

PUBLIC HEALTH NEWS



SEPTEMBER 2008

NATIONAL PREPAREDNESS MONTH

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

September 8, 2008
2:00 to 6:00 PM

Sycamore

September 22, 2008
2:00 to 6:00 PM

Family Planning Clinics

September 4th,
18th, 25th, 2008

Teen & Family Clinic

September 11, 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)

September is National Preparedness Month. Along with **assembling an emergency kit** and **making a plan** for any unforeseen disaster or emergency, you should also remember to **be informed**.

Begin coping with a disaster by planning ahead. Involve everyone in the family and neighborhood in your disaster plan. Let the children help assemble a disaster kit. Teach your children to listen to authorities during a

disaster. Lead by example and remain calm and level headed. Show understanding of the situation and share the facts with your children ensuring them that you will do your best to keep them safe.

You can help others during a disaster by calming their fears that someone will be killed or injured. Children fear being separated from their families, friends and pets. Assure them that they

will not be left alone. Try staying connected with everyone, especially children as it provides care, support, and distraction.

After the disaster, calm everyone's fears of the likelihood of a recurrence of the disaster. Fear should fade over time. If you notice that you, or someone you know is acting out of the ordinary or is having trouble long after the disaster, encourage professional intervention.

SCHOOL SAFETY

Preschoolers to collegians are currently experiencing the same rite of passage; the beginning of the school year. Nationwide, parents are asking questions regarding school safety.

When checking out your child's school, start off by asking if student safety is a priority. Do you know if you will have access to reports of violent acts or unsafe incidents at your child's school? Does your

child's school have ways to prevent and respond to crises? Is the entire school community: students, school board, school staff, superintendent, etc., all involved in all safety efforts?

Is there a designated safety officer who coordinates activities to maintain a healthy and safe environment? Do students have easy access to counselors, psychologists, and health service

providers when needed? Does the school promote self esteem and provide classes for students to develop conflict resolution and other life skills? Are school facilities attractive and hazard-free with safety addressed in all school areas inc.: cafeteria, physical education, playground, after school programs, etc.?

Ask questions. Get involved. Help keep your child safe at school.

WYANDOT COUNTY HEALTH DEPARTMENT

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We're on the web!
www.wyandotohealth.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.

ATV SAFETY

In rural areas, like Wyandot County, "four wheeling" is a popular activity. Three and four wheelers (ATVs) were developed in Japan to be used as farm to town vehicles in isolated mountain areas. They appeared in the U.S. in the early 1970s and were promoted as a recreational vehicle. In 1987, most, if not all, manufacture of three wheeled vehicles ceased due to safety issues, however, injuries occurring on four wheeled vehicles continues to rise.

Since 2001, there has been an increase of 24% for serious injuries on ATVs. In fact, nearly 120 children under the age of 16 have died as a result of ATV related injuries. Between 1982 and 2004, more than 2,000 children were killed. ATV sales continue to rise, nearly tripling since the early 1990s, and healthcare professionals believe injuries will increase as well unless there are drastic changes.

The ATV Safety Institute has guidelines established for each age group beginning with children 0 years of age. The American Academy of Pediatrics recommends that no child under the age of 16 should operate or ride on an ATV. Without legislation in place, there is no way to control the use of ATVs. Adults must step up to the plate and use their best judgment on ATV use for themselves and their children. Remember; fun, without safety, can be dangerous.

EYE SAFETY

It may be true that toys are the number one cause of injury to children's eyes, but can you believe that children can sustain eye injuries by doing their homework? It is true! Prolonged use of the computer (Computer Vision Syndrome) can occur in children whose eyes are still developing. Eye strain, fatigue, and spasms can occur when a child focuses on an object for an extended length. To avoid computer related eye injury, make sure your child sits at least an arm's length from the computer screen. Prop reference materials next to computer screen or place on a book stand to avoid looking down repetitively. Encourage children to

take frequent breaks to allow their eyes to rest. Place the computer monitor perpendicular to windows and provide an American Optometric Association approved filter screen to minimize glare.

Practice good eye health by visiting the optometrist beginning with six months of age. Additional appointments should be made at ages three and five years with annual check ups thereafter.

Summer may be nearly over, but that does not mean that we are safe from insects! Teach your children to protect themselves from insects by handling insect repellent properly. Instruct

them to spray a small amount of repellent into their hands and then apply to their face, avoiding the entire eye area. Never spray repellents on the face. Still swimming in the pool? If you are experiencing eye pain from the pool water, it may be that the pool chemicals are not balanced. Soothe irritated eyes with artificial tears, not anti redness drops.

Instruct your children to take care when spraying hair or hygiene products.

Flush out any harmful contaminants with lukewarm water for fifteen minutes. If eye pain persists, consult an eye doctor immediately.