

# November-December 2021

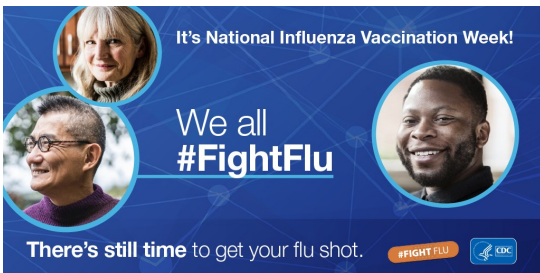
## Wyandot County Public Health News



### National Influenza Vaccination Week

According to previous flu vaccination coverage data, few people choose to get vaccinated against influenza after the end of November each year. December 5-11 is the week chosen by the CDC and its partners this year to remind people that it is not too late to get a flu vaccine, even though the holiday season has begun. As long as flu viruses are spreading and causing illness, vaccination should continue throughout the flu season in order to protect as many people as possible against influenza.

In 2019, there were 1,930 influenza deaths in Ohio according to the CDC, but illness and death attributed to the flu can be avoided. The best way to avoid influenza is through immunization. Influenza strains change over time, so it is important to vaccinate yourself and your family against the flu every year.

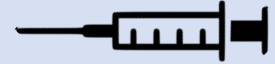


The 2021-2022 flu vaccine is a quadrivalent (four component) vaccine designed to protect against the four flu viruses that research indicates are the most likely to spread and cause illness among people during the upcoming flu season.

Young, elderly, and immunocompromised individuals are most susceptible to serious illness from the flu; therefore, it is essential for healthy persons to immunize themselves to help protect these vulnerable populations.

Vaccination is recommended before the end of October, but getting vaccinated later is still beneficial, even if you have already been sick with the flu. If you missed the Flu Clinics offered by Wyandot County Public Health, don't fret! Starting November 1, you can schedule a flu shot during our regular immunization clinics by calling 419-294-3852.

If you are sick, stay home and follow the advice of your healthcare provider—don't risk spreading the virus! Wash hands frequently and keep them away from your eyes, nose, and mouth. Stay healthy this flu season!



### IMMUNIZATION CLINICS

(APPOINTMENT ONLY)

Wyandot County Public Health

Upper Sandusky

**Mondays**

**12-6**

**Fridays**

**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**

### Change Your Clocks – Change Your Batteries

The US Fire Administration reports that three out of five home fire deaths result from fires in properties without working smoke alarms. Key word: working. Most of us feel safe knowing that we have smoke detectors in our homes, but are they functioning properly?

The risk of dying in a home fire is cut in half in homes with working smoke alarms. According to USFA, 38% of home fire deaths result from fires in which no smoke alarms are present at all.

There is no better time than now to check your alarms. Change the batteries twice a year (hint, hint: daylight saving time). Every bedroom should have a working smoke alarm, and one should be placed on each level of the home.

Test alarms at least once a month. Replace all smoke alarms when they are 10 years old or if they do not sound when tested. When the alarm sounds, get outside and stay outside. Don't wait until it's too late to keep yourself and your family safe from house fires!

IF YOUR SMOKE DETECTOR DOESN'T WORK PROPERLY, THE SILENCE COULD BE DEADLY!

Test your smoke alarm as least once a month. Push the test button or blow smoke into the detector.



Clean your alarm at least once a year. Vacuum out the dust and cob-webs that have accumulated.

Replace the battery twice a year. "Change Your Clocks-Change Your Batteries" Replace your smoke alarm every ten years.



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# Ice and Snow? Take it Slow!

Believe it or not, winter is almost upon us. In Ohio, that means you need to be prepared for snow, ice, or slush covered roads, low visibility, and freezing outside temperatures in the case of a vehicle emergency.

The Ohio Committee for Severe Weather Awareness (OCSWA) and its partners suggest these additional tips to prepare your vehicle for the winter months:

- Get a tune-up, including an oil change and battery check. Engine oil thickens when cold, making it harder for the engine to turn over. Newer vehicles use multi-weight oil that is suitable for a wide range of temperatures.
- Keep the battery in good shape. Cold temperatures reduce the battery's cranking power. Have the battery power and its fluid levels checked.
- Check your headlights, tail lights, and turn signals. Replace foggy, hazy, or damaged lens covers to improve visibility.
- Check your windshield wipers. If your wipers are leaving streaks of water on the windshield, or if the wiper-blade rubber shows signs of cracking or stiffness, replace them with a new set. Use a brush and scraper to remove ice and snow, rather than your wipers.



You should also make sure to keep an emergency kit in all of your vehicles at all times. This should include items such as a flashlight, blanket, shovel, flares, booster cables, bottled water, first aid kit, nonperishable foods, and extra clothing.

For more information and tips on winter safety, click [here](#).

Have a safe and warm winter season!

## Having a Blue Christmas?

You're not alone. Many people experience feelings of anxiety and/or depression during the holiday season. Those already living with a mental health condition should take extra care to tend to their overall health and wellness during this time.

Extra stress, unrealistic expectations, and sentimental memories that accompany the season are some typical causes of holiday blues. It is common for individuals to have feelings of loneliness, sadness, fatigue, tension, and a sense of loss. Seasonal factors can also trigger the holiday blues such as less sunlight, changes in your diet or routine, alcohol at parties, over-commercialization, or the inability to be with friends or family.

Remember: The holiday blues are short-term. Take things week by week or day by day.

Learn more at [www.nami.org/holidayblues](http://www.nami.org/holidayblues)

**Tips for avoiding the Holiday Blues**

- Stick to normal routines as much as possible.
- Get enough sleep.
- Take time for yourself, but don't isolate yourself. Spend time with supportive, caring people.
- Eat and drink in moderation. Don't drink alcohol if you are feeling down.
- Get exercise—even if it's only taking a short walk.
- Make a to-do list. Keep things simple.
- Set reasonable expectations and goals for holiday activities such as shopping, cooking, entertaining, attending parties or sending holiday cards.
- Set a budget for holiday activities. Don't overextend yourself financially in buying presents.
- Listen to music or find other ways to relax.