

PUBLIC HEALTH NEWS

JULY, 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

July 9th, 2007
2:00 to 6:00 PM

Sycamore

July 23rd, 2007
2:00 to 6:00 PM

Family Planning
Clinics

July 18th, & 25th,
2007

Teen & Family
Clinic

July 11th, 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 more
clinic information or to
schedule an appointment.

PLANT ALLERGIES

Every summer, many of us charge into the great outdoors, mindless of what we may encounter along the way. Take the time to prepare yourself and your loved ones from plant allergies. In the eastern United States, poison ivy, and poison sumac are common plant allergens that can cause mild to severe skin irritations. If there is contact with one of these plants, wash the skin immediately with soap and cool water. Thoroughly washing the skin within the first ten minutes of contact decreases the likelihood of develop-

ing a rash. Alcohol dissolves the oil and can also be used to remove the oil from the skin. If you develop a rash, you may relieve the itch by: applying a cool milk or water compress to the affected area; applying an over the counter remedy like calamine lotion; taking an oatmeal bath; or taking an oral antihistamine. Nonprescription corticosteroids (hydrocortisone creams) usually do not offer much help. If you have a severe reaction to a plant, seek treatment immediately from your healthcare provider or

the emergency room. If you have experienced a previous serious allergic reaction, you may have the proper medications on hand to deal with the



situation. Always follow the instructions given to you by your healthcare provider along with instructions provided with all medications. The best medicine is to identify and stay away from all poisonous plants!

WIC AT THE FARMERS' MARKET!

81 sets of coupons will be available to qualifying WIC participants to be used for the purchase of fresh Ohio grown fruits and vegetables at participating farm markets. Wyandot County WIC will distribute the coupon booklets which contain five \$3.00 coupons for a total of \$15.00 per booklet. Breastfeeding,

postpartum, and pregnant women along with children between the ages of 1 to 5 years old who are Wyandot County WIC participants will receive the booklets at the farm market at the Wyandot County Fairgrounds in Upper Sandusky in July. Participants will also receive recipe books which

incorporate fresh produce into the recipes. Children will receive educational coloring books, puzzles and crayons with a fresh fruit and vegetable theme. The Wyandot County Farm Market is a great way to support your local produce vendors. Farm Markets start at 9:00 A.M. most Saturday mornings

WYANDOT COUNTY HEALTH DEPARTMENT

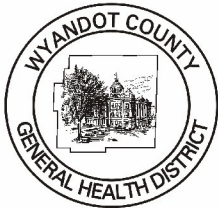
127-A South Sandusky Avenue
Upper Sandusky, Ohio 43351

Phone: (419) 294-3852

Fax: (419) 294-6424

E-mail: wchealthdept@co.wyandot.oh.us

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

SUPPORT THE TROOPS

Every day, Americans wake up in a country free to go about their daily business. Take a moment and explore ways to thank our volunteer servicemen who have chosen a career in the military ensuring our freedom. www.stripes.com is a website full of ideas on how you can show your support for the military. Choose "ways to support our service members" on the main page and view the dozens of websites dedicated to the military and their families. Ideas for showing support range from writing letters to any soldier to donating funds for the remodeling of disabled soldiers' homes. Children can get involved by donating beanie babies to the soldiers for distribution to children overseas. This 4th of July, show your support to the military families here at home and proudly fly the United States flag!

PROTECT YOURSELF AGAINST TICK-BORNE DISEASE!

Warm weather has returned and most of us have begun to venture outdoors for a variety of warm weather activities. Wyandot County Health Department would like to take this time to remind you to include protection from exposure to ticks in your outdoor plans. This can be accomplished through:

- * protecting yourself from tick exposure by keeping play areas and lawns mowed, avoiding tick infested areas, and applying repellent on skin and clothing according to manufacturers' instructions. Wear

long pants and tuck cuffs into socks or shoes. Wear light colored clothing to make it easier to spot ticks.

- * checking yourself, your loved ones, and your pets, at least daily, for ticks. If you find a tick, remove it as soon as possible with tweezers or a paper towel by firmly grasping the tick and pulling straight out. Make sure all parts of the tick are removed. Disinfect the bite site. Wash hands thoroughly with soap and water. If the site appears to be infected or if you have health concerns due to an exposure to a tick, contact your health

care professional ASAP.

- * having live ticks tested for Rocky Mountain Spotted Fever or Lyme Disease. If you would like to submit a tick for free testing, carefully place the tick in a small covered container and submit it to the Wyandot County Health Department during regular business hours.

For more information about ticks and tick-borne disease, contact the Wyandot County Health Department at 419-294-3852 or visit the Ohio Department of Health Vector Disease Program at www.odh.state.oh.us.