

NOVEMBER-DECEMBER

# PUBLIC HEALTH

Wyandot County Health Department



## IT'S FLU SEASON!

While it's true that anyone can get the flu at any time throughout the year, the fall and winter months are typically thought of as flu season.

The Surgeon General reported there were nearly 80,000 flu deaths in 2018; the highest number in forty years. The majority of these deaths could have been avoided by vaccinating against the flu and by taking other healthy steps, including: drinking plenty of water,

eating healthful foods, getting plenty of rest, washing hands and wiping down common surfaces frequently, avoiding sick people and staying home when sick. Covering your cough and sneeze and properly disposing used tissues are important steps in restricting the transmission of the flu as well.

If you are experiencing fever, cough, runny nose, chills, fatigue and head & body aches, you

may have the flu. The "flu" is caused by a virus and generally does not need to be treated with medical care or antiviral drugs. Staying home and resting usually is the best plan of treatment. If, however, you are not feeling better, are feeling worse, or are in a high risk group, medical intervention may be necessary.

Stop the flu. Call 419-294-3852 for your vaccine appointment soon!

## 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

## CARBON MONOXIDE... THE SILENT KILLER

The temperatures outdoors are dropping, but, indoors, things are heating up. By the time you read this, you will likely have turned on your household heating source.

Did you know that by simply turning on the heat you may have unknowingly invited a silent

killer into your home? Carbon monoxide (CO), a colorless, odorless, tasteless gas is responsible for hundreds of deaths and thousands of illnesses every year.

Gas, oil, and coal burning furnaces and charcoal grills are responsible for the production of carbon monoxide.

Protect yourselves by installing and maintaining CO detectors in your home and having your furnace inspected annually. Never use a generator inside your home or garage; even if doors and windows are open.

CO poisoning causes flu-like symptoms requiring immediate medical help.

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**

# LEAD POISONING

Is your home safe? If your home was built before 1978, it may contain lead-based paint. This paint often deteriorates creating dust and paint chips that are easily inhaled or swallowed by young children. Lead-based paint particulates can cause lead poisoning which occurs when the body absorbs large

amounts of lead by inhaling or ingesting substances that contain lead. Symptoms include: developmental delay, learning difficulties, irritability, loss of appetite, abdominal pain, increased blood pressure, and muscle and joint pain. Blood tests confirm exposure to lead. Treatment involves medi-

cation and avoiding further exposure. Pregnant women and young children should stay away from the removal of lead based paint. HEPA respirators are the only protection from inhaling lead particulates: simple paper or fabric dust masks offer none. Need more info? Visit: [www.cdc.gov/nceh/lead/tips.htm](http://www.cdc.gov/nceh/lead/tips.htm)

# DRIVE SAFE. DRIVE SOBER.

The “holiday” season seems to arrive earlier every year. That is why WCPH is taking this early opportunity to remind you of the importance of responsible driving.

In the past 5 years, there were an average of 300 people that died between the Christmas and New Years holidays as a result of drunk-driving crashes. In fact, 781 people died in alcohol related crashes in 2016 alone.

The “Drive Sober or Get Pulled Over” campaign is more than about

the issuance of a traffic citation. It is an ongoing, nationwide educational effort attempting to keep the roadways safe for everyone.

Driving drunk can involve big loss. Not only can it lighten your pockets to the tune of \$10,000 or more because of court fines, attorney fees, insurance, and other expenses, it can involve the loss of life.

This holiday season, give yourself and others the gift of life. If your holidays involve alcohol, designate a sober driver before you begin

celebrating. If you will be attending an event alone and plan on drinking, arrange for a safe ride home before the party starts.

If you are hosting an event, make sure that food and non-alcohol based beverages are available. Never let a “tipsy” driver behind the wheel. Take the keys. Contact a friend or family member, or, plan for an overnight guest.

Stay alcohol free on the roads this holiday season and remember to always, ALWAYS buckle up!

# KEEP WASHING YOUR HANDS!

Proper handwashing is the first line of defense against many diseases, including the common cold, the flu, meningitis, and bronchiolitis.

Dec 2 – 8 National Hand Washing Awareness Week. It is important to remember to properly wash hands with soap and running water year-round; not just during disease outbreaks and flu season. If soap and running water are not available, a

60% alcohol-based hand sanitizer can be used.

Hands should be washed before, during and after preparing food; before eating food; before and after caring for sick people; before and after treating a wound; after using the toilet, cleaning a child who has used the toilet, or changing an infant’s diaper; after handling garbage; after blowing your

nose, coughing, or sneezing; and after touching animals or handling their food or treats.

Proper handwashing involves vigorous scrubbing of hands (front and back, and under the nails) with soap and water for at least 20 seconds or two rounds of the “Happy Birthday” song. Follow label instructions for alcohol-based hand sanitizer.