664 for more info.

## BUGS!

You may not think that you have to worry about "bugs" in the winter, but the truth is... you do.

One troublesome bug is the common bedbug. It can be found through most parts of the world and feeds on human and animal blood. Bed bugs live within eight feet of where humans sleep, but have been shown to travel over 100 feet a night... AMAZING, considering they are wingless! Bed bugs do not discriminate. They are just as likely to show up at a five

star resort as in a low-income housing development. During the day, bed bugs hide in the seams of mattresses and within the cracks of furniture, walls, and even behind picture frames and wallpaper. They settle happily within any clutter or objects near a bed.

Another troublesome "bug", is the head louse. Found worldwide, the presence of head lice is most common amongst children between 3 and 11 years of age. Feeding on human blood, head lice live pri-

marily on the human scalp, near the hairline at the back of the neck and around the ears. Lice are crawlers and can be transmitted from human to human by close contact and sometimes by shared objects, like hats, scarves, and hairbrushes.

Both bedbugs and head lice are an annoyance, but according to the CDC, neither are considered a public health hazard. Contact a WCPH registered sanitarian or nurse for more info or guidance.

## EMPLOYEE SPOTLIGHT: Jeremiah Aigler



Jeremiah Aigler is one of three registered sanitarians in the Environmental Division of Wyandot County Public Health. Jeremiah, like most public health employees, wears many hats. While emergency response planning; landfill, infectious waste generator, compost waste and infectious waste inspections; and solid waste nuisance investigations occupy the majority of his time, he has also been quite busy with the ongoing accreditation process for Wyandot County Public Health.



Jeremiah, a Tiffin resident, and an avid fan of TTUN, graduated from Bellevue High School and Heidelberg University. After hours, Jeremiah spends the majority of his time with wife, Carrie, following children Caleigh and Drew (pictured with family pet, Baker) in various year-round sports.

Get to know Jeremiah! Call him at 419-294-3852 between 8:30 and 4:30 Monday through Friday or visit him in the recently renovated environmental division offices. He's looking forward to hearing from you!