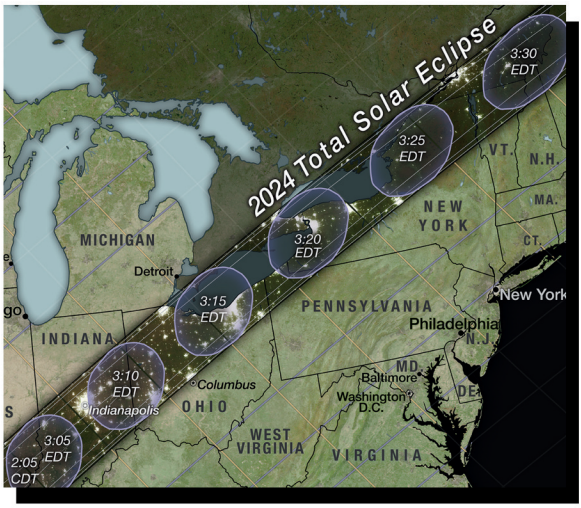


PUBLIC HEALTH NEWS

ARE YOU PREPARED FOR THE APRIL 8 SOLAR ECLIPSE?



This map created by the NASA Scientific Visualization Studio shows the path and times the total solar eclipse will affect areas of the United States.

The April 8, 2024, total solar eclipse will cast the shadow of the moon over a 124-mile-wide band in Ohio. Parts of Wyandot County are on the centerline of the path of totality. This means we'll witness the maximum amount of darkness.

It's expected that people who follow eclipses will flock to this center line to experience the eclipse too. Wyandot County's population could triple to 60,000 during this event. It's possible the increase in population will put strain on our infrastructure and cause some traffic issues.

In Wyandot County, the eclipse will start at 2 p.m. The area will experience full darkness at around 3:10 p.m. lasting nearly 4 minutes. The eclipse will end around 4:30 p.m.

EYE SAFETY

You must use special eclipse glasses (ISO 12312-2 standard) to look at the sun. Sunglasses aren't strong enough!

Get free glasses through Wyandot County Public Health and local libraries. If you buy glasses, make sure they come from reputable vendors!

STOCK UP...



Gas

Start the eclipse weekend with a full tank of gas. It may take a few days after the Eclipse to restock.



Essentials

Have food, medication, paper products, etc. on hand for your entire household (including pets!) to get you through the weekend and a few days after the eclipse.



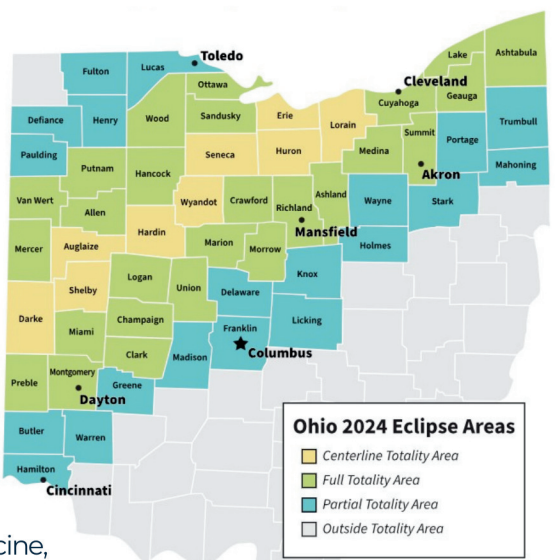
Cash

It's possible that phones, internet services, and card readers won't work. Have cash on hand to buy essentials.

WHAT TO EXPECT

Difficulties communicating are likely. Cellphone towers, internet services, apps, and maps may not work as expected. Make a plan with loved ones for keeping in touch and discuss steps for seeking help in an emergency. Save or screenshot important information before the eclipse.

Gridlocked traffic is also possible. The 2021 total solar eclipse resulted in gridlocked traffic. People may pull off on the roadside to watch the eclipse as it starts. If possible, stay home to watch the eclipse. Those who must go out should prepare for extended travel times. Stock the vehicle with essentials like food, water, medicine, and a blanket, in case of delay.



Source:ohio.org/home/eclipse/



THE RUNDOWN ON MEASLES

According to the CDC, measles is a highly contagious respiratory disease caused by a virus that typically grows in the back of the throat and in the cells that line the lungs. Most people in the U.S. are protected against measles through vaccination.

Measles spreads so easily that anyone who is not immunized is likely to get it. In fact, nine out of 10 susceptible people (those who are unvaccinated or who have never had measles) will get sick.

The virus is spread when tiny droplets in the air from a sick person's sneezes or coughs land in the noses and mouths of healthy people. The virus remains active and contagious on infected surfaces for up to two hours.

Symptoms usually appear 10-12 days after exposure starting with a fever (101-105 degrees) that lasts 2-4 days. Other symptoms may include a cough, runny nose, and pink eye, as well as a red blotchy rash starting at the hairline and working down to the hands and feet. Little white spots may also appear on gums and inside cheeks.

Children 12-15 months old should receive the 1st dose of MMR vaccine. At 4-6 years old, children are due for their 2nd dose of MMR vaccine. Teens and adults who have no prior history of MMR vaccination, or who have received only 1 dose, should also be vaccinated. Those who are unsure of their child's vaccination status may call Wyandot County Public Health at 419-294-3852.



9 out of 10 susceptible people exposed to measles will get sick

MARCH IS NUTRITION MONTH

EATING RIGHT ON A BUDGET

The Academy of Nutrition and Dietetics celebrates National Nutrition Month® each year. This year's theme is "Beyond the Table," which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets, and home food safety and storage practices.

As part of the celebration, the registered dietician nutritionist at the Academy of Nutrition and Dietetics created a guide to getting the most nutrition for your food budget. They say that eating healthy on a budget starts with extra planning before shopping. Try these budget friendly tips for eating right:



2024 NATIONAL NUTRITION MONTH®

Cook more, eat out less. Eating out can be expensive. Many foods can be prepared for less money (and more healthfully) at home. Pre-packaged foods, like frozen dinners and packaged pasta or rice mixes can also add up when calculating the cost per serving. Find a few simple, healthy recipes and save eating out for special occasions.

Plan what you're going to eat. Deciding on meals and snacks before you shop can save both time and money. Review recipes and make a grocery list of what ingredients are needed. To "Create a Grocery Game Plan", visit MyPlate.gov.

Decide how much to make or buy. Making a large batch by doubling a recipe will save time in the kitchen later on. Extra portions can be used for lunches or meals later in the week, or frozen. Plus, purchasing ingredients in bulk is often cheaper.

Shop for foods that are in season. Fresh fruits and vegetables that are in season are usually easier to get and may be less expensive. Frozen and canned produce are also good options and may be more affordable at certain times of the year. Look for fruit that is canned in 100% juice or water and canned vegetables that are labeled "low in sodium" or "no salt added".

Watch portion sizes. Eating too much of even lower cost foods and beverages can add up to extra dollars and calories. Use smaller plates, bowls and glasses to help keep portions under control. Fill half your plate with fruits and vegetables and the other half with grains and protein foods such as lean meat, poultry, seafood or beans. This is an easy way to eat a balanced meal while controlling portions and cost.

Focus on nutritious, low-cost foods. Certain foods tend to be less expensive than others. Make the most of your food dollars by finding recipes that use the following ingredients: beans, peas, and lentils; sweet or white potatoes; eggs; peanut butter; canned salmon, tuna or crabmeat; grains such as oats, brown rice, barley or quinoa; and frozen or canned fruits and vegetables.