

# May-June 2021

## Wyandot County Public Health News

### Spring is in the Air! (Or is it just Pollen?)

Spring is here and millions of Americans are preparing themselves for allergy season. Nearly 20% of people living in the U.S. are bothered by “hay fever” according to the American Academy of Allergy, Asthma, & Immunology (AAAAI). Trees, weeds, & grasses contain quantities of pollen that are carried in the wind, causing allergy flare-ups. What can you do to control this? Check out the following tips!

- Thoroughly spring clean your house to get rid of dust, pollen, and mold that collected in the winter. Pay attention to air conditioning and furnace vents!
- Keep pets off furniture.

- Take allergy meds 30 minutes before any outdoor activity.
- Wash bedding weekly in hot water.
- Dry laundry indoors.
- Take a warm shower before bed.
- Close car & house windows when pollen counts are high.
- Limit outdoor activity during peak times of 10 am to 4 pm.
- Wear a filter mask when mowing grass.

Seek proper treatment before and during allergy season to control symptoms. Stay healthy and breath easy!



#### IMMUNIZATION CLINICS

(APPOINTMENT ONLY)

**DUE TO COVID-19, CLINIC HOURS HAVE TEMPORARILY CHANGED!**

Wyandot County Public Health

Upper Sandusky

**Mondays**

**12-6**

**Tuesdays**

**9-11 & 1-4**

**Family Planning Immunization**

**Teen & Family**

**Call:**

**419-294-3852**

**for appointment**

**WIC Clinic**

**419-294-3341**

**COVID-19 Clinics**

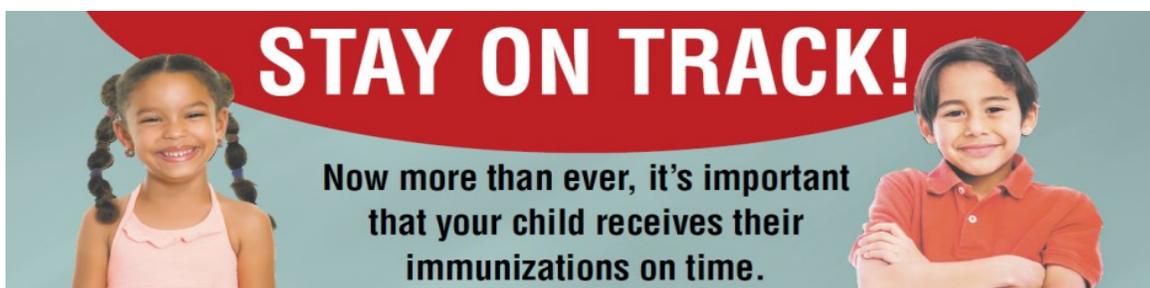
**Scheduled as Vaccine is Received**

### Now is the Time to Immunize

Kindergarteners and home schooled students entering the public school system for the first time are required to complete the primary vaccination series as well as receive the DTaP, IPV, varicella, and MMR boosters.

Spring and Summer see an increase in outdoor activity and outside accidents, so adults should take the time to review their immunization status making sure they have a current tetanus vaccine. The tetanus vaccine should be updated every ten years.

Going on a mission trip? Think ahead and check with your local health department or healthcare provider to see what vaccines are recommended/required for the area you will be visiting. Some vaccines are given over the span of 6 months in a series of two or three and are not 100% effective until completion of the series. Plan ahead and start immunizing now! Remember to protect yourself and vaccinate before it's too late!



**Wyandot County Public Health**

**24/7**

**EMERGENCY PHONE**

**419-294-3852**

