



PUBLIC HEALTH NEWS

Wyandot County Public Health

NOVEMBER: DIABETES MONTH

November 2019 is designated American Diabetes Month. The American Diabetes Association states that "Diabetes is one of the leading causes of disability and death in the United States" and that "one in 10 Americans have diabetes" for a total of more than 30 million people. In the United States alone, 84 million adults are at high risk of developing type 2 diabetes.

Depending on your age, weight, and other factors, you may be at higher risk of developing type 2 diabetes. Help prevent type 2 diabetes by making the following healthy changes to significantly lower your risk:

- Watch your weight
- Eat healthy.
- Increase physical activity; even in cold winter months.

Educate yourself about diabetes and learn the difference between Type 1 and Type 2 by visiting: the American Diabetes Association's website at: www.diabetes.org.



**Are you diabetic?
Remember your flu shot!**

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

VAPING NEWS

As of October 8, 2019, the CDC reports that there have been 1,299 lung injury cases and 29 deaths associated with vaping throughout all the United States, (with the exception of Alaska); the District of Columbia; and the U.S. Virgin Islands. The report states that 70% of the affected have been males ranging from 13 to 75 years old. 80% have been under the age of 35 with 15% of those affected under the age of 18.

The minimum legal age to purchase vaping products in the U.S. is 18 years old, but, some states have enacted restrictions for purchase up to the age of 21.

In September, 2019, Governor Gretchen Whitmer of Michigan, proposed a ban on flavored e-cigarette products in an effort to protect Michigan's youth population. Governor Whitmer's ban will also prohibit companies from "misleading mar-

keting of vaping products" by using words like: "clear," "safe" or "healthy" to describe products.



Food for thought:

See the Juice Box pictured above? It is an e-liquid that produces a "delicious apple vape" according to the maker.

BABY, IT'S COLD OUTSIDE!

Ohio is not known for warm winters. In fact, many Ohioans prefer indoor activity during cold winter months. With that in mind, WCPH would like to remind you to stay safe *indoors* during the colder months by taking steps to winterize your home to keep it safe and warm.

Begin with checking or installing weather stripping, insulation, and storm windows. Keep water from

freezing by insulating water lines, especially ones that run along exterior walls. Clean your gutters for snow and ice runoff and check for and repair roof leaks. Have your heating source serviced by a qualified professional to make sure it is clean, vented properly and in working order. Check and clean chimneys and fireplaces. Install smoke and CO detectors throughout the house. Check batteries

monthly and replace twice a year when you change your clocks. Consider a safe secondary heat source. Make sure you have available fuel for this source properly marked and stored safely in an approved container.

Keep a 3 day supply of emergency food and water in the event of a snow or ice emergency. For more info on winter preparation, go to: www.cdc.gov/disasters/winter/.

DSOGPO OVER THE HOLIDAYS

When you take a look at the vintage holiday ornaments within this article, you will notice differences in color, size, and shape. Humans, like these vintage ornaments, also come in different colors, shapes and sizes, but, one thing they have in common with vintage ornaments is their likelihood for damage upon impact.

Last year, between December 1, 2018 and January 2, 2019, there were 1,286 alcohol and/or drug related crashes that resulted in 728 injuries and 44 deaths in the state of Ohio. Don't put yourself, your friends, or your loved ones at risk.

Wyandot County Safe Communities Coalition, along with local law enforcement, works year-round informing the public of the importance of practicing safe driving habits. Be responsible. If your holiday plans include alcohol, plan NOT to drive and do the following:

- * Plan a safe ride home well before your event. Designate a sober driver.
- * Never let someone get behind the wheel if you know they have been drinking; take their keys and arrange their sober ride home.
- * Be a good host. Make sure your guests leave your holiday



- party with a sober driver or make arrangements for overnight guests at your house. Serve alcohol-free beverages.
- * Always buckle up. You will increase your survival rate and lessen your risk for injury.
- * Call 911 if you see an impaired driver.

EMPLOYEE SPOTLIGHT: Shileigh Ricker

If you have visited WCPH within the last few months, you may have noticed a new face in the nursing department. Shileigh Ricker a USHS and MTC graduate, is a registered nurse and comes to us via Wyandot Memorial Hospital. She is the proud parent of daughter, Alexia, and of a German Shepherd/Beagle mix fur baby, Winston.



Shileigh is "one in a Minion"!

Shileigh likes to read and travel. In fact, she recently returned to us from Europe where she served as both chaperone and nurse for daughter, Lexi's class trip. Shileigh puts her nursing skills to use in many public health areas, but states that she really enjoys teaching the Life Skills classes. Stop in and say hello to Shileigh!

