

JANUARY-FEBRUARY 2017



# PUBLIC HEALTH NEWS

Wyandot County Public Health

## Cribs For Kids

Since 1998, **Cribs for Kids®**, a National Infant Safe Sleep Initiative, has been providing safe-sleep education along with safe, portable cribs to families who may not have the funds to purchase a safe place for their babies to sleep. The goal of **Cribs for Kids®** is to help partnering organizations fulfill their mission by providing safe sleep education and safe sleeping environments for infants in need.

Wyandot County Public Health is a partner with the **Cribs for Kids®** program. Through this affiliation, the health department will work toward ensuring that all infants have a safe sleep environment.

Graco Pack'n'Plays and other educational materials



are available to WIC eligible families who do not have a safe sleep environment for their newborn.

Referrals can be made to a Wyandot County public health nurse who will follow-up with the family.

Funding for this initiative is provided through the Maternal Child and Health Program grant from the Ohio Department of Health. Need more info? Call 419-294-3852 or go to: [www.cribsforkids.org](http://www.cribsforkids.org)

## HPV Vaccine Update

The Human papillomavirus (HPV) infection causes cancers in both women and men. Vaccines against HPV have been proven to be highly effective showing no waning of protection in the 10 years of follow-up in clinical trials.

The HPV vaccine is licensed for administration for both males and females 9 through 26 years of age.

A 2 dose schedule with a minimum interval of 6

months between doses is the current recommendation for administration of the vaccine for those between the ages of 9 to 14 years.

Immunocompromised persons or persons who initiate the vaccine between the ages of 15 through 26 are recommended to adhere to the 3 dose HPV vaccine schedule.

There are three HPV vaccines licensed for distribu-

tion in the U.S. All three have been approved for the 3 dose series at 1, 2, and 6 months.

HPV is the most common sexually transmitted virus in the United States. The best way to protect yourself against this virus is to not have sex. Second best way? Vaccination.

For more information on HPV vaccination and/or testing, contact a nurse at 419-294-3852.

## IMMUNIZATION CLINICS

(BY APPOINTMENT ONLY)

### Upper Sandusky

**Mondays**  
12:00-6:00 pm

**Fridays**  
9:00-11:00 am  
&  
1:00-4:00 pm

**Carey**  
2nd Monday  
of every month  
2:00-6:00 pm  
Carey Senior Depot

**Family Planning  
Immunization  
Teen & Family  
Call:**  
419-294-3852  
for appointment

**WIC Clinic**  
419-294-3341

Wyandot County Public Health is contracted with several major insurance providers. Non-contracted insurance clients must pay for services at time of visit.

# CELEBRATE FEBRUARY: HEART MONTH.

Hey guys (and gals), want to know the best gift to give to the love of your life this Valentine's Day? How about your heart? Your HEALTHY heart, that is.

Heart disease is the leading cause of death for men and women. This February, think about committing to a heart healthy lifestyle. Making a few small changes can add years, HEALTHIER years, to your life.

## SMILE, KIDS!

"Choose Tap Water for a Sparkling Smile" is the 2017 theme for National Children's Dental Health Month.

For more than 70 years, scientists have shown that fluoride in community water is a safe and effective way to prevent tooth decay by at least 25% for both children and adults. The single act of drinking water, can help Americans benefit from fluoride's cavity protection.

The Centers for Disease Control and Prevention stated that the addition of fluoride to community

water is one of 10 great public health achievements of the 20th century. Start off by scheduling a visit with your healthcare provider. Don't be afraid to ask questions. Talk to them about setting small achievable goals. Be sure to LISTEN TO and FOLLOW their advice.

Add exercise to your daily routine. Work up to 30 minutes of exercise three times a week. Improve your eating habits. Use LESS salt and MORE herbs and spices. Dimin-

ish your risk for heart disease and stroke by giving up smoking. If you currently take high blood pressure or cholesterol meds, take them as prescribed. If you are having an issue with them, talk to your healthcare provider.

Celebrate Valentine's Day EVERY day by taking good care of your heart. Go to: [www.cdc.gov/heartdisease/prevention](http://www.cdc.gov/heartdisease/prevention) for ideas on how to prevent heart disease

ish your risk for heart disease and stroke by giving up smoking. If you currently take high blood pressure or cholesterol meds, take them as prescribed. If you are having an issue with them, talk to your healthcare provider.



The recommended fluoride level in drinking water for good oral health is 0.7 mg/L (milligrams per liter). Your child's dentist or pediatrician should evaluate whether your child needs daily fluoride supplements based upon on their risk of developing tooth decay, as well as exposure to other sources of fluoride, such as drinking water at school or day-care, and the use of fluoride toothpaste.

## FANS DON'T LET FANS DRIVE DRUNK

On February 5, many Americans will be focused on the game or on the clever commercials that are part of one of the biggest watched sporting events of the year: Super Bowl 51. Many of those same Americans will be watching with friends at a Super Bowl party. Play it smart. If you will be hosting or attending an event that serves alcohol, use good judgement.

Start your evening off right by remembering to play by the rules.

Rule #1 It is illegal to drive drunk. That pretty much sums it up.

If you are attending a Super Bowl event, designate a sober driver beforehand. Never leave with someone who has been drinking. Arrange for a safe ride home for friends if they have been drinking.

If you are hosting an event, be sure to serve plenty of food along with non-alcoholic beverages for your guests. Take the keys from partygoers who have been drinking. Encourage guests to spend the night.

Be the MVP of Super Bowl 51. Drink responsibly. Drive responsibly. Fans don't let fans drive drunk.