

September-October 2020 Wyandot County Public Health News

Shots, Shots, Shots! Flu Shots, That is!



Oh, you don't like getting shots? Most people don't. Do you know what else people don't like getting? The flu! The good news is that there is a vaccine to prevent your susceptibility to the flu, and, according to the Centers for Disease Control, it is estimated to be 40-60% effective at reducing the risk of illness.

"However, even during years when the flu vaccine match is good, the benefits of flu vaccination will vary, depending on various factors like the characteristics of the person being vaccinated, what influenza viruses are circulating that season and even, potentially, which type of flu vaccine was used."

Symptoms of the flu include:

- Fever/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)

Most people with mild flu symptoms do not need medical care and can treat their symptoms with over-the-counter products. For those at high risk or with severe symptoms, a doctor may prescribe antiviral medication to make the illness milder and prevent complications such as pneumonia.

Wyandot County Public Health will have flu shot clinics available during the month of October. Dates and times will be posted when they are determined.



IMMUNIZATION CLINICS

(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**

HALLOWEEN SAFETY

Children and adults of all ages look forward to spooky, fun events every Halloween, but they should also beware of some dangers! To have a safe Halloween, the American Academy of Pediatrics has these helpful tips:

Costumes:

- Wear fire-resistant costumes and accessories.
- Make yourself visible by wearing bright colors and carrying glow sticks.
- Use non-toxic makeup.

Trick-or-Treating:

- A responsible adult should accompany children on the neighborhood rounds.
- Teach your children never to enter a stranger's home or car.
- Do not allow children to eat treats until they have been inspected.

Tips for motorists from the National Safety Council:

- Watch for children walking on roadways, medians, and curbs.

- Enter and exit driveways and alleys carefully.
- At twilight and later in the evening, watch for children in dark clothing.
- Discourage new, inexperienced drivers from driving on Halloween.
- Children and adults are reminded to put electronic devices down, keep heads up and walk, don't run, across the street.

*Have a safe and
Happy Halloween!*



FEMA



September 2020

Disasters Don't Wait.

Make Your Plan Today

National Preparedness Month 2020

Ready.gov is a National public service campaign designed to educate and empower the American people to prepare for, respond to and mitigate emergencies, including natural and man-made disasters. The goal of the campaign is to promote preparedness through public involvement. Is your family prepared for a disaster? Each week this September, work on preparing your family for anything.

Week 1: Sept 1-5 Make A Plan

Talk to your friends and family about how you will communicate before, during, and after a disaster. Make sure to update your plan based on the Centers for Disease Control recommendations due to the coronavirus.

Week 2: Sept 6-12 Build A Kit

Gather supplies that will last for several days after a disaster for everyone living in your home. Don't forget to consider the unique needs each person or pet may have in case you have to evacuate quickly.

Week 3: Sept 13-19 Prepare for Disasters

Limit the impacts that disasters have on you and your family. Know the risk of disasters in your area and check your insurance coverage. Learn how to make your home stronger in the face of storms and other common hazards and act fast if you receive a local warning or alert.

Week 4: Sept 20-26

Teach Youth About Preparedness

Talk to your kids about preparing for emergencies and what to do in case you are separated. Reassure them by providing information about how they can get involved.

For more information on preparing for disasters, visit ready.gov.



EMPLOYEE SPOTLIGHT: Kelli Owens

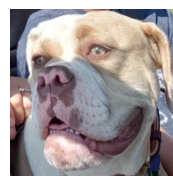
If you call the health department and press the number for Vital Statistics, you'll most likely hear the voice of the outgoing Kelli Owens! She can answer your questions about death and birth certificates amongst many other things! Kelli has been working at Wyandot County Public Health for 5 years, first as a medical billing clerk and currently as the registrar.

When Kelli isn't working, she enjoys scrapbooking, crafts, and camping with friends and family. She has also spent a lot of evenings and weekends working on her Pig Pen Party Patio—many drinks will be had once it is complete!

If she could be anywhere on Earth right now, it would definitely be the beach! Unfortunately, her beach vacation was cancelled this year.



The many faces of Kelli!



Kelli is VERY excited to put out her Halloween decorations and celebrate her favorite holiday! In contrast, she is a self-proclaimed Grinch when it comes to Christmas.

When you stop by the health department for a certified copy of your birth certificate, be sure to say 'hello' to Kelli and ask her about her super adorable bulldog, Freya—she loves animals!