

Newsletter

Huron County Public Health's Health Updates



UPCOMING EVENTS

Memorial Day

May 28th

HCPH offices will be closed

Tire Take Back day

June 2nd

Independence Day

July 4th

HCPH offices will be closed



May is Mental Health Month

Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable. So much of what we do physically impacts us mentally –it's important to pay attention to both your physical health and your mental health, which can help you achieve overall wellness.

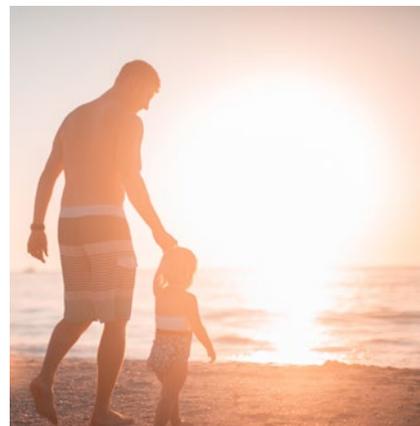
The campaign is meant to educate and inform individuals about how eating healthy foods, gut health, managing stress, exercising, and getting enough sleep can go a long way in making you healthy all around.

A healthy lifestyle can help to

prevent the onset or worsening of mental health conditions like depression and anxiety, as well as heart disease, diabetes, obesity and other chronic health problems. It can also play a big role in helping people recover from these conditions. Taking good care of your body is part of a "before Stage Four" approach to mental health.

REMINDER

Going on a family vacation this summer? HCPH offers travel vaccines. To schedule an appointment call 419-668-1652 Ext. 241.



Tobacco Cessation

HCPH's Community Cessation Initiative



Ready to quit smoking?



CCI Community Cessation Initiative
Huron, Erie and Sandusky Counties

HCPH's Community Cessation Initiative (CCI) can help people wishing to quit smoking by connecting them with a local cessation program.

Call 567-244-3269

To be connected with local resources to help you quit smoking and start living smoke-free.

Smoking is costing you!



On average, smoking a pack of cigarettes a day is costing you about \$2,000 a year.



Smoking around friends and family can be costing them their health too. Breathing in secondhand smoke causes close to 41,000 deaths each year in the United States.



Smoking adds \$35 in medical costs to each pack of cigarettes smoked. In addition, health insurance companies can charge smokers up to 50% more on their premiums.



One cigarette shortens your life by about 11 minutes, making your life expectancy around 10 years shorter than nonsmokers!



Mi familia, mi salud, mi vida. Mi tiempo para dejar de fumar.

Llame al 567-244-3269



Memorial Day Safety Tips

While taking time to remember those who have sacrificed their lives serving in the armed forces, many Huron County residents will also be participating in outdoor activities, backyard barbeques, and enjoying family and friends. HCPH is encouraging the public to follow these simple safety tips when celebrating Memorial Day.

GRILLING & FOOD SAFETY

Many cookouts will be happening throughout the county as families get together to celebrate Memorial Day. One of the most important things to remember when preparing food is to keep cold food cold and hot food hot. This will help prevent bacteria from multiplying and potentially ruining the fun weekend activities. Remember these food safety tips when grilling out this Memorial Day and all summer long:

- Keep meat and poultry refrigerated until you're ready to cook. That means if you're grilling for a large group, put any uncooked burgers or chicken that doesn't fit on the grill the first round, back in the refrigerator until you're ready for them.
- Cook meat thoroughly to destroy harmful bacteria.
 - o Burgers, hot dogs, and other ground meats – cook to an internal temperature of 160°F
 - o Beef, pork, lamb, and veal – cook to an internal temperature of 145°F
 - o Chicken and other poultry – cook to an internal temperature of 165°F
- Keep cooked meats hot by setting them on the side of the grill rack. Meat and poultry should be served at 140°F or warmer.
- When serving food, do not put cooked meat back on the same platter that held the raw meat or poultry. Use a clean dish.
- In hot weather (90°F+), food should not sit out for more than an hour. Consider using a cooler for your colder items. Keep cold foods out of direct sunlight or put back in the fridge or cooler after eating.

Grilled Chicken & Rice Foil Packs

Ingredients:

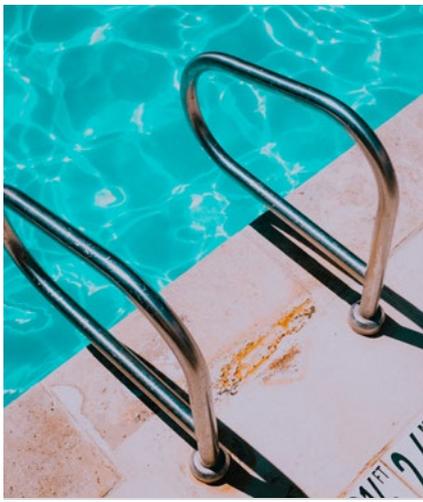
- 4 boneless, skinless chicken thighs cut into 1/2 inch chunks
- One 15-oz can black beans, drained and rinsed
- 1 cup converted rice
- 1 cup salsa
- 2 tablespoons pickled jalapeno slices, finely chopped
- 1 tablespoon tomato paste
- 1 teaspoon chili powder
- 1/4 teaspoon turmeric
- Kosher salt
- 2 cups low-sodium chicken broth
- 2 scallions, thinly sliced



Directions:

You will need: Four 8-inch disposable foil pie pans and heavy duty foil

1. Prepare grill for medium heat.
2. Put the chicken, beans, rice, salsa, jalapenos, tomato paste, chili powder, turmeric, and 3/4 tsp salt in a large bowl and toss to combine. Divide chicken-rice mixture evenly among the pie pans, spreading it out in an even layer. Pour 1/2 cup of chicken broth into each pie pan.
3. Cover each pan tightly with foil. Put the pans on the grill, close the grill lid and cook for 20 minutes. Remove from the grill and let rest for a few minutes.
4. Carefully remove the foil from each pan. The liquid should be absorbed, the rice tender and the chicken cooked through. Sprinkle with scallions.



Summer Safety

Swimming Safety Tips

Swimming is one of the most popular activities in the summer. Keep your family safe when swimming by following these tips.

- Swim in designated areas supervised by lifeguards.
- Always swim with a buddy; do not allow anyone to swim alone.
- Young children and inexperienced swimmers should wear approved life jackets around water.
- Keep from getting tired by taking breaks from swimming.
- Be prepared. Learning life-saving skills, like CPR, can help in an emergency.

Swim Healthy

We all share the water we swim in. Swimmers should take simple steps to protect themselves, their friends, and family from germs that cause diarrhea when heading to the pool this summer:

- Don't swim and don't let children swim when sick with diarrhea
- Don't swallow the water
- Shower before you get in the water. Rinsing off in the shower for just one minute helps get rid of any germs that may be on your body
- Take kids on bathroom breaks
- Check diapers, and change them in a bathroom or diaper changing area not poolside to keep germs away from the pool



Beat the Heat!

Summertime can bring temperatures that are much hotter and more humid than normal. Extreme heat can increase the risk of a heat-related illnesses, like heat exhaustion and heat stroke.



To beat the heat, stay hydrated! Drink more water than usual and don't wait until your thirsty. Stay cool by staying indoors, wearing lightweight, loose fitting clothing, and scheduling outdoor activities during the coolest parts of the day, such as in the morning or night.



Avoid heatstroke-related injury and death by never leaving a child or pet alone in a vehicle. Even on a 70°F day, the inside of a car can reach temperatures much higher than outside and can cause heatstroke. Create reminders by putting something that you will need at your next stop in the back seat.

Sun Safety

The sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes. To reduce your risk of skin damage use sunscreen with at least SPF 15.

Check your product's expiration date. Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life is shorter if it has been exposed to high temperatures.



Protecting Against Ticks and Lyme Disease

Ticks are most active in the warm, summer months. They can carry many diseases including Lyme disease. In recent years, Ohio has seen an increase in Lyme Disease cases. If left untreated, Lyme disease can spread to joints, the heart, and the nervous system.

Stay Bite Free

Protect Yourself From Mosquito Bites

Mosquito bites can be more than just annoying and itchy. They can spread viruses that make you sick.

• Use insect repellent. When used as directed EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.

EPA registered insect repellents include:

- DEET
- Picaridin
- IR3535
- Oil of lemon eucalyptus
- Para-menthane-diol
- 2-undecanone

- When using sunscreen, apply sunscreen first, and then insect repellent.
- Cover up. Wear long-sleeved shirts and long pants when possible.
- Keep mosquitoes outside. Use air conditioning or window and door screens.

Eliminate mosquito breeding grounds to get rid of mosquito larvae before they become biting adults. Empty and scrub out any containers that hold water, cover open vents, plumbing pipes, or open containers (like trashcans and rain barrels) and use mosquito dunks on areas of standing water that cannot be removed. Regular removal of leaf litter and tall grasses/brush is also important.

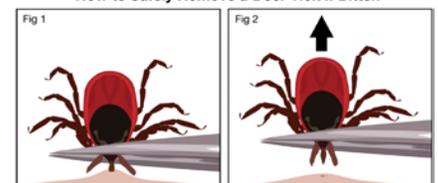


To prevent tick bites:

- Wear long pants
- Tuck shirts into pants
- Avoid wooded or brushy areas
- Wear insect repellent

If you find a tick remove it right away. The sooner the better.

How to Safely Remove a Deer Tick If Bitten



When removing a tick use pointy tweezers. Slide the tweezers between the skin and the tick's mouth. **DO NOT squish the tick or use a match or liquid to smother the tick.**

Free Mosquito Dunks

Residents of Huron County can pick up mosquito control dunks at HCPH's Environmental Division at 180 Milan Ave, Suite 8, Norwalk, OH 44857. Proof of residence in Huron County (for example, a utility bill or driver's license) will be required. Individuals must have property with standing water that can't be removed and agree to use the dunks on their property only. Dunks will be given out on a first-come, first served basis and will be limited to one pack per household.

2018 - 2019 School Immunizations

Make sure your child is ready for the upcoming school year. Beat the rush to schedule their required school immunizations.

MCV4 (Meningococcal): 7th-9th Grade students must have received one dose of vaccine before starting school. 12th Grade students must have received two doses before starting school.

Polio: Students must have received their final dose of polio vaccine on or after their 4th birthday.

MMR (Measles, Mumps, and Rubella): K-12th Grade Students must have received two doses of vaccine.

Varicella (Chickenpox): K-8th Grade Students must have received two doses of varicella vaccine. 9-12th Grade Students must have received one dose of varicella vaccine.

Hepatitis B: K-12th Grade Students must have received three-dose series of Hepatitis B vaccine.

Tdap (Tetanus, Diphtheria, and Pertussis): 7th-12th Grade students must have received one dose of vaccines before starting school.

DTaP (Diphtheria, Tetanus, and Pertussis): Required for kindergartners. Four or more doses required. Must have had at least one dose after their 4th birthday.



Call 419-668-1652 Ext. 241 to schedule an immunization appointment.

**HAVE OLD TIRES LYING
AROUND? GET RID OF
THEM FOR FREE!**



TIRE TAKE BACK DAY

Saturday, June 2nd, 2018
Huron County Fairgrounds Parking Lot
940 Fair Rd, Norwalk, OH 44857
10:00 a.m. to 1:00 p.m.

Pre-Register by May 28, 2018
<http://bit.ly/2018TireTakeBackDay>

Must be a Huron County resident.
No agricultural or industrial tires accepted.

Huron County



Public Health

Call 567-244-3238 for
more information

Next Newsletter | August 2018

Huron County Public Health
180 Milan Ave, Suite 8
Norwalk, OH 44857

Phone : 419-668-1652
Fax : 419-668-0152
Email : information@huroncohealth.com

WWW.HURONCOHEALTH.COM

