

JULY - AUGUST 2017

PUBLIC HEALTH NEWS

Wyandot County Public Health



FOOD SAFETY

One of the many duties of WCPH environmentalists is the inspection and licensing of food service operations throughout the county. In fact, when it comes to new food establishments, environmentalists are involved *before* the licensing and inspecting phases with the initial

planning phase. The department inspects and licenses more than 200 food services and establishments, including: groceries, bars, schools, restaurants, and other mobile units and temporary operations at events, fairs and festivals in Wyandot County throughout the year.

The next time you're out sharing a soda with your sweetie, remember who's behind the scenes making it safe for you.

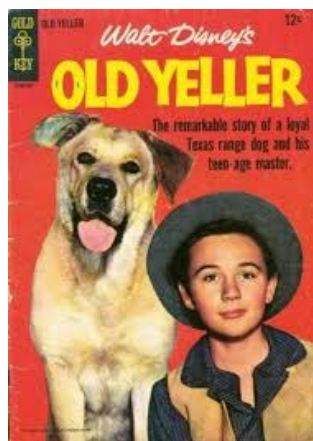


RABIES!

If you were a kid in the 60s, you are likely familiar with the movie "Old Yeller". Young and old alike were brought to tears when... well, I'm not going to spoil it for you if you haven't seen it, but let's just say that there could have been a better outcome for poor Yeller. This movie could very well have been your introduction to the words "hydrophoby" and "rabies".

What exactly is rabies, you ask? Rabies is a disease that attacks the

central nervous system causing disease in the brain. Rabies can be fatal. It is transmitted to humans by wild animals, mostly by bats and raccoons. Early symptoms of the disease are similar



to the flu; weakness, discomfort, fever, headache... progressing to anxiety, delirium, insomnia, etc. Survival from rabies is rare once a person begins to show clinical signs of the disease.

Rabies can be prevented by vaccination after contact, but the best way to avoid rabies is to avoid dangerous interactions with wild animals. Call WCPH at 419-294-3852 if you have come into contact with an animal and an environmentalist will advise you what to do.

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

WCPH is contracted with several major insurance providers. Non-contracted insurance clients must pay for services at visit.

Ask us about our Patient Assistance Program for some adult vaccines!

SUMMER SUN

So happy to see Annette applying sunscreen for Frankie. Did you know that the sun's UV rays start damaging the skin in as little as 15 minutes? To protect yourself most effectively,



apply a broad spectrum sunscreen with at least an SPF of 15 *before* you go outside. Reapply every two hours or more often if

you swim, sweat, or towel off.

Sunscreen alone may not be enough protection for you. When possible, wear long sleeved shirts and long pants made of tightly woven fabrics. If it is too hot for long sleeves, etc., wear a T-shirt or a beach cover-up. Typical clothing does not have an SPF of higher than 15, but, darker clothing may offer better protection.

Tightly woven, wide-brimmed hats and sunglasses can offer you more

protection. If you wear a ball cap, make sure to apply sunscreen to your ears and neck frequently.

A baby's skin is delicate. Children under the age of 2 years, more specifically under 6 months of age, should avoid the sun. The same rule applies for the elderly as their skin is thinner and more fragile.

Have fun this summer and remember to protect your body's largest organ, your skin!

CAFFEINE & KIDS

Kids and caffeine. How much is too much? Nationwide, studies have shown that even as little as half a can of a caffeinated soda or half a cup of coffee can affect a child's blood pressure or heart rate.

101 children, boys and girls, aged 8-9 years and 15-17 years were monitored after caffeine use. Children in the younger group, both boys and

girls, were affected the same. However, the boys in the 15-17 year old group showed the effects of the caffeine more strongly. Medical researchers are cautioning parents about the dangers of caffeinated beverages, including heart arrhythmias, seizures, and neurological disorders.

Even though healthcare providers

are recommending abstaining from caffeine until age 18 (stressing limited use after that), it does not stop the industry from marketing energy drinks and the like toward young people.

Parents. Remember that you are in charge. If you do not purchase sugary high caffeinated drinks, your child will not drink them.

VACCINES SAVE LIVES

As Deputy Registrar of Vital Statistics, I have seen my fair share of Wyandot County death records beginning as far back as 1908. Suicides, train accidents, animal trappings...you name it, it's happened. More than 100 years of causes of deaths are in the books at Wyandot County Public Health.

While researching a death that occurred in 1917, I happened upon the death certificate for a 6 year old boy who died of measles*, complicated by pneumonia** and meningitis***. This

young boy, along with many others throughout the years died from diseases that are today, preventable by vaccination.

Vaccines are one of the greatest achievements of public health to date. Millions of lives, worldwide, are saved every year due to the implementation of vaccines which are readily available through health departments, healthcare providers, and pharmacies. In fact, smallpox was declared eradicated in 1980 due to

the development of a vaccine in 1796.

Wyandot County Public Health believes in being proactive when it comes to vaccinations. Please feel free to call us at 419-294-3852, Monday-Friday with your vaccine questions. WCPH is now taking appointments for school mandated immunizations.

*measles vaccine, licensed in U.S.: 1963

**pneumonia vaccine, licensed in U.S.: 1977;

***meningitis vaccine licensed in U.S.: 2005