

November-December 2020

Wyandot County Public Health News

'Tis the Season...To be Cautious!

This time of year always brings friends and families together for a plethora of festive activities. All that closeness, if not well-planned, can lead to outbreaks of illness!

Ensure your family's health. Get up to date on vaccines, including an annual flu shot. The vaccine is recommended for everyone 6 months of age and older. CDC recommends getting the flu shot by the end of October,

but later is better than never! Keep germs at bay by washing hands frequently, or using an alcohol based hand sanitizer when soap and water are not available.

This season, it is more important than ever to cover your coughs and sneezes. Use tissues and toss them in proper trash receptacle, washing hands immediately after.

Not feeling well? Stay home! Spreading your germs is much less pleasant than spreading

holiday cheer!

Having turkey? Make sure to thaw your bird properly and cook thoroughly using a food thermometer. Wash and disinfect prep areas before and between preparing food.

Is a potluck in your future? Remember to keep hot foods hot and cold foods cold, and refrigerate all leftovers, including pie, within two hours.

Happy HEALTHY Holiday Season!



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



Did you get your influenza vaccine yet? Don't put it off any longer! Call the nurses at the Wyandot County Health Department to schedule your flu shot today: (419) 294-3852.

Wyandot County Public Health held its first drive-thru flu shot clinics this year with much success! One was held in Upper Sandusky at Trinity United Methodist Church, one at First Citizens National Bank in Ne-

vada, and one in Carey at Waterworks park. Due to the positive turn out, this service will likely be offered again in future flu seasons! Thank you for staying healthy, Wyandot County!

The Winter of our Discontent

Seasonal Affective Disorder (SAD) is a type of winter depression that affects approximately half a million people between the months of September and April, particularly December, January, and February. SAD is caused by a biochemical imbalance in the hypothalamus due to the shortening of daylight hours and lack of sunlight in the winter. For some people, SAD can be a disabling illness that prevents them

from functioning normally without continuous medical treatment. For others, SAD can be milder causing discomfort that is referred to as the “winter blues”. What can the affected do to cope with SAD? Light therapy has proved to be effective in up to 85% of diagnosed cases. Medication, counseling, and complementary therapy along with light therapy are useful treatments. If you, or someone you know, are

affected by Seasonal Affective Disorder, consult your healthcare provider for the course of treatment that best suits your needs.



“Play” it Safe When Choosing Kids’ Toys

Shopping for kids this holiday season? Here are a few tips to make sure your gift is the safest and the best! First, and foremost, consider the age of the child along with interest and skill level before purchasing any toy.

For small children, avoid toys with small parts, strings or cords. Electrical toys and toys with batteries are not recommended for children under 8 years of age as they could cause shock or burn. Instruct older

children to store their toys out of reach of smaller children.

Actively supervise children when playing, especially with riding toys. Keep all riding toys away from



stairs, motor traffic, and swimming pools. Regularly inspect and repair or discard any broken or damaged toys. If toys are stored in chests, make sure the chest either has no lid or has a lid with safety hinges.

Keep all receipts for toys, and return product warranty and registration information. This is very important in the event of a recall. Sign up to receive product recall information at www.cpsc.gov.

EMPLOYEE SPOTLIGHT: Erin Logsdon

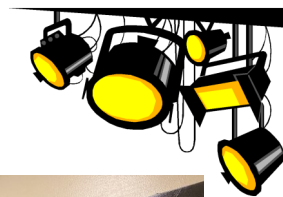
Did you know that Wyandot County Public Health includes WIC (Women, Infants, and Children) services? Even better, there is a Breastfeeding Peer Helper available to answer any questions and provide support for breastfeeding mothers! This invaluable employee is Erin Logsdon.

Erin is a 2004 graduate of Riverdale High School and has been working at WCPH for just over one year. Being outside, especially on the boat at the lake, is her favorite! She has been married to her husband, Jeremiah, for 8 years. Together they have six amazing children. Erin

has breastfed twins, and is still nursing her youngest!

When she’s not actively supporting breastfeeding moms, she likes to create with bulletin boards at the health department!

Check out Erin’s fantastic boards the next time you stop in, and say hello to Erin!



Erin’s latest creation!