

WYANDOT COUNTY HEALTH DEPARTMENT

PUBLIC HEALTH NEWS

DECEMBER 2007

IMMUNIZATION CLINICS

Upper Sandusky

Mondays
(appointment only)

Tuesdays
4:30 to 6:00 PM

Fridays
9:00 to 11:00 AM

&

1:00 to 4:00 PM

Carey

December 10, 2007
2:00 to 6:00 PM

Sycamore

December 17, 2007
2:00 to 6:00 PM

Family Planning Clinics

December 6th, 20th,
2007

Teen & Family Clinic

December 13th,
2007

Lead Testing

Tuesdays
1:00 to 3:00

WIC Clinic

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

Call 419-294-3852
for information on other

VACCINATE FOR FLU

Have you received your flu vaccine yet this year? Wyandot County Health held several flu clinics throughout October and November and will continue to give flu vaccine to interested persons at all regularly scheduled immunization clinics.

Hospitalizations and deaths associated with the flu have decreased over the last three years, due largely in part

to immunization against the disease as well as better hygiene practices and public education through local and national health initiatives.

Flu vaccine is available at Wyandot County Health for a cost of \$22.00. The health department bills both Medicare and Medicaid for the flu vaccine if client presents current card at the time of vaccination .

Continue to protect yourself and others from the flu by washing your hands regularly. Keep an alcohol-based hand sanitizer on hand in the event soap and water is not readily available. Cover your cough. Sneeze into a tissue and dispose of properly. Avoid large crowds and sick people. If you are sick, stay home. Contact your healthcare provider to receive proper treatment advice.

HOLIDAY EATING

The Holidays are upon us and so is the endless stream of holiday gatherings that are riddled with rich eats and gooey treats! Here are a few tips on how to get a handle on holiday eating.

Eating out while you are doing all that holiday shopping? Choose an appetizer over an entrée for your meal. Appetizers tend to be closer to a true portion size! If you really

want the entrée, order it and split it with your dinner companion or order a take home box so you can take half of it home for another meal for later.

Going to an office party or family get together? Drink a large glass of water or eat a small healthy snack to curb your appetite before leaving home. While at the party, use a small plate for your food.

Portions look larger on a smaller plate!

WOW! Look at the load of food on your plate! Just because you put all that food on that plate does not mean you have to eat it all! When you feel full, STOP EATING!

Fix your favorite holiday foods throughout the year so you won't feel obligated to stuff yourself during the holidays. Happy, healthy eating!

WYANDOT COUNTY HEALTH DEPARTMENT

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We're on the web!
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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.

National 3 D Month

By Presidential Proclamation, December is National Drunk and Drugged Driving Prevention Month. In 2005, 16,885 people died in alcohol-related motor vehicle related accidents. This accounted for 39% of all traffic related deaths in the United States, according to the National Highway Traffic Safety Administration. An alcohol related motor vehicle crash kills someone every 31 minutes and non-fatally injures someone every 2 minutes. Non-alcohol drugs like marijuana and cocaine are involved in about 18% of motor vehicle deaths. Alcohol related crashes cost about \$51 billion each year in the U.S. Although most drinking and driving episodes go undetected, in 2005, nearly 1.4 million drivers were arrested for driving under the influence of alcohol or drugs. Communities everywhere are working to decrease the incidence of injuries and fatalities related to drug and alcohol impaired driving. Sobriety checkpoints with random breath testing has proven effective by a (median) 22% decrease in fatal crashes. 16 states have BAC of 0.08% laws in effect which have led to a (median) decrease of 7% in fatal alcohol-related crashes. Raising the legal drinking age from 18 to 21 years has decreased crash related outcomes by 16% for this age group. The implementation of zero tolerance laws for young drivers has decreased fatal crash outcomes by 24% according to one study. Everyone has a responsibility to drive free of alcohol and drugs and insist that friends and family do the same. Driving while impaired is not acceptable.

PREVENT CARBON MONOXIDE POISONING!

When there are power outages, people often resort to alternate heating sources. Generators, grills, camp stoves or any other fuel burning device should never be used inside the home, camper, or garage or even near an open door or window. These devices emit carbon monoxide fumes which can build up and lead to carbon monoxide poisoning with a loss of consciousness and even death in both humans and animals.

Carbon monoxide is a colorless odorless gas that is found in combustible fumes. Carbon monoxide poisoning symptoms include headache, dizziness, weakness, vomiting, nausea and confusion. Inebriated or

sleeping persons can die from carbon monoxide poisoning before they even show symptoms.

To prevent carbon monoxide poisoning, install at least one carbon monoxide detector in each home. Remember to check batteries twice a year when you check your smoke detector batteries. Never use a gas range or oven to heat your home. Never use a charcoal grill, hibachi, lantern, or camp stove inside your home, camper or tent. Never run a generator, pressure washer, or any other gasoline powered engine inside the home, garage or basement; even if windows are open, unless it has been professionally installed and vented. Keep vents and flues

free of debris. Flying debris blocks flues and vents, especially when winds are high. Never run a fuel powered vehicle near an open door or window where it can vent into an enclosed space. Never leave the motor running in a vehicle parked in an enclosed garage. If conditions are too hot or cold, seek shelter with friends or at a community shelter.

Every year more than 500 people die from accidental carbon monoxide poisoning in the United States alone. Protect yourself and your loved ones by heating smart this winter!

