



AUGUST-OCTOBER 2024 PUBLIC HEALTH NEWS Autumn Edition BACK-2-SCHOOL TIPS FOR STAYING HEALTHY

Research shows that healthy students are better learners according to the Centers for Disease Control. Higher academic grades are associated with positive individual and cumulative health behaviors in high school students. This school year, try these tips for a healthy start to the school year:

- **Eat to fuel the body & brain.** Compared to students with lower grades, students with higher grades are more likely to eat breakfast on all 7 days of the week, eat fruit or drink 100% fruit juice one or more times per day, eat vegetables one or more times per day, and skip pop.
- **Encourage plenty of sleep.** How much sleep someone needs depends on their age. The American Academy of Sleep Medicine has recommended that children aged 6-12 years should regularly sleep 9-12 hours and teenagers aged 13-18 years should sleep 8-10 hours.



- **Get your child up and active.** Compared to students with lower grades, students with higher grades are more likely to engage in physical activity for at least 60 minutes per day on all 7 days, play on at least one sports team. Students with higher grades are less likely to watch television for 3 or more hours per day or play video games or use a computer 3 or more hours per day.
- **Get involved in your child's well-being.** Take time to talk to your child about their day. Ask about your child's feelings and model empathy. Focus on your child's strengths before talking about things they can do to improve their confidence. Model positive coping skills to identify and manage stressful situations such as going for a walk or taking deep breaths.
- **Prevent the spread of illness.** Keep up with routine vaccines and recommended flu and COVID shots. Especially during respiratory season, monitor for symptoms of illness. As a general rule of thumb, keep students home if they have a fever and only return to school once they're fever free for at least 24 hours.

STOP MEANS STOP FOR SCHOOL BUSES

According to the Ohio Traffic Safety Office, the most dangerous part of getting to school for students is not riding on a school bus, it's approaching or getting off of one. Wyandot County drivers, it's time to brush up on your school bus safety knowledge for safe school-year travel:

- **Yellow lights mean slow down/prepare to stop.**
- **Red flashing lights and extended stop arm mean stop.** Stop at least 10 feet away and wait for the lights to stop before moving again.
- **On a two or three lane road drivers must stop on both sides of the road when a bus is dropping off or picking up students.** On roads with four or more lanes, drivers traveling the opposite direction of the bus do not have to stop.

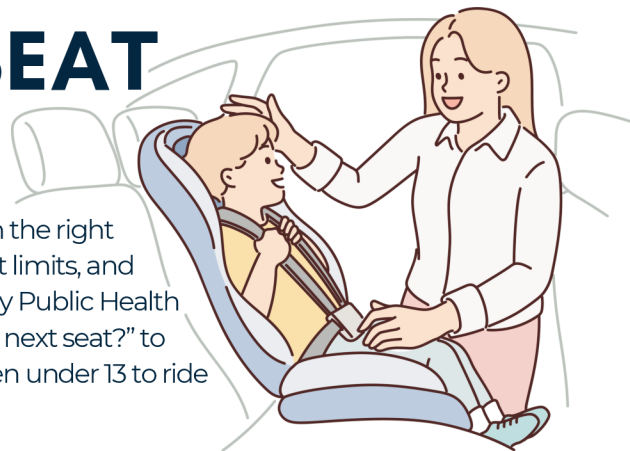




CELEBRATE CHILD PASSENGER SAFETY WEEK WITH THE RIGHT SEAT

Child Passenger Safety Week is Sept. 15-21, 2024. Wyandot County Public Health encourages you to celebrate by ensuring your child is in a properly fitted seat.

Child passengers are best protected in a crash when they are buckled correctly in the right seats for their ages and sizes. Car seats and booster seats have height and weight limits, and children should stay in each seat until they outgrow those limits. Wyandot County Public Health encourages parents to shift the question from “When can I move my child to the next seat?” to “How long can I safely keep my child in this seat?” And it’s important for all children under 13 to ride in the back seat as air bags are designed for adult passengers in the front seat.



Motor vehicle crashes are a leading cause of death for children, and the latest research from the National Highway Traffic Safety Administration shows that 46% of car seats are misused. Common issues include children being in the wrong type of car seat for their age and size, and car seats being installed improperly — both of which leave children vulnerable to injury in a crash.

“You don’t want to be overconfident when it comes to child safety,” Wyandot County Ohio Buckles Buckeyes Coordinator Callan Pugh said. “Caregivers need to know for sure that their children are in the right seats and that those seats are installed correctly.”

To ensure your child’s seat is properly fitted, schedule a car seat or booster seat check completed by a certified Child Passenger Safety Technician. Wyandot County Public Health’s CPSTs offer car seat checks by appointment by calling 419-294-3852.

SPEND SOME TIME WITH US! UPCOMING COMMUNITY EVENTS

August

- **Heavenly Haircuts Event:** 10 a.m. to 3 p.m. at Trinity Evangelical Church. Stop by our information table for resources.
- **Overdose Awareness Week:** We’re setting up around the community sharing naloxone, Deterra bags and more:
 - **Monday Aug. 26:** Courthouse Lawn, 11 a.m. to 2 p.m.
 - **Tuesday, Aug. 27:** Beca House, 8 a.m. to noon; Walmart, 1-4 p.m.
 - **Wednesday, Aug. 28:** Drug Mart, 10 a.m. to 2 p.m.; A&A Grocery, 3-6 p.m.
 - **Thursday, Aug. 29:** Corner Inn, 10 a.m. to 2 p.m.
 - **Friday Aug. 30:** Hometown Market, 10 a.m. to 2 p.m.

September

- **Wyandot County Fair, Sept. 9-14:** Stop by our booth in the merchants building from 12-6 p.m. daily.
- **Child Passenger Safety Week Story Times:** Read books with our Car Seat Techs at the Upper Sandusky Community Library
 - **Mon., Sept. 16:** Tiny Tots at 10 a.m. and Preschool at 11 a.m.
 - **Tues., Sept. 17:** Tiny Tots at 5:30 p.m.
 - **Wed., Sept. 18:** Tiny Tots at 11 a.m.
- **Mario Kart Traffic Safety Event:** 6-7 p.m., Sept. 19 at Mohawk Community Library. Open to families. Learn about the dangers of drunk and distracted driving with Mario Kart.
- **Autumn Cruise Car Show:** 11 a.m. to 3 p.m. Sept. 28 in downtown Upper Sandusky. Traffic safety table.

October

- **Boo To The Flu Clinic & BOOster Bash:** 3-6 p.m. Oct. 1 at Trinity Evangelical Church. Dress up for Halloween for this fun flu shot clinic. The updated 2023-2024 COVID vaccine will be offered if available. Free car seat checks conducted by certified Child Passenger Safety Technicians.
- **Carey Flu Clinic:** 3-6 p.m. Oct. 8 at Carey EMS building. Flu shots will be offered. COVID will be offered if available.
- **Vaccination Clinic for those who speak Spanish:** 9 a.m. to 4 p.m. Oct. 17 at Wyandot County Public Health. Vaccinations offered with Spanish Interpreter available.

**Additional events will be announced on @WyandotHealth social media pages*