



MAY-JUNE 2020

PUBLIC HEALTH NEWS

Wyandot County Public Health Coronavirus Edition

Don't Stand so Close to Me!

Before the coronavirus outbreak, social distancing was not a common term, but now it is regularly used in everyday conversations and media coverage. The CDC defines social distancing as “keeping space between yourself and other people outside of your home.” To prevent the spread of COVID-19, it is recommended that individuals stay at least 6 feet from other people, not gather in groups, and avoid crowded places and mass gatherings.



The main idea behind social distancing is to “flatten the curve.” A high peak indicates a high rate of infection quickly while the gentler slope shows a more gradual rate of infection over a

longer period of time. The flattening of the curve results in a reduction of the number of cases that are active at any given time. Halting the spread of coronavirus is the ideal goal, and slowing it is imperative so that communities have time to prepare and respond. Following social distance protocols will help flatten the curve and keep everyone 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



Breastfeeding During the COVID-19 Outbreak

In times of crisis, many people stock their pantries making food supplies scarce.

Currently, there are restrictions on grocery store hours and occupancies, so it is even more difficult to find necessary items for vulnerable populations, including formula for infants.

The American Academy of Pediatrics recommends “exclusive breastfeeding for about six months, continued

breastfeeding as complementary foods are introduced and continuation of breastfeeding for one year or longer.” Mothers following this advice do not have to worry about running out of milk for their infants, finding safe water sources for preparing and sanitizing bottles, or recalls for tainted formula.

Breast milk also nourishes babies with antibodies

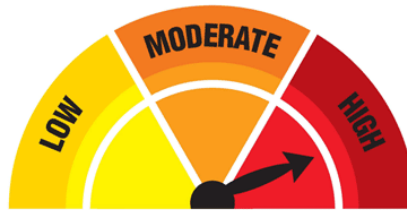
that help to protect against a variety of diseases and strengthen their immune systems.

There are many resources available for information about breastfeeding and the benefits of breast milk. The WIC program of Wyandot County employs breastfeeding peer counselor, Erin Logsdon. For questions regarding breastfeeding, contact Erin at: (419) 731-3217.

When I'm 64...Don't Visit Me!

There are many people at high-risk for contracting viruses, including people with underlying health issues, diabetes, severe obesity, and the older population, many of whom live in nursing homes.

The CDC reports that "in the US, 80% of COVID-19 deaths have been in patients who are at least 65 years old." Though it is difficult to



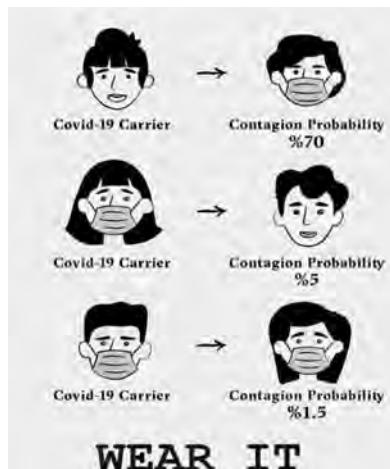
avoid visiting your family and friends during this time, it is imperative that we keep them safe.

There are many alternatives to visiting in person: utilize a video chat service, send a card or flowers, or simply call them. If able, deliver groceries and prescriptions to them so that they may avoid exposure in crowds. Protect your loved ones by practicing social distance, washing your hands, and only going out for essential items.

Cover your Cough...AND your Face with a Mask!

The CDC issued a recommendation that all citizens wear face masks when in public settings. Social distancing and other safety measures must still be utilized. Wearing a mask does not prevent someone from contracting coronavirus, but it can help them from spreading it to others. Because medical grade masks must be reserved for healthcare workers and first responders, many people have started making their own face masks from fabric and other household items such as elastic, hair ties, or rubber bands. You can find do-it-

yourself videos and instructions on how to make your own mask with or without a sewing machine.



Did you know that the average sneeze travels at about 100 miles per hour and a distance up to 26 feet? Protect yourself and your family against COVID-19 by covering coughs and sneezes.

As always, it is important that we rely on good information. Wyandot County Public Health recommends the following resources:

ODH: (833) 4 ASK ODH

State- <https://coronavirus.ohio.gov>

Federal- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

EMPLOYEE SPOTLIGHT: Claire Russell

Claire Russell graduated from Upper Sandusky High School in 1976. She got married and had four children who have provided her with nine amazing grandchildren.

After dedicating 24.5 years to Wyandot County Public Health, it is time for Claire to retire. Though Claire was a jack-of-all-trades at the health department, she enjoyed creative projects the most.

After retirement, she looks forward to time spent on a sandy beach

with a cold adult beverage in her hand! However, until the stay at home order is lifted, she will be sheltering at home reading, baking, crocheting, and upcycling with her husband of almost 42 years.

One of Claire's new obsessions is bluebirds; in fact, her husband, Kevin, just built her two bluebird houses. She is excited to draw more bluebirds onto her property for her birdwatching pleasure this summer—her favorite season!



This is Claire, cashing out of Public Health.

