

PUBLIC HEALTH NEWS



AUGUST 2008

IMMUNIZATION CLINICS

Upper Sandusky

Mondays
(by appointment)

Tuesdays
4:30 to 6:00 PM

Fridays
9:00 to 11:00 AM

1:00 to 4:00 PM

Carey

August 11, 2008
2:00 to 6:00 PM

Sycamore

August 25, 2008
2:00 to 6:00 PM

Family Planning Clinics

August 7th, 21st,
28th, 2008

Teen & Family Clinic

August 14th, 2008

WIC Clinic

Tues-Wed-Thurs
8:30 to 4:30 PM

Call 419-294-3852
for information on other
clinics and services.

Lead Testing

(by appointment)

Immunization Awareness Month

“DIPHTHERIA KILLS TOO MANY IN CITY” That was the headline for a New York Times article dated September 5, 1910. Thanks to the availability of vaccines, that is one headline that we hope to never see again. Adults and children alike are vulnerable to many vaccine preventable diseases. This August, during National Immunization Month, take the time to review your immunization record and the records of your children and elderly friends and parents.

A child’s first set of vaccines can safely be given between birth and the age of two months. Subsequent vaccines are given to complete the primary series. The primary series should be completed by the age of two years.

The Ohio Revised Code requires booster doses given to

children between the ages of 4 to 6 years old prior to school entry.

An ideal example of a fully immunized child will have received the following vaccines: 5 DTaP, 4 IPV, 4 Hib, 3 Hep B, 2 MMR, 1 Varicella. The Prevnar, Hepatitis A and Rotateq vaccines are also available for immunization against disease, but are not required for school entry.

The human papillomavirus vaccine, Gardasil, which aids in the prevention of cervical cancer, is available to young women between the ages of 9 and 26 years.

The CDC recommends the meningitis vaccine for children 11 to 18 years old. Many colleges require vaccination against meningococcal disease prior to school entry.

Diphtheria kills one out of every ten people who get the disease. Therefore, vaccination against the disease, beginning at two months of age, is paramount. A tetanus/diphtheria vaccine is recommended every 10 years all throughout life.

The shingles vaccine, first licensed in 2006, is available for adults 60 years and older.

Persons traveling abroad should check with the vaccination recommendations for their destination in the months prior to their travels. Some vaccinations are spaced 6 months apart and full protection is not achieved until the completion of the series.

Check with your local health department or healthcare provider on the status of your immunizations. More information can be obtained by calling 419-294-3852.

WYANDOT COUNTY HEALTH DEPARTMENT

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We're on the web!
www.wyandothealth.com



The Wyandot County Health Department is dedicated to the promotion and provision of equal access to affordable preventive health and safety services in order to positively impact the health and well-being of all citizens of Wyandot County.

Go Green! Breastfeed!

Hey Moms! Want an easy, economical way to help the environment? Listen up! There is a way to feed a baby without plastic bottles, formula cans, or bottled water. (WOW! The landfill is getting leaner by the minute!) And think of the fumes that are not emitting from your car into the air when you don't travel to the store for all those supplies! Did I mention the money you can save on fuel by not driving around to purchase those supplies? Oh yeah, and not that it matters, but this economical planet saver is actually good for a baby and the baby's mother, too! What is this miracle baby food you ask? Let me give you a few clues: it's completely portable, always the right temperature, totally convenient and has been around since the dawn of mankind. In case you haven't guessed by now, it's **BREASTMILK!** That's right! This ready to feed form of infant nutrition has all the right amount of fat, sugar, water and protein needed for baby's growth and development. Oh, and breastmilk also has built in antibodies to help baby ward off infection and disease! Moms who breastfeed use up extra calories making it easier to lose those pregnancy pounds and have a lower risk of developing breast and ovarian cancers! **WOW!** All that and it is totally free! Need even more info? Contact a certified lactation consultant or your healthCare provider!

THE EYES HAVE IT!

Along with Breastfeeding Awareness Month and National Immunization Awareness Month, August is also Cataract Awareness Month and Children's Eye Health and Safety Month.

Cataracts is one of the most curable causes of vision loss. In fact, over 20 million Americans over the age of 40 have cataracts. Cataracts cloud the eye's clear lens which blocks the light needed for vision. Some cataracts stay small and do not affect vision, but if a cataract begins to grow, it can usually be removed with surgery.

Worldwide, cataracts are the leading cause of vision loss.

Cataracts are characterized by a gradual painless blurring of vision, double vision in one eye, or fading or yellowing of colors. Sensitivity to glare, trouble driving at night, and frequent prescriptive lens changes are other symptoms.

Drugs and exercise will not make cataracts disappear. Surgical removal of a cataract with a clear lens replacement is the treatment and will improve vision profoundly.

More than 12 million children are affected with vision impairment. In fact, vision problems occur in 1 out of 20 preschoolers and 1 in 4 school aged children.

Because vision problems occur at an early age, it is important to begin eye screening at regular pediatric appointments. Inform your eye doctor of any family history of vision problems or if you notice any changes in your child's eyes.

Along with proper vision screening, protect your child's eyes by purchasing toys with sharp or protruding parts or paint or pellet guns, rifles or darts. Keep in mind a child's age and maturity level when purchasing a gift. Provide the proper head gear and goggles with polycarbonate lenses for sports.

Visit an optician, optometrist or ophthalmologist for eye care.