

JANUARY-FEBRUARY 2018

PUBLIC HEALTH NEWS

Wyandot County Public Health



HEAT SAFETY



This winter, when you are missing your special person or furry friend to snuggle up with to keep you warm, you may have to rely on a more traditional heat source... your furnace. Winter is in full force. Has your furnace had its filters changed or cleaned and had its yearly "check-up"?

Contact a professional heating specialist to ser-

vice your heating unit to ensure it is in proper working order. If possible, schedule the visit when you will be at home in order to ask important questions. "Does my furnace have filters?" "What size are the filters?" "Can the filters be cleaned, or are they disposable?" "What kind of fuel does my heat source use?"

Make sure that there is

enough fuel on hand, and, if you use a wood or coal burning furnace, burn only the recommended materials. Have your chimney checked for cracks or debris. Avoid the potential for fire by keeping things away from all heat sources.

Install or replace smoke detectors throughout your home and replace batteries when needed.

HAPPY DAY!

Show your honey how much you love them this Valentine's Day with a heart healthy home-cooked meal!

Start off with a spinach salad. Top it off with crunchy nuts like almonds or walnuts and berries. Blueberries, strawberries, cranberries and raspberries are packed full of phytonutrients and soluble fiber. Not a fan of berries on your salad? Top it off with fresh or sun-dried tomatoes instead!

For your main course, consider a serving a fish that is high in omega-3s, like: tuna, mackerel, herring, or trout. Serve with a side of asparagus (only 25 calories per cup!) or red, yellow, and orange vegetables, such as; carrots, red peppers, sweet potatoes, and acorn squash, which are high in fiber, vitamins and carotenoids. Heart conscious vegetarians might try a marinated tofu stir-fry. It's a great vegetarian alternative to fish.

Did you know that a 4 ounce glass of red wine (one per day for women, two glasses for men) can help improve good (HDL) cholesterol levels? Have a glass with a dessert of (at least 70% cocoa) dark chocolate.

Valentine weather is typically very cold. A hot bowl of nutrient-packed oatmeal for breakfast and high fiber dark bean vegetarian chili for lunch will get you through the day. Have a heart healthy Valentine's Day!

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!

WCPH
24/7 EMERGENCY PHONE
419-294-3852

V is for Valentine!

...and venereal disease. Did you know that according to a CDC publication from August 21, 2017, there were 60,496 cases of chlamydia, 20,487 cases of gonorrhea, and 1,599 cases of syphilis reported in Ohio in 2016? In fact, 46 cases of chlamydia and gonorrhea can be attributed to cases reported right here in Wyandot County!

The best way to avoid becoming a statistic is by practicing abstinence. Limiting the number of sexual partners and testing (prior to becoming intimate) along with proper use of

condoms lessens the risk of STD infection. Protection against the most common STD (HPV) is possible through vaccination.

Human papillomavirus (HPV), the most common sexually transmitted infection in the United States, while not a nationally reportable condition, is preventable through vaccination. Though the HPV vaccine is licensed for both males and females 9 to 26 years of age, parents usually wait until their child is 11 or 12 years old when they are updating vaccines prior to entry into 7th

grade. The HPV vaccine protects against most cervical cancers.

Wyandot County Public Health is contracted with many insurance providers who cover the cost of the HPV vaccine. To schedule a vaccine appointment or for more info about other sexual health services, including STD testing and birth control options, please call 419-294-3852.



February: Teen Dating Violence Awareness Month

“A 2017 CDC report found that approximately 7% of women and 4% of men who ever experienced rape, physical violence, or stalking by an intimate partner first experienced some form of partner violence by that partner before 18 years of age.”
-cdc.gov, August 03, 2017

Name calling and teasing is common and often an accepted behavior in teen relationships, however, these

practices can lead to more serious forms of abuse.

Teen dating violence is defined as: the physical, sexual, psychological, or emotional violence within a dating relationship, including stalking. It can occur in person or electronically and might occur between a current or former dating partner.

We can all help teens recognize

and avoid unhealthy relationships. Keep the lines of communication open. Show teens, by example, what respectful, healthy relationships look like. Provide them with skills to manage anger and jealousy.

For more information on teen dating violence, please go to: www.acf.hhs.gov/fysb/resource/t-dvam

Traffic Safety/driving in snow?emergency kit?

Winter driving can be hazardous. Before getting behind the wheel this winter, remember the “3 P’s”: Prepare, Protect, and Prevent.

Prepare. Make sure your car is in proper working order and is stocked with emergency items, like a flashlight, jumper cables, cat litter (for traction on ice), a snow shovel, ice scraper and flares. Include warm blankets, food,

water, medication, and a fully charged cell phone if you are traveling far or weather is extra harsh.

Protect. Make sure all passengers are properly restrained, either in a car seat or simply buckled in using both the lap belt and shoulder harness. Follow the safety recommendations for air bags for front seat passengers.

Prevent accidents. Don’t mix drugs and alcohol with driving. Never get behind the wheel if you are impaired. Never travel with an impaired driver. Never drive drowsy. Always be on the lookout for pedestrians and changing road conditions. Keep your distance between cars. Don’t text and drive. Travel safe.