



DEC '24-JAN '25

# PUBLIC HEALTH NEWS

Winter Edition

## COMMUNITY GRANT TO HELP PROMOTE RESOURCE WEBSITE

Wyandot County Public Health was among 13 community organizations to receive 2024 grant funding from the Wyandot County Community Foundation. The health department applied for grant funding on behalf of the Wyandot County Health Alliance to be used for promotion of the recently launched WyandotHelps.org resource website.

The resource website was built in 2023 using grant funding from the Healing Communities study to replace the annual resource booklets designed and updated by the health alliance. WyandotHelps.org will serve as an easily updated and accessible resource for all who live, work, and play in Wyandot County.

The received funds totaling \$2,055.05 will be used to create and print resource website pamphlets, window clings, and magnets. The pamphlets will offer tangible lists of the most vital resources from the website for use by individuals who prefer hard copies. The window clings will be shared with area businesses and local transportation options including Wyandot Rides and the Council on Aging transportation vehicles. Magnets will be passed out during community events.

Use the resource website to locate help for various health & wellness needs.

**WyandotHelps.org**



SCAN ME



## SPREAD CHEER, NOT RESPIRATORY ILLNESS

Prepare yourself and your family to spread holiday cheer and not respiratory illness this holiday season with vaccinations and free COVID-19 test kits from Wyandot County Public Health. Vaccination against the flu and COVID-19 are the single most effective ways to protect against severe illness this holiday season. Protect those you love by testing for COVID-19 ahead of holiday gatherings and staying home when sick.

Flu and COVID-19 vaccines are available on a walk-in basis from 9 a.m. to 4 p.m. Wednesdays through Dec. 18 at Wyandot County Public Health's Walk-in Wednesday clinics. These clinics are open to individuals ages six months and older and offer the 2024-2025 trivalent flu vaccine and the 2024-2025 Moderna COVID-19 vaccine. High dose flu vaccines are available for individuals aged 65 and older. Children under 18 must be accompanied by a parent or guardian to receive vaccines. Individuals who are uninsured or underinsured may qualify for reduced cost vaccines and should check eligibility by calling ahead at 419-294-3852.

Wyandot County Public Health offers free COVID-19 at home test kits during health department hours from 8:30 a.m. to 4:30 p.m. Monday through Friday. In preparation for the holidays, Wyandot County Public Health is encouraging families to test themselves for COVID-19 before gatherings and will offer a special "Merry Testmas" event from 8:30 a.m. to 4:30 p.m. Dec. 18 at Wyandot County Public Health.

# THE HOLIDAY BLUES ARE KNOCKING

Anxiety and depression don't take time off for the holidays. Everyone, including those who already live with a mental health condition should take extra care to tend to their overall health and wellness during this time.

Around the holidays it can be difficult to avoid the extra stress, unrealistic expectations, and sentimental memories that can be a catalyst for the holiday blues. Seasonal factors including less sunlight, changes in diet or routine, alcohol at parties, over-commercialization, and the inability to be with friends or family are all factors that can seriously affect your mood. At a time when we're supposed to feel cheery, these stressors leave us with feelings of loneliness, sadness, fatigue, tension, or a sense of loss.

Try these tips from The National Alliance on Mental Illness (NAMI) to keep your mood warm and bright this winter:

- Get enough sleep and stick to normal routines as much as possible.
- Take time for yourself, but avoid isolating. Spend time with those who support you.
- Eat and drink in moderation. Avoid alcohol when feeling down.
- Get exercise. Even a little bit will help. Try taking a short walk.
- Make a to-do list. Keep things simple as much as possible.
- Set reasonable expectations of yourself for holiday activities such as shopping, cooking, entertaining, and sending holiday cards.
- Set a budget for holiday activities. Don't overextend yourself financially.
- Listen to music and find other ways to relax.



## 2025: NEW YEAR, NEW YOU! *DON'T DROP THE BALL ON YOUR RESOLUTIONS*

The new year is the season of resolutions and new beginnings. In 2025, make a resolution to improve your health with these suggestions from the Centers for Disease Control and Prevention (CDC):

5

Get enough sleep. Insufficient sleep is associated with a number of chronic diseases and conditions—such as type 2 diabetes, cardiovascular disease, obesity, and depression. Adults need seven or more hours per night.

4

Be smokefree. If you are ready to quit, call 1-800-QUIT-NOW (1-800-784-8669) or 1-855-DÉJELO-YA (1-855-335-3569 for Spanish speakers) for free resources, including free quit coaching, a free quit plan, free educational materials, and referrals to other resources where you live.

3

Get active! Start small – try taking the stairs instead of the elevator or parking further from your destination. Consider mall walking if the weather is cold or icy. Adults should get at least 2.5 hours a week of moderate-intensity physical activity.

2

Wash your hands often with soap and water to prevent the spread of infection and illness. Handwashing involves five simple and effective steps – wet, lather, scrub, rinse, and dry. Be sure to scrub for at least 20 seconds.

1

Make an appointment for a check-up, vaccination, or screening. Regular oral and medical exams and tests can help find problems before they start. They also can help find problems early, when your chances for treatment and cure are better.

