

# PUBLIC HEALTH NEWS

MARCH 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

March 10, 2008  
2:00 to 6:00 PM

### Sycamore

March 24, 2008  
2:00 to 6:00 PM

### Family Planning Clinics

March 6th, 20th,  
27th, 2008

### Teen & Family Clinic

March 13th, 2007

### 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)

## MAKE YOUR OWN LUCK!

Shallow men believe in luck. Strong men believe in cause and effect. ~ Ralph Waldo Emerson.

Is it true that some people have all the luck? Of course not. There may be those who appear to be more fortunate in life, but you can bet that their good fortune was not gained by chance.

As a matter of fact, most people are fortunate due not to **luck**, but to another four letter word, **work**.

Begin making your

own luck by making up your mind about what it is that you want.

Want a leaner healthier body? Begin by setting an attainable goal. Research food choices and healthy diet plans that you can live with. Seek help developing a basic fitness program that you can build upon. Visit your healthcare professional before making any major changes in diet or exercise .

Want more out of life

financially? Make an appointment with your HR director or financial advisor and check out investment and savings opportunities. Check utility service providers in your area and compare rates. Do the same for insurance and mortgage lenders.

Want a more positive outlook on life in general? Surround yourself with positive people and activities you enjoy.

Be smart, be strong - make your own luck!

## NUTRITION, IT'S A MATTER OF FACT!

The American Dietetic Association created National Nutrition Month in 1973 for the purpose of promoting healthful eating and the provision of practical nutrition guidance focusing attention on making informed food choices and developing sound physical activity habits.

Many diets are based on myths. Registered dietitians base their nutritional advice on scientific

facts. What appears as sound nutritional advice for one person may not be the most sound advice for another. Many factors must be considered when developing nutritional plans for individuals.

Registered dietitians urge individuals to thoroughly research any new diet or exercise trend before incorporating it into their lives. Diet trends can be proven effective in one study and disproved

in 50 others. Consumers must consider all aspects when making a change in health habits. Everyone, especially those with a preexisting health condition is encouraged to talk with a qualified healthcare professional before making any major modifications to their diet or fitness plans.

A wide variety of foods combined with regular exercise is the key for optimal overall wellness.

## WYANDOT COUNTY HEALTH DEPARTMENT

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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.

## KINDERGARTEN SCREENING

During March, many area schools begin the process of screening children for entry into school. One major component of the screening process involves making sure that potential kindergartners are up to date on immunizations. Prior to school entry, a child must be properly vaccinated against the following diseases: diphtheria, tetanus and acellular pertussis (DTaP); polio (IPV); hepatitis B (Hep B); measles, mumps, and rubella (MMR); and chickenpox (VAR). Vaccines are offered at most screening locations. The parent or guardian presenting the child for screening must have a complete copy of the child's immunization record on hand. A nurse will evaluate the child's immunization record and inform the parent or guardian of the vaccination status. If vaccines are needed, the child can receive needed vaccines at registration. Vaccines can also be given at any regularly scheduled immunization clinic listed on the front of this publication. If you have a child entering school for the first time, contact the school for information on screening dates and times.

## INFLUENZA ACTIVITY 2007-2008

Ohio Department of Health recently reported that Ohio remains at the "widespread" flu activity level. Twenty confirmed cases of influenza have been reported to Wyandot County Health Department over the past several weeks, primarily through Wyandot Memorial Hospital.

Healthcare practices should remember to report influenza cases to local health departments by the **number of cases only** by the close of each working week. This information is then entered into the ODRS (Ohio Disease Reporting System) program by the health department on the following Monday.

**For purposes of reporting in Ohio, the following definition for influenza is used: an upper respiratory illness with abrupt onset of fever and cough and/or sore throat. At this time, influenza cases do not need to be lab confirmed in order to be reported.** Other signs and symptoms of influ-

enza may include: chills, headache, myalgia, exhaustion, and nasal congestion. Nausea, vomiting, and diarrhea may sometimes occur in children. Most uncomplicated infections subside in 3-7 days, however complications such as : pneumonia, sinusitis, otitis media, and Reye Syndrome may occur.

We are requesting that healthcare practices and hospitals either call, fax, or email the number of influenza cases that have been seen in the office, hospital, or ER to WCHD by 10:00 am each Monday. This report should reflect the number of influenza cases seen at the practice during the previous Sunday through Saturday. Valerie Schalk, of Wyandot Memorial Hospital, has been reporting all lab confirmed influenza cases to Wyandot County Health.

To avoid duplicating reports, Valerie and Jean Aller, WCHD director of nursing, are asking practices that use Wyandot Memorial Hospital's lab ser-

vices to communicate with Valerie as soon as possible if you want her to continue to report all lab confirmed cases of influenza or if your practice will assume this responsibility. If Valerie continues to report as she has been, then each practice will still need to report the number of influenza cases that are not lab confirmed. A member of the health department will call every practice each Monday in the late morning to collect this information in the event that we have not received any reports. If you have any questions, please contact Jean Aller at WCHD by phone, fax or email.

The CDC recommends that the flu vaccine continues to be offered and administered through June 30, 2008. WCHD still has a large supply of flu vaccine available to the public at all vaccination clinics at a cost of \$10.00.

Please contact Wyandot County Health with any questions or concerns. Thank you everyone for your support and cooperation!