

PUBLIC HEALTH NEWS



JULY 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

July 14, 2008
2:00 to 6:00 PM

Sycamore

July 28, 2008
2:00 to 6:00 PM

Family Planning Clinics

July 5, 19, 26, 2008

Teen & Family Clinic

July 12th, 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)

Hot summer activities!

Summer is here! Break out the fun! Ohio offers many rewarding and fun Summer activities for persons of all ages. Most activities are quite affordable and require little or no equipment!

Explore area parks and reservoirs on foot, bicycle or boat. Enjoy a nature hike or a dog walk with little ones to see how many different kinds of dogs, cats, birds or other animals or insects you can find. Borrow a book from your local library to help you identify and document your findings.

Play it cool in your local pool with your family and

friends. Pack a picnic and make a day of it! You may find that you don't need to go too far to enjoy a vacation with your family. Check out local Campgrounds and state parks in your area for a weekend you won't soon forget. Camping equipment is available for rent at most state parks!

Plant a garden with your neighbors and share the produce. Organize a community block party to meet new neighbors or get reacquainted with old ones! Set up age appropriate backyard games for all to enjoy!

Prepare for summer fun

events putting safety first. Remember to apply insect repellent and sun block appropriately. Choose the correct clothing and equipment for each activity including bike helmets when cycling and knee wrist and hand guards when rollerblading.

Think "fire safety" when grilling or enjoying a camp fire. Cook and store food safely keeping hot foods hot and cold foods cold. Enjoy local fireworks displays done by professionals and avoid any backyard accidents of your own. Keep plenty of nutritious, high energy foods and plenty of water on hand for all to enjoy. Have fun!

NATIONAL IMMUNIZATION AWARENESS MONTH

Avoid the late summer rush! If your school aged child has not yet received the necessary vaccines for school entry, now is the time! Bring your child to Wyandot County Health Department or your healthcare provider for needed immunizations soon.

Children may be excluded from school without documentation of required immunizations. Students entering college

will be required to have documentation of required immunizations before school entry. Contact Wyandot County Health Department on availability of vaccines for college aged students.

The Ohio Department of Health provides low cost vaccines for children up to the age of 18 years, therefore it is wise to obtain all required college vaccines before turning 19 years old when fees

increase significantly.

Wyandot County Health Department Director of Nursing, Darlene Steward also reminds you that your child may need a physical prior to school entry. There are still openings for physicals at the health department, but slots are filling up fast, so book an appointment soon! Clinic times and dates are listed in the far left column along with contact information.

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.

July - UV Awareness Month

Summer is here and the sun is blazing hot! When you are slathering the sunscreen on your skin, remember to protect another very important part of your body; your eyes! Eye doctors nationwide are recommending wearing wide brimmed hats and sunglasses that protect the eyes against 99% to 100% of UV-A and UV-B rays produced by the sun. Often a \$10.00 pair of sunglasses offers more protection than a \$100.00 pair.

Studies have shown that prolonged exposure to the sun can cause cataracts and macular degeneration which can lead to blindness. The sun can burn the surface of the eye in one unprotected day. Even though this eye burn usually disappears after a couple of days, it can lead to complications later in life. Remember to avoid the sun between the hours of 10:00 a.m. and 2:00 p.m. when the sun's UV rays are the strongest. This rule applies even on cloudy days because the sun can burn through thin clouds and haze.

Protect your eyes today to enjoy your sunset years!

OHIO LEAD AWARENESS WEEK

July 20-26 has been designated LEAD AWARENESS WEEK in Ohio. The purpose of this activity is to raise public awareness of the hazards of lead in the environment and the effects it has on children. Lead, a toxic metal found in products in and around homes in past years, can also be found in the air from automotive and industrial fuel emissions. Some drinking water may be contaminated by lead from plumbing materials. Why should we be concerned about this element that is found naturally in the earth? Lead poisoning, if not detected early can lead to brain damage and damage to the nervous system in children. High lead levels can

cause behavioral and learning problems, including hyperactivity, slow growth, hearing problems and headaches. Babies and children are more susceptible to lead poisoning because they often put their hands and other objects in their mouths that have lead dust on them or objects that contain lead, like old or foreign made toys or old chipping paint. Adults are also susceptible to lead poisoning from job sites including home remodeling projects. Effects for adults include: reproductive problems (both male and female), high blood pressure and hypertension, nerve disorders, memory and concentration problems and muscle and joint pain.

Protect yourself and your family from the harmful effects by properly addressing peeling and chipped painted areas in your home. Clean up chipped paint immediately. Wash window sills, frames and floors weekly with a mop or sponge and a general purpose cleaner or a cleaner designed for lead removal. Keep play areas clean and wash children's hands often, especially before dinner nap and bed time. Keep children from chewing on painted surfaces. Remove shoes immediately upon entering the home to prevent spreading lead contaminated soil throughout. Contact WCHD for more info or to schedule a lead test for your child.