

JANUARY-FEBRUARY 2019



PUBLIC HEALTH

Wyandot County Health Department

FEBRUARY IS HEART MONTH

Heart disease is the leading cause of death for both men and women. In fact, according to a November, 2017 CDC publication, 1 in 4 (25%) of deaths are heart related. That same year, the Wyandot County Public Health Annual Report stated that 67 of 190 (35%) of 2017 Wyandot County deaths were heart related.

One way to prevent heart disease is to increase movement and activity. The Wyandot

County Health Alliance is committed to the implementation of a community-wide physical activity campaign in the year 2019.

You can make healthy changes to lower your risk of developing heart disease by: watching your weight; quitting smoking and staying away from secondhand smoke; controlling your cholesterol and blood pressure; drinking alcohol, only in moderation (if you drink at all); and

getting active and eating healthy.

Heed the following heart attack warning signs and symptoms.:

*Chest pain or discomfort.

*Upper body pain or discomfort in the arms, back, neck, jaw, or upper stomach.

*Shortness of breath.

*Nausea, lightheadedness, or cold sweats.
Go to: www.heart.org for heart and CPR info.

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

PNEUMOVAX 23, PREVNAR 13

Pneumococcal disease kills and hospitalizes thousands of adults every year in the United States. It can cause lung infections (pneumonia); infections of the blood (bacteremia); and infections in the lining of the brain and spinal cord (meningitis).

“Some pneumococcal infections are “invasive.”

Invasive disease means that germs invade parts of the body that are normally free from germs. Invasive disease is usually very serious and can sometimes result in death.” -CDC

Vaccination is the best prevention against pneumococcal disease. The CDC recommends 2 pneumonia vaccines for

adults 65 years and older: PCV13 and PPSV23. Vaccination against pneumonia is also recommended for persons aged 2 through 64 with certain medical conditions and persons 19-64 who smoke cigarettes.

Contact your healthcare provider for info about your immunization status and vaccine needs.

TEEN DATING VIOLENCE AWARENESS MONTH

February is Teen Dating Violence Awareness Month. Wyandot County Public Health wants you to know that there is a lot you can do as a parent, and a community to prevent teen dating violence & abuse.

About 1 in 10 teens who have been on a date have also been physically abused by a boyfriend or girlfriend in the last year. One of the most important things you can do is keep the lines of communication open with your kids.

Take steps to make a difference. Be a role model – treat your kids and others with respect. Start talking to your kids about healthy relationships early – before they start dating. Get involved with efforts to prevent dating violence at your teen’s school and throughout your community.

If you are worried about your teen, call the National Dating Abuse Helpline at 1-866-331-9474 or text “loveis” to 22522.

Find out how to help keep your loved ones safe and healthy. Visit: www.breakthecycle.org, an organization that “inspires and supports young people 12 - 24 to build healthy relationships and create a culture without abuse.”



SUPERBOWL 2019 MVP

The 2019 Super Bowl will be played February 3rd. Though we are not sure who will win the contest, we can be sure who will be crowned MVP at your Super Bowl party... The Designated Driver.

Get your party started off on the right foot. Designate a sober driver before the event begins.

Drunk driving kills. Every 51 minutes in America, someone loses their life due to drunk driving. In every state in the U.S., it is illegal to drive with a blood alcohol level of .08 or higher.

Driving drunk incurs loss: of money, up to \$10,000; employment; and as mentioned, life.

Be a team player on Super Bowl Sunday 2019. If you are hosting an event, ensure everyone has a safe ride home or prepare for overnight guests. Serve plenty of food along with non-alcohol based beverages for your MVPs.

The life you save may be your own. Drive safe. Drive sober.

FIGHT THE FLU WITH FOOD!

WCPH recommends getting a flu vaccine and employing healthy habits to avoid the flu and the common cold this winter. One healthy habit is eating healthful foods!

How about starting off your day with eggs (immune boosting Vitamin D), whole grain toast (anti-inflammatory, booster of healthy bacteria production) and orange juice (Vitamin C; immune system fuel, infection fighter)! Pack an ap-

ple (immunity boosting anti-oxidants) for a midmorning snack. For lunch, include a salad that contains spinach (Vitamin C and fiber, for digestion), tomatoes (Vitamin C), and a dressing made with extra virgin olive oil (anti-inflammatory, immune system booster).

Greek yogurt (pro-biotics, protein) with blueberries (anti-oxidants for cough & cold prevention) make a yummy mid-afternoon snack.

For dinner, prepare broccoli (immune booster) and wild salmon (contains zinc, reduces incidence of colds).

Quench your thirst with green tea (immunity booster, antiviral, anti-bacterial) and water (loosens mucus) throughout the day.

Littlestspicejar.com has a delicious flu-fighting chicken noodle soup recipe to warm you up on those cold winter days. Stay healthy!