



MAY/JUNE 2023

PUBLIC HEALTH NEWS

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 or vacation to a different country? Think ahead and check with Wyandot County Public Health or a 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, don't wait to vaccinate.



GET OUT TO YOUR GARDEN (OR OURS!)

Interest in gardening was renewed during the COVID-19 pandemic. It's easy to see why. Gardening is great way to relieve stress, to get fresh air and exercise, reduce food costs and our carbon footprints, and increase access to healthy foods!

You can grow healthy foods in your garden, in pots on your porch or in the Wyandot County Community Garden (Call us at 419-294-3852 for more information about reserving a plot).

Ready to start your garden? Use our six tips to make it a breeze:

1. Only grow what you like to eat
2. Start small with a few easy to grow plants.
3. Pick a sunny location
4. Good soil is the key. Try adding compost or fertilizer as needed!
5. Give your plants the proper amount of water.
6. Plan ahead for harvesting! Know how early (or late) to harvest. Have a plan for using, sharing, or preserving your harvest!





WE HOPE THE MESSAGE CLICKS: IT'S TIME TO WEAR YOUR SEAT BELT!

The Wyandot County Safe Communities Coalition is urging drivers to buckle up during the National Highway Traffic Safety Administration's national Click It or Ticket high-visibility enforcement effort. The national seat belt campaign, which coincides with the Memorial Day holiday, runs from May 22 to June 4, 2023.

"We want seat belt use to be an automatic habit for drivers and passengers alike," Ohio State Highway Patrol Bucyrus Post Commander Lt. Ty Skaggs said. "It's not just a safe thing to do — it's the law. During the Click It or Ticket campaign, we'll be working with fellow law enforcement officers to ensure the message gets out to drivers and passengers. Buckling up is the simplest thing you can do to limit injury or save your life during a crash. We see the results of not wearing a seat belt all the time. We see the loss of life. So often, it could have been prevented."

According to NHTSA, in 2020, there were 10,893 unbuckled passenger vehicle occupants killed in crashes in the United States. In that same year, 58% of passenger vehicle occupants killed at night (6 p.m.-5:59 a.m.) were not wearing their seat belts. That's why one focus of the Click It or Ticket

campaign is nighttime enforcement.

"No matter the type of vehicle you're driving in or the type of road you're driving on, the best way to stay safe in case of a vehicle crash is to wear your seat belt," Wyandot County Sheriff Todd Frey said. "Unfortunately,



many families are suffering because their loved ones refused to follow this simple step. Seat belts save lives, and everyone — front seat and back, child and adult — needs to remember to buckle up."

"If the kickoff and enforcement effort alerts people to the dangers of unrestrained driving, we'll consider our mission to be a success," Frey said.

For more information on the Click It or Ticket campaign follow @WyandotHealth on your preferred social media platforms or visit WyandotHealth.com.

CLICK IT OR TICKET VIDEO CONTEST WINNERS TO BE ANNOUNCED AT ANNUAL KICKOFF EVENT

To help spread the lifesaving message of Click It or Ticket, the community is invited to a special Click It or Ticket kickoff event hosted by the Wyandot County Safe Communities Coalition at 6 p.m. May 18 at the Upper Sandusky Community Library.

Wyandot County Sheriff Todd Frey will speak about the importance of buckling up. Videos created by students from Upper Sandusky and Mohawk high schools sharing the Click It or Ticket message will be shown with the overall winners of the video contest to be announced at the conclusion of the event.

Can't wait to see the student videos? Entries from past years are available now at: <https://bit.ly/CIOTVideos>.

