

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!

STAY ON TRACK!

Now more than ever, it's important that your child receives their immunizations on time.

**Wyandot County
Public Health
24/7
EMERGENCY PHONE
419-294-3852**

**YOU ARE
NOT
ALONE**



**MAY IS MENTAL
HEALTH AWARENESS
MONTH**

National Mental Health Month raises awareness about mental illness and related issues in the United States. Fortunately, attitudes toward mental health are evolving. Negative attitudes and stigma associated with mental health have reduced and there has been growing acceptance towards mental health issues and support for people battling them.

Despite this shift in attitude, the idea of a mental health awareness campaign is not a recent one. In the late 1940's, the first National Mental Health Awareness Week was launched in the United States.

During the 1960's, this annual, weekly campaign was upgraded to a monthly one with May the designated month.

What can you do to help? Check in on your friends and family. Coronavirus has been difficult in many ways, and it took a toll on our mental health. Make a call or even send a text to loved ones; knowing someone cares about their well-being may make all the difference. There are even some emojis designed by the National Alliance on Mental Illness that you can download to text your support. Sensimojis are available for download on both Samsung and Apple devices.

Mental health includes your emotional, psychological, and social well-being—even your physical health. The CDC estimates that 50% of Americans are diagnosed with a mental illness or disorder at some point in their lives. If you ever need help, call the NAMI hotline at 800-950-NAMI or in a crisis, text NAMI to 741741.



Mid-May Day! Plant your Garden Now!

Ok, you've got your early produce planted, now what? Warmer-season crops should be planted once soil temperatures reach 55 degrees or higher and the threat of frost has passed, typically in mid-May. Create a planting schedule in accordance to soil temperature, not air temperature. Seeds require specific soil temperature in order to grow.

Plan ahead and do your research to have a bountiful harvest this summer and fall! Too much produce? Share with family, friends, and neighbors!

Germinating Temperatures for Commons Crops:

*Note these are the lowest temperatures that seeds will germinate but warmer temperatures may yield better results.

- 35 degrees: Lettuce, onions, parsnips, and spinach
- 40-45 degrees: Beets, cabbage, carrots, cauliflower, parsley, peas, radish, and turnips.
- 50 degrees Swiss chard
- 60 degrees Beans, cucumbers, pumpkins, squash (cucumbers, pumpkins, and squash prefer soil temperatures at 75F)
- 75 degrees: Tomatoes, peppers, tomatillos, eggplant and okra grow best as transplant rather than from seed.

Start Seeds Indoors			Plant Seed/Transplant							Harvest	
JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
					Beans						
			Beets				Beets				
		Broccoli					Broccoli				
				Brussel Sprouts							
				Cabbage							
			Carrots				Carrots				
		Cauliflower									
				Corn							
				Cucumber							
		Kale						Kale			
		Lettuce						Lettuce			
				Onions							
			Peas					Peas			
				Peppers							
				Spinach				Spinach			
				Squash							
				Tomato							