



JULY/AUGUST 2023

PUBLIC HEALTH NEWS

ADD VACCINES TO YOUR BACK-TO-SCHOOL LIST

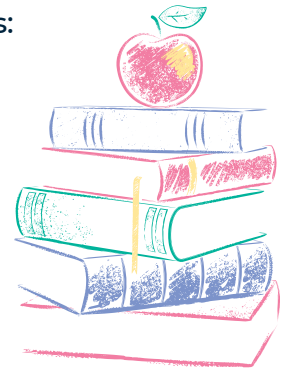
Kindergarten, seventh grade, and senior students should have back-to-school vaccines on their to-do list. For the first day of kindergarten, students need five doses of DTaP, four doses of Polio, two doses of MMR, three doses of Hepatitis B, and two doses of Varicella (chickenpox vaccine). Incoming kindergarteners also need a current physical on file. Seventh grade students need one dose of the Tdap vaccine and one dose of the Meningitis vaccine. For the first day of senior year, students need one dose of the Meningitis vaccine (after age 16). Home-schooled students entering the public school system for the first time may also need certain vaccinations.

Wyandot County Public Health has routine immunization clinic appointment times available on Mondays (12-6 p.m.) and Fridays (9 a.m. to 4 p.m.) when back to school vaccines may be scheduled. Additionally, exclusive back-to-school

clinics for kindergarten, seventh grade, and senior students have been scheduled in July and August.

Those clinic times are as follows:

- July 13, 12p-4p
- July 20, 12p-4p
- July 27, 12p-4p
- August 1, 10a-4p
- August 3, 10a-4p
- August 8, 10a-4p
- August 10, 10a-4p



To schedule vaccine appointments for your child, call Wyandot County Public Health at 419-294-3852.



WCPH BECOMES PROJECT DAWN SITE

Wyandot County Public Health is a Project DAWN (Deaths Avoided With Naloxone) site. Project DAWN is a community-based overdose education and naloxone distribution program. The program is funded through the Ohio Department of Health.

Naloxone has been used safely by emergency medical professionals for more than 40 years and has only this one critical function: to reverse the effects of opioids in order to prevent overdose death.

Wyandot County residents can get free naloxone kits quickly from Wyandot County Public Health

These kits are helpful to have when family members are taking prescription drugs and in case of emergency.

Key Points:

- Naloxone has no potential for abuse.
- If given to a person who is not experiencing an opioid overdose, it is harmless.
- If administered to a person who is dependent on opioids, it will produce non-life threatening withdrawal symptoms.
- It does not reverse overdoses that are caused by non-opioid drugs, such as cocaine, benzodiazepines (Xanax, Klonopin, Valium), methamphetamines or alcohol.



U.V. GOT TO BE CAREFUL: PROTECT YOUR SKIN FROM CANCER CAUSING RAYS

According to the Centers for Disease Control and Prevention, skin cancer is the most common cancer in the United States. Spending time outside is a great way to be physically active, reduce stress, and get vitamin D. You can work and play outside without raising your skin cancer risk by protecting your skin from the sun.

Most skin cancers are caused by too much exposure to ultraviolet (UV) light. UV rays are an invisible kind of radiation that comes from the sun, tanning beds, and sunlamps. UV rays can damage skin cells.

Protection from UV rays is important all year, not just during the summer. UV rays can reach you on cloudy and cool days, and they reflect off surfaces like water, cement, sand, and snow. In the continental United States, UV rays tend to be strongest from 10 a.m. to 4 p.m. daylight saving time (9 a.m. to 3 p.m. standard time).

The UV Index forecasts the strength of UV rays each day. If the UV index is 3 or higher in your area, protect your skin from too much exposure to the sun.

How to protect skin from the sun

- **Shade:** Reduce sun damage risk by staying in the shade under an umbrella, tree, or other shelter. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside — even when you're in the shade.
- **Clothing:** Wear long-sleeved shirts, long pants and skirts, and hats to protect from UV rays. If this type of clothing isn't practical, wear a T-shirt or a beach cover-up. Clothes and hats made from tightly woven, dry fabric offers the best protection. Darker colors may offer more protection than lighter colors.
- **Sunglasses:** Sunglasses protect eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure. Sunglasses that block both UVA and UVB rays offer the best protection.
- **Sunscreen:** Put on broad spectrum sunscreen that filters out both UVA and UVB rays and has an SPF of 15 or higher before you go outside. Put a thick layer on all exposed skin. Sunscreen is not recommended for babies who are 6 months old or younger. Be sure to reapply sunscreen every two hours and after swimming, sweating, and toweling off.

DYK THESE FUN FACTS FOR BREASTFEEDING AWARENESS MONTH?



August is breastfeeding awareness month. Celebrate with these fun facts:

Breastfed babies typically get sick less. Breastfeeding lowers the risk of ear infections, diarrhea, and stomach problems.

Children who are breastfed have a lower rate of certain illnesses as they grow up. Breastfed babies have a lowered risk of asthma, diabetes, and childhood obesity.

Breastfeeding allows your body to recover from pregnancy and childbirth more quickly. The hormones released when you breastfeed help your uterus shrink back to its pre-pregnancy size.

Breastmilk heals. Breastmilk is filled with special components that help fight infection and cut down on swelling in the breast. So if your breasts are sore those first few days, gently massaging some of your milk into your nipples and breasts can soothe the soreness and speed up recovery.

Breastfeeding exposes your baby to many different tastes. Formula has only one taste. But breastmilk gives baby a slight taste of whatever mom eats, although not directly. This may make introducing solid foods easier when your baby is 6 months old.

Your body starts getting ready to breastfeed during pregnancy. After you give birth, your body gets the final signal to make milk, which is usually more than one newborn can handle. Your body doesn't know whether you have one, two, three, four, or more babies to feed. Your supply then regulates to meet your baby's (or babies') needs.

