

MAY-JUNE 2018

PUBLIC HEALTH NEWS

Wyandot County Public Health



Hepatitis A

As of April 24, 2018, according to Michigan Department of Health and Human Services, there have been 815 cases of Hepatitis A and 25 deaths in Michigan since August 1, 2016. The Kentucky Department for Public Health reports 311 cases and 1 death from the disease since December 1, 2017 and the Indiana State Department of Health reports 66 cases since November 1, 2017.

US News and World Report cites in West Virginia, since January 2018, there have been 20 reported cases of Hepatitis A; a disturbing number when you consider there had not been one reported

case in 2 years. As of the date of this publication, The Ohio Department has reported 31 cases since January 1st of this year.

What do these statistics from surrounding states mean? Quite simply, protect yourself the best way possible through vaccination.

Hepatitis means inflammation of the liver. A virus usually is the cause for Hepatitis A, but heavy alcohol use, medications, toxins, and certain medical conditions can cause the disease which can damage the liver and affect the function.

Hepatitis A is spread from person to person, primarily

among the homeless and persons (and their close direct contacts) who use both injection and non-injection drugs. The most common route is fecal-oral when a person ingests viral contaminated food, drink, or objects contaminated by the stool of an infected person. Hepatitis A is highly contagious and ranges from a mild illness lasting a few weeks to a more severe one lasting several months and can lead to death.

Persons one year and older can be vaccinated against Hepatitis A. Call WCPH for more information and/or to schedule an appointment for your Hepatitis A vaccine.

Eat Local from Community Gardens!

Planting season has started for the Carey Link Community Garden in Carey and the Wyandot County Community Garden in Upper Sandusky!

The Garden committee members, including Dean and Nancy Kessler of The Link, worked alongside Wyandot County 4th graders and their teachers, starting gar-

den plants (from seed) in the classroom that will be transplanted into the community gardens in May.

Presentations were given in the schools highlighting the importance of available, locally grown produce. Students were given seeds for two plants; one for the garden, and one to take home. They were encouraged

to take part in their local gardens or to start a small one at home.

Local food movements exist to connect both consumers and producers in the same region. The goals are to improve the health, environment and community as well as to stimulate the local economy. Call The Carey Link or WCPH for garden information!

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

On The Road Again...

There are over 400,000 registered motorcycles in the state of Ohio. With impending long-term favorable weather conditions, we are likely to see many of these two wheeled machines on the roadways very soon. Hopefully, the majority of these bikers will be wearing helmets.

According to a 2015 report from the Governors Highway Safety Association, helmets decrease fatalities by 37%. If you are an avid biker, increase your protec-

tion and survival rate by wearing a Department of Transportation approved helmet. (Look for the DOT symbol on the back of the helmet.) If your helmet does not have a face shield, wear UVF glasses or goggles to protect your eyes from the sun, wind, insects, and another airborne material.

In addition to a helmet, wear gloves and a long sleeved denim or leather jacket, jeans or leather pants and ankle high shoes or boots to protect your extremities

A May 2015 NHTSA publication, stated in 2013, motorcyclists involved in fatal accidents had higher percentages (27%) of alcohol than any other type of motor vehicle driver. (Passenger vehicles was 23%; light trucks was 21%.)

Stay safe this cycle season by dressing appropriately for your ride and remember, it is never okay to drink and ride. Free "motorcycle safety" yard signs are now available at WCPH.

Ticks and Lyme Disease...

Lyme disease is caused by a bacteria and is transmitted to humans via the bite of an infected black-legged tick. Symptoms for this disease include: fever, headache, fatigue, and a characteristic skin rash called erythema migrans. Untreated, the Lyme disease infection can spread to the heart, nervous system, and joints. Diagnosis for Lyme disease is symptom-based, may involve lab testing, and addresses the possibility of exposure to infected ticks. Lyme disease, in most cases, can be treated with antibiotics. Ticks that transmit Lyme disease can occasionally transmit other tick-borne diseases as well.

The blacklegged tick is responsi-

ble for the increase in Lyme disease cases throughout the state of Ohio where 270 cases were reported in 2017, a steady increase from 45 cases reported in 2008. Lyme disease can be contracted year-round, but, most cases occur in late spring and summer. Warmer spring weather will bring an upsurge in outdoor activity increasing the odds of coming into contact with ticks and the risk of contracting Lyme and other tick-borne diseases.

Remember to protect yourselves with insect repellent carefully following package instructions, and wear long sleeves and pants. Avoid tall, overgrown grassy areas when possible.

Check yourself, and your pets, immediately upon entering your home for ticks.

To remove a tick, use fine tipped tweezers and grasp the tick as close to the skin as possible pulling upward with steady even pressure. Twisting or jerking may cause the mouth parts to break off and remain embedded in the skin. Clean your skin and hands with alcohol or soap and water. Dispose of tick by wrapping in tape, drowning in alcohol or flushing down the toilet.

For more information, visit: <http://www.odh.ohio.gov/ticks%20>

Swim Safe in Approved Pools...

WCPH Registered Sanitarians inspect public swimming pools and spas which are regulated under the Ohio Revised Code and the Ohio Administrative Code. Minimum standards must be in place to protect public safety from injury and the transmission of disease. Local

health districts are charged with pool safety beginning with the planning process. Sanitarians provide technical assistance with the operation and maintenance of pools and spas to ensure safety standards remain in place. The Ohio Department of Health has

developed the Public Swimming Pool & Spa Drowning Prevention Program to help prevent injury and death. Pool inspections by sanitarians help maintain pool safety to lower the risk. Call WCPH for more info, or to report a pool issue.