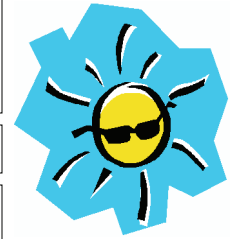


# PUBLIC HEALTH NEWS



JUNE 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

June 9, 2008  
2:00 to 6:00 PM

### Sycamore

June 27, 2008  
2:00 to 6:00 PM

### Family Planning Clinics

June 5, 19, 26, 2008

### Teen & Family Clinic

June 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)

## SUMMER TIPS!

Winter is long gone and we are in the middle of a pleasant Spring. Summer will be here before you know it. Get ready. Get set. **SPLASH!**

**Sunscreen.** Don't go outside without applying a generous coat to all visible areas of the body. Protect yourself against the sun's harmful rays, especially between the hours of 12:00 noon and 2:00 P.M.

**Pack food safely** for all outdoor activities, keeping hot foods hot and cold foods cold. Avoid cross contamination of foods by storing foods separately.

**Learn to swim.** Sign up for free summer swim lessons at your local public pool.

**Air conditioner.** It's a must, especially for the very young, the elderly and those with certain medical conditions.

**Slap on some insect repellent** before going outdoors. Wear long pants and long sleeved shirts to protect yourself from bites.

**Helmets.** Remember to wear helmets when on a bicycle or motorcycle. Buckle up and appropriately use car seats for infants and children.

Make this Summer fun for everyone by taking the time to **SPLASH!**

## Tdap Vaccine

Are you a teacher, day care provider, or mother of young children? Are you due for a tetanus vaccine?

Wyandot County Health Department has an ample supply of Tdap vaccine available for you. The Tdap vaccine protects you against tetanus (lockjaw), diphtheria, and pertussis. Tdap can be given as soon as 2 years from the date of the last tetanus vaccine.

Tetanus is a disease which causes painful tightening of the muscles, all over the body. It can lead to a locking of the jaw which makes it impossible for the victim to open the mouth to swallow. Tetanus can lead to death in 2 cases out of 10.

Diphtheria, causes a thick covering in the back of the throat and can lead to breathing problems, paralysis, heart failure, and death.

Pertussis, also known as Whooping Cough, causes severe coughing spells, vomiting, and disturbed sleep. This disease can lead to weight loss, incontinence, rib fractures and passing out from violent coughing. Pertussis can also lead to pneumonia and hospitalization due to complications.

Call your healthcare provider to check your vaccination status and update your Tdap soon!

## WYANDOT COUNTY HEALTH DEPARTMENT

127-A South Sandusky Avenue  
Upper Sandusky, Ohio 43351

Phone: (419) 294-3852  
Fax: (419) 294-6424  
E-mail: [wchealthdept@co.wyandot.oh.us](mailto:wchealthdept@co.wyandot.oh.us)

**We're on the web!**  
[www.wyandothealth.com](http://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.

## MYASTHENIA GRAVIS MONTH

An estimated 20 of 100,000 people is afflicted by Myasthenia Gravis (MG). What is it? Literally translated it means "grave muscular weakness". MG is a chronic autoimmune neuromuscular disorder characterized by fluctuating weakness of voluntary muscle groups. MG is caused by a flaw in the transmission of nerve impulses to muscles where receptors for acetylcholine, the nerve transmitter which activates and generates a muscle contraction, is blocked. Muscle weakness increases during periods of activity and improves during periods of rest.

MG can occur in any race or gender at any age and is not contagious or thought to be inherited although it occasionally occurs in more than one member of the family. The majority of persons with MG are not affected with a shorter life expectancy. There are many ways to test for the presence of Myasthenia Gravis and many treatments for the disease.

Great strides are being made every day with neuromuscular diseases through research. Information on donations to MG may be obtained at the Myasthenia Gravis Foundation of America website.

## SUMMER INSPECTIONS

The Environmental Division of The Wyandot County Health Department will be keeping busy this Summer with inspections at area pools, fairs and festivals, and recreational vehicle parks.

Year round, the WCHD sanitarians are responsible for the inspection and licensing of 180 food services and food establishments, 5 mobile home parks, 8 sewage haulers, 12 garbage haulers, 4 infectious waste facilities, and 1 landfill. New private water systems and septic systems are permitted and inspected by this department. All 9 school buildings in the county are also inspected annually.

During the summer, permitting and inspections increase to in-

clude 9 pools and 4 RV parks.

Additional inspections in the summer months include mobile food trailers and temporary food permits at all food establishments at area fairs and festivals, including: the Autumn Cruise Car Show, the Carey Festival, the Cornhuskers' Festival, the Ohio Firemen's Convention, and the Wyandot County Fair.

The Wyandot County Fairgrounds will also host flea markets with temporary camping available over the course of 6 weekends this year which will need licensing and inspections conducted.

Other summer activities include the monitoring and collection of dead birds and mosquito's to

track the spread of the West Nile Virus. Nuisance inspections usually tend to pick up during the summer months as well.

Feel free to contact our environmental sanitarians who would be happy to answer any questions you may have about the previously mentioned programs or additional services.

We would just like to remind you to keep food safe during backyard BBQ's by keeping hot foods hot and cold foods cold at all times and cover your food because flies and other pests are also wanting to dine on your meal. But most importantly, **WASH YOUR HANDS** before touching any food! Keep your family and friends safe this summer!