

MARCH-APRIL 2020

PUBLIC HEALTH

Wyandot County Public Health



WHAT'S LUCK GOT TO DO WITH IT?

Shenanigans. St Patrick's Day is famous for corned beef, green beer, Irish whiskey, leprechauns, and... shenanigans. As March 17th approaches, Wyandot County Safe Communities would like to remind everyone that while St. Patrick's Day shenanigans can be fun, they can also be deadly if you mix driving with drugs and/or alcohol. Don't count on the luck of the Irish. Start your party plans off right by lining up your designated

drivers before your St. Patrick's Day fun begins. No designated driver? Use a ride for hire service. Keep everyone safe by looking out for your friends. Never let them



get behind the wheel after drinking. Never let them get into a vehicle with a driver who has been drinking. Always buckle up. A seat belt is your best defense in case of a crash. Hosting a St. Paddy's Day party? Serve plenty of food and non-alcoholic beverages Stop serving alcohol a few hours before the party ends and continue to serve food and alcohol-free beverages. Count on smarts, not luck, to keep you safe!

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



National Public Health Week

April 6 - 12, 2020

NPHW @ 25: Looking Back, Moving Forward.

Wyandot County residents deserve to live long and healthy lives in safe communities. In an effort to make this possible, the causes of poor health and disease risk among individuals and throughout the county need to be addressed. Where we live, learn, work, and play every day affects every one of us and can determine our health and life expectan-

cy. WCPH partners with other public and private entities in an effort to ensure we are making decisions with the public's health in mind. We need everyone's help to start conversations to advocate for positive change. If we work together, we can build a healthy Wyandot County, a healthier Ohio and, someday, a healthier nation.

April 6-12, 2020 is National Public Health Week. Each day of National Public Health Week focuses on a particular public health topic beginning with Mental Health on Monday, the 6th, ending with Economic Empowerment for public health on the 12th. The 2020 daily topics are imperative in the creation of a healthy nation. Everyone CAN do something to help.

CORONAVIRUS (nCoV)



According to the World Health Organization, “Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases.” The new Coronavirus strain, nCoV had not been previously identified in humans until recently. Coronaviruses... what are they? CoV’s are zoonotic, meaning they

are transmitted to humans from animals. Common signs of infection are similar to influenza and include: respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. The virus can cause pneumonia, severe acute respiratory syndrome (SARS), kidney failure and death. Recommendations to prevent the

spread of infection include: proper hand washing; the covering of mouth and nose when coughing and/or sneezing; and thoroughly cooking meat and eggs. Stay away from anyone showing symptoms of respiratory illness such as coughing and sneezing to avoid exposure. For more info, go to: www.cdc.gov/coronavirus/about/

NATIONAL NUTRITION MONTH

This March, during National Nutrition Month, registered dietitians will be promoting the message to “EAT RIGHT, BITE BY BITE”.

You can eat right and save money every day by reducing food waste within your home.

Start reducing waste by planning meals before you go to the store. When at the store, stick to the list; don’t buy extra, especially when it comes to fresh foods. Don’t buy in bulk to save money if you will be unable to use the food before it spoils. Check your fridge and pan-

try before you shop to avoid buying something you already have.

Pay attention to your fruits and vegetables. Foods like apples, bananas, and tomatoes need to be stored by themselves due to the production of ethylene which speeds up the ripening process. Keeping them fresher longer helps eliminate waste. Take time to prep your foods before you actually need them. Wash, chop, freeze... do whatever you have to do to have them ready in the manner in which they will be needed.

Eliminate waste and save money by using the parts of food that you normally don’t use like the heels of a loaf of bread or vegetable scraps. Produce that may not be attractive to you can still be used in pancakes, muffins, soups, stews, smoothies, etc.

Designate a “buffet” night and eat the random leftovers.

Read labels. Pay attention to expiration dates and familiarize with the terms “sell by”, “use by”, and “best by”. Save money and eat right, bite by bite.

EMPLOYEE SPOTLIGHT: Beth Bower, RN



If you are a parent of an Upper Sandusky school student, you have likely heard of Beth Bower, school nurse. Wyandot County Public Health is fortunate to have Beth as a member of our team. A graduate of both USHS and MTC, she has been employed as an RN for more than 23 years.

Beth came to us from Wyandot County Nursing Home where she was employed for 11 years. She started her career at WCPH in 2008

and is active, not only in school nursing, but in various public health nursing programs, including: family planning, immunizations, and CMH. Beth says that she “loves working with kids and their families!”

When not serving the public, Beth enjoys spending time shopping and traveling with family. She has been married for 20 years to Jeff with whom she has 2 children; Grant a USHS senior, and Audrey,

a freshman. Beth also has 2 cats; Kitty Boy and Kitty Friend, pictured below.

Find out why Beth is the purr-fect person for her job. Give her a call!

