

# September-October 2021 Wyandot County Public Health News

## Say “Shoo!” to the Flu

Though “flu season” typically runs from October through May, peaking in the U.S. in January or February, the flu can be contracted at any time throughout the year.

There are many ways to protect yourself against the flu. First and foremost, the CDC says that the best line of defense against the flu is an annual flu vaccine. The vaccine is recommended for persons 6 months of age and older. Because the flu virus is continually changing, it is not uncommon for new strains to emerge throughout the year. The vaccine targets the main flu strains identified by researchers that will cause the most illness for the year.

Wyandot County Public Health will have vaccine clinics starting in October for the 2021-22 flu season. Watch our Facebook page for updates!

In addition to annual flu vaccines, protection measures against the disease include good overall health habits: a well balanced diet, plenty of fluids, adequate sleep, and proper hand washing. Keep your germs to yourself by coughing or sneezing into a disposable tissue or your elbow. If you are not feeling well, stay home. Keep your sick children at home. Do not take them to their daycare provider; you will only increase the chance of spreading illness. If you absolutely must go out, wear a mask to decrease the transmission of germs.



### IMMUNIZATION CLINICS

(APPOINTMENT ONLY)

Wyandot County  
Public Health

Upper Sandusky

**Mondays**

**12-6**

**Tuesdays**

**9-11 & 1-4**

Carey Depot

**2nd Monday each  
Month**

**2-6**

Family Planning  
Immunization  
Teen & Family

**Call:**

**419-294-3852  
for appointment**

WIC Clinic  
**419-294-3341**

COVID-19 Clinics

**Walk-ins Welcome at  
WCPH Fridays 9-4**

**Wyandot County  
Public Health  
24/7**

**EMERGENCY PHONE  
419-294-3852**

## Are You Prepared for Disaster?



Is your household first aid kit well-stocked with unexpired supplies? Do you have an emergency supply of non-perishable food and water—enough for three days for every person in your house?

Does your family have an escape/evacuation plan? How about a system to stay connected in the event of separation?

Flashlights, a radio, batteries, important family documents, blankets, pet food, emergency cash, books and games for children, medications, and a current list of prescriptions—are these part of your kit?

Overwhelmed by all of these questions? September is National Preparedness Month. There is no better time to ensure your family is ready for any emergency.

The 2021 theme is “**Prepare to Protect. Preparing for disasters is protecting everyone you love.**” Go to: [www.ready.gov](http://www.ready.gov) to find weekly tips on how to Make a Plan, Build a Kit, Prepare for Disasters, and Teach Youth about Preparedness.

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



Many Americans look to the Labor Day holiday weekend as the unofficial end of summertime. No matter how you plan to celebrate the end of the season this year, make sure you plan it safely. This Labor Day weekend, local law enforcement is participating in the *Drive Sober or Get Pulled Over* impaired driving awareness campaign, which runs from August 18 through September 6, 2021. In support of the law enforcement community's dedication to protecting the lives of residents in their communities, you'll see officers working together during this holiday weekend to

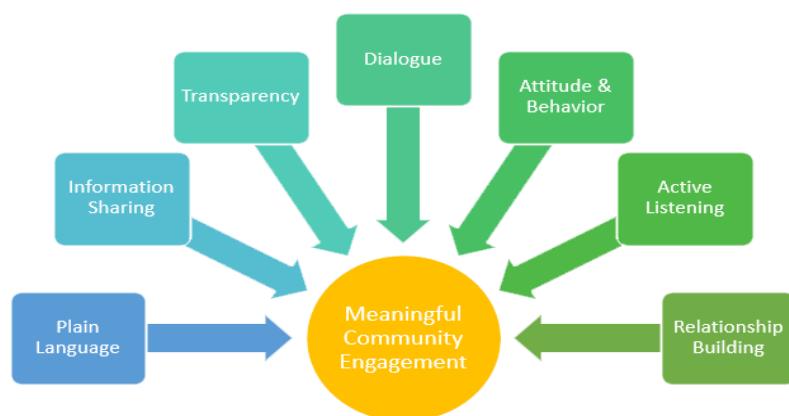
take drunk drivers off the roads. These expanded efforts to protect against impaired driving will be conducted in a fair and equitable way.



According to the U.S. Department of Transportation's National Highway Traffic Safety Administration (NHTSA), 10,142 people were killed in motor vehicle crashes in 2019 that involved an alcohol-impaired driver. On average, more than 10,000 people were killed each year from 2015 to 2019. This is why the Wyandot County Safe Communities Coalition is working together with NHTSA to remind drivers that drunk driving is not only illegal, it is a matter of life and death. As you head out to the Labor Day festivities, remember: *Drive Sober or Get Pulled Over.*

## Community Engagement

The CDC defines community engagement as “the process of working collaboratively with and through groups of people affiliated by geographic proximity, special interest, or similar situations to address issues affecting the well-being of those people.” Wyandot County Public Health utilizes the concepts of community engagement to help build trust, enlist new resources and partners, create better communication, and improve overall health outcomes. Community engagement can take many forms, and partners can include organized groups, agencies, institutions, or individuals.



Community engagement often evolves into long-term partnerships that move from the traditional focus on a single health issue to address a range of social, economic, political, and environmental factors that affect health. To achieve this evolution of collaboration and partnerships, all those involved in the process need to strive to understand the point of view of “insiders,” whether they are members of a neighborhood, religious institution, health practice, community organization, or public health agency. The community-engaged approach can enable partnerships to develop programs “in ways that are consistent with a people’s and a community’s cultural framework.” Wyandot County Public Health would like to direct its community partners to the following document titled “Principles of Community Engagement” to learn more about the concepts and objectives of a successful community engagement program. [Home | Principles of Community Engagement | ATSDR \(cdc.gov\)](#)