



July-August 2020

Wyandot County Public Health News: SUMMER EDITION

Baby, You're a Firework!

Fireworks are beautiful, but they can be very dangerous if not used properly. In its 2018 Fireworks Annual Report, the U.S. Consumer Product Safety Commission reported that 9,100 people were treated in emergency departments for firework-related injuries. Over half of those incidents occurred within a month of the Fourth of July holiday.

Did you know that sparklers can burn at more than 1,000°F? That's more than enough heat to burn skin and set clothing on fire! No wonder sparklers account for 1/3 of the injuries in children under 5. Keep this in mind when

purchasing these inexpensive family favorites this Fourth of July season!



Firecrackers, equally inexpensive, can injure the hands or face if they explode too closely. Never allow children to play with or ignite fireworks.

Many animals are frightened by the jarring sound of the fireworks and may run off, so be

sure to keep pets safe inside your home during the loud celebrations!

In the state of Ohio, it is legal to buy fireworks, but they must be transported out of state within 48 hours of purchase. Only "trick and novelty" fireworks (items that smoke, "pop", and/or sparkle) are legal for use in Ohio. The use of bottle rockets, firecrackers, etc. is illegal.

Enjoy the 4th by attending safe fireworks displays by licensed, locally permitted professionals.

Upper Sandusky's fireworks display is scheduled for July 5th at dusk (9:45-10:00pm) behind Upper Sandusky High School.

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**

Mosquitoes, fleas, and ticks - OH MY!

It's that dreaded time of year when many pests invade our properties. Mosquitoes are active in Ohio during the warmest months, usually May through October, until the first hard frost in the fall. Similarly, most ticks are active from spring until fall. Not only are these pests annoying, but they can carry diseases that can be contracted through their bites.

If you are bitten by a tick, call your doctor if you notice any of the following symptoms:

Lyme Disease: "bull's-eye" rash, headache, fever, muscle pain, joint pain, and fatigue.

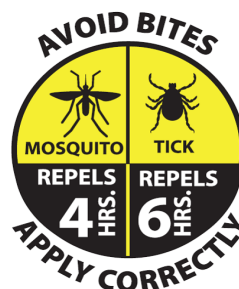
Rocky Mountain Spotted Fever: Red splotchy or pinpoint rash,

headache, fever, nausea, vomiting, stomach pain, muscle pain, and lack of appetite.

According to the Ohio Department of Health, Eastern equine encephalitis virus, LaCrosse virus, St. Louis encephalitis virus, and West Nile Virus are mosquito-borne diseases that may occur locally in Ohio. Contact your local healthcare provider if you experience any of the following symptoms after being bitten by a mosquito: fever, headache, vomiting, diarrhea, behavioral changes, drowsiness, or lethargy. If left untreated, some symptoms of severe illness include seizures, coma, paralysis, convulsions, vision loss, tremors, muscle

weakness, and disorientation.

The best way to ensure that you don't develop these diseases is simple: Don't get bitten! Protect yourself by mowing tall grasses, eliminating breeding sites, i.e. standing water, avoid known infested areas, wear appropriate clothing, check for ticks, and use insect repellent according to the instructions.



No matter what you're on, stay off the road.



This Independence Day, Wyandot County Public Health and the U.S. Department of Transportation's National Highway Traffic Safety Administration want to remind drivers that Buzzed Driving Is Drunk Driving. Unfortunately, the summertime merrymaking can create dangerous road conditions, as some drivers hit the streets after drinking alcoholic beverages. Make sure you celebrate the birth of our nation safely. If you are under the influence of any substance and you choose to get behind the wheel of a vehicle, you put everyone in a vehicle on the road in danger, including yourself. During the Fourth of July holiday, make sure you plan for a safe weekend of festivities.

Protect Your Body's Largest Organ...

Your skin! Soaking up the sun is on everyone's list of things to do in the summer, but it is imperative that you keep that skin protected. Wearing sunscreen is the easiest way to protect your skin from harmful UVA and UVB rays. The American Academy of Dermatology recommends using at least 30 SPF and reapplying every two hours when outdoors or after sweating or swimming. If possible, stay in the shade from 10AM-2PM, when the sun's rays are the strongest and wear lightweight, protective clothing.



The AAD offers the following tips:

- Use extra caution near water, snow and sand, as they reflect the damaging rays of the sun
- Avoid tanning beds. Ultraviolet light from tanning beds can cause skin cancer and premature skin aging.
- Perform regular skin self-exams to detect skin cancer early, when it's most treatable, and see a board-certified dermatologist if you notice new or suspicious spots on your skin, or anything changing, itching or bleeding.

EMPLOYEE SPOTLIGHT: Carrie Boes

There's a new kid in town! Carrie Boes, pictured at right, jumped into the fray at Wyandot County Public Health in the middle of a pandemic. Her educational background/degree has proven invaluable to accurately and professionally report daily COVID-19 information on the health department's Facebook page and website.

Daughters Alice and Eleanor entertain Carrie daily, but are perhaps most entertaining when chasing seagulls and playing in the sand at

Myrtle Beach, their favorite vacation destination.

If you ever visit Carrie at the health department, you will most likely hear some Beatles, Simon & Garfunkel, Creedence Clearwater Revival, or other oldies playing in the background. She has an eclectic vinyl collection, but oldies have always been her favorite.

When not working, Carrie enjoys gardening, bird-watching, reading, painting, and hunting for bargains. Make sure to stop in and say "hi"

to welcome Carrie to the WCPH team when the lobby reopens!



PUBLIC HEALTH NEWS