

SEPTEMBER-OCTOBER 2018

# PUBLIC HEALTH

Wyandot County Health Department



## TRAFFIC SAFETY-SCHOOL

School will soon be in session with many children in attendance for the first time. According to a 2018 publication by the National Safety Council, most of the children killed in bus-related accidents



are between 4 and 7 years old who are walking. The children were either hit by a bus or by a motorist illegally passing.

You can keep children safe by being a cautious driver and paying close attention in school zones and residential areas and near playgrounds.

Never pass a bus if it is stopped to load or un-

load a child. Always stop if yellow or red bus lights are flashing and the STOP arm is extended. The most dangerous area near a school bus is the busy ten foot perimeter around the bus.

Children often take risks and can be unpredictable. Cautious, attentive drivers make the difference in making streets safe.

## GET READY

September is National Preparedness Month. Take a few moments of your time to ensure your family is ready for any emergency.

Have you received basic First Aid and Infant/Child/Adult CPR training? Are your trainings up to date? Contact a local Red Cross or Wyandot County EMS to find out about available classes to educate yourself on valuable lifesaving techniques.

Is your household first aid kit well stocked with unexpired supplies? Do you have an emergency supply of non-perishable food and water...enough for three days for every person in your house?

Does your family have an escape/evacuation plan? How about a system to stay connected in the event of separation... **do you have a family group text to keep in touch?**



Flashlights, a radio, batteries, emergency cash, medications and a current list of prescriptions... **are these part of your kit?**

Go to: [www.ready.gov](http://www.ready.gov) for more information on how to GET READY!

## 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  
24/7  
EMERGENCY PHONE  
419-294-3852**

# TEXTING ON THE MOVE

Tripping over a curb... running into someone...walking in front of a car... **Have you ever done** any of these? Has it been because you were texting and walking?

Emergency rooms have seen an increase in injuries due to cell phone use outside of a vehicle. We are all schooled on the dangers of texting and driving, but, remember that those who text while bicycling, or walking are

putting themselves at risk for injury as well.

Texting takes concentration and attention. Even if you can text without looking at the screen, your mind is not fully in the present moment and paying attention to your surroundings.



Parents know that it is hard for **today's teen to disconnect from social media.** Remind them to:

- \* Turn off their phone when their full attention is required.
- \* Keep their phone where it can be easily found in the event of an emergency.
- \* Stop what they are doing, (even if it is walking) before texting, if they need to text.

# BULLYING

In 2014, the CDC and the Department of Education defined bullying in two categories: direct or indirect, with four types: physical, verbal, relational or damage to property.

Bullying can happen anywhere **at any time.** **One doesn't have** to be in the presence of a bully to feel the effects.

School zones remain a popular place for bullying, in fact, 28% of students



grades 6-12 have experienced bullying in some fashion.

Cyberbullying has been experienced by 9% of students grades 6-12 with the exception of LGBTQ students at 55%.

While the majority of students who are bullied do not commit suicide as a result of being bullied; the act of bullying can lead to feelings of isolation, rejection, exclusion, etc. as well as depression and anxiety leading to suicidal behaviors.

Bullies are hard to recognize. As a community, the best way we can prevent bullying is to keep the lines of communication open and encourage kindness and respectful behaviors while encouraging youth to do what they love. An intervening bystander in a youth bullying situation can make a big difference.

Find out how kids, parents, teachers and communities can help at [www.stopbullying.gov](http://www.stopbullying.gov).

# SAFE LUNCH PACKING



Summer vacation is over and the kids are heading back to school. Keep your kids healthy by following safe food practices when packing their lunch.

Start off clean. Wash your hands with soap and warm water. Make sure that lunchbox, utensils and all prep surfaces are clean. Keep germ cell phones, keys, etc. away from the prep area. Wash fruits and veggies under running tap water.

Avoid cross-contamination by using separate cutting surfaces: one for fruits and veggies and the other for meats, poultry and seafood.

Keep cold foods cold and hot foods hot. Cold foods are only **"good" for 2 hours in temps 90°** or below; 1 hour in temps above 90°. Use at least 2 cold sources **in your child's lunch, like frozen** bottles of water, a juice box or gel pack.

Avoid packing perishable foods in paper bags opting for soft sided insulated packs.

You can prep foods the night before, but wait until morning to pack the lunchbox. Use a school refrigerator, if available, opening the lunchbox lid to keep food cold.

Follow these tips to enjoy a healthy, bacteria-free school year!