

Newsletter

■ May 2019

Huron County Public Health's Health Updates



UPCOMING EVENTS

Memorial Day

May 27th

HCPH offices will be closed

Tire Take Back day

June 22nd

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 and set you on a path to recovery.

This May is Mental Health Month. We are exploring the topics of animal companionship, spirituality and religion, humor, work-life balance, and recreation and social connections as ways to boost mental health and general wellness.

A healthy lifestyle can help to prevent the onset or worsening of mental health conditions, as well as chronic conditions like heart disease, diabetes, and obesity. It

can also help people recover from these conditions. For those dealing with a chronic health condition and the people who care for them, it can be especially important to focus on mental health. When dealing with dueling diagnoses, focusing on both physical and mental health concerns can be daunting – but critically important in achieving overall wellness.

There are things you can do that may help. Finding a reason to laugh, going for a walk with a friend, meditating, playing with a pet, or working from home once a week can go a long way in making you both physically and mentally healthy. The company of animals – whether as pets or service animals— can have a profound impact on a person's quality of life and ability to recover from illnesses. A pet can be a source of comfort and

can help us to live mentally healthier lives. And whether you go to church, meditate daily, or simply find time to enjoy that cup of tea each morning while checking in with yourself – it can be important to connect with your spiritual side in order to find that mind-body connection.

Mental illnesses are real, and recovery is always the goal. Living a healthy lifestyle may not be easy but can be achieved by gradually making small changes and building on those successes. Finding the balance between work and play, the ups and downs of life, physical health and mental health, can help you on the path towards focusing both #4Mind4Body.

Tobacco Cessation

HCPH's Community Cessation Initiative



CCI Community Cessation Initiative
Huron and Erie Counties



Ready to quit smoking?

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!

HCPH's Community Cessation Initiative (CCI) can help people wishing to quit smoking by connecting them with a local cessation program. To be connected with local resources to help you quit smoking and start living smoke-free, call 567-244-3269.



Memorial Day Food 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 barbecues, and enjoying family and friends. HCPH is encouraging the public to follow these simple food 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.
 - Burgers, hot dogs, and other ground meats – cook to an internal temperature of 160°F
 - Beef, pork, lamb, and veal – cook to an internal temperature of 145°F
 - 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.

Southwest Slow Cooker Chicken

Ingredients:

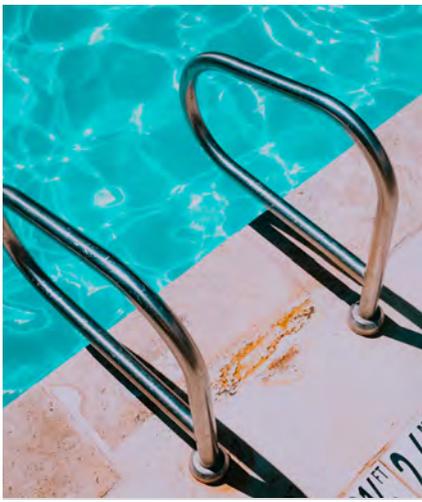
- 2 tsp. chili powder
- 1 tsp. cumin
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ½ tsp. paprika
- ½ tsp. black pepper
- ¼ tsp. oregano
- ¼-½ tsp. cayenne pepper (optional and variable depending on how spicy you like your chicken!)
- 1 lb. boneless, skinless chicken breasts or tenderloins (all visible fat discarded)
- 14.5 oz. canned, no-salt-added, diced tomatoes (undrained)
- 1-3 oz. canned green chiles
- 1 cup low-sodium chicken broth



[American Heart Association Recipe](#)

Directions:

1. In a small bowl, stir together chili powder, cumin, garlic powder, onion powder, paprika, oregano and cayenne pepper (optional).
2. Place chicken in slow cooker and sprinkle half of seasoning mixture over chicken. Flip with a fork and sprinkle other half of seasoning mixture over chicken.
3. Pour tomatoes, chilies and chicken broth over the chicken in the slow cooker.
4. Cover and cook over low setting for 8-10 hours, or over high setting for 3-4 hours. Chicken will break apart easily with fork once cooked.



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.



Vegetable Gardening Companion Planting

Companion planting involves planting vegetables that can help each other when grown together. Some plants are able to replace the nutrients that others take from the soil. Some other added benefits include keeping pests away.

BASIL AND TOMATOES

According to the Farmers' Almanac, basil and tomatoes are excellent companion plants. Besides going together in recipes, basil helps tomato plants to produce more. It also helps to repel flies and mosquitoes. Other companion plants for tomatoes include asparagus, carrots, celery, onions, lettuce, parsley, and spinach.

Plants that you should keep away from tomatoes include cabbage, beets, peas, fennel, dill, and rosemary.

CUCUMBERS  Beans, Celery, Corn, Peas, Lettuce, Dill, Radishes	CARROTS  Tomatoes, Leeks, Sage, Rosemary, Chives	GREEN BEANS  Corn, Summer Savory, Peas, Broccoli, Cucumbers, Brussels Sprouts, Potatoes, Radishes	RADISHES  Cucumbers, Carrots, Kale, Beets, Cabbage, Lettuce, Spinach, Squash
SWEET CORN  Green Beans, Cucumbers, Peas, Pumpkins, Melons, Zucchini	Handy Guide To Companion Planting Friends helping friends in the garden!		PEPPERS  Basil, Onions, Spinach, Tomatoes
LETTUCE  Mint, Chives, Garlic, Beans, Beets, Broccoli, Carrots, Corn, Peas, Radishes	ONIONS  Carrots, Beets, Cabbage, Carrots, Lettuce, Parsnips, Tomatoes	SQUASH  Corn, Beans, Peas, Radishes, Dill	TOMATOES  Basil, Asparagus, Carrots, Celery, Onions, Lettuce, Parsley, Spinach


 Your Gardening Guide • FarmersAlmanac.com

BASIL AND PEPPERS

The Farmers' Almanac also recommends planting basil with peppers. This will help to repel insects such as aphids, spider mites, mosquitoes, and flies. Basil is also thought to improve the flavor of peppers when grown together. Other companion plants for peppers include onions, spinach, and tomatoes.

Plants that you should keep away from peppers include beans, so their vines don't spread among the pepper plants.

More information can be found at: <https://www.farmersalmanac.com/companion-planting-guide-31301>

Gardening for Mental Health

Gardening is great for your mental health. Studies have shown that it can help reduce depression and anxiety while helping to lower stress and blood pressure.



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 trash cans 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.

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.

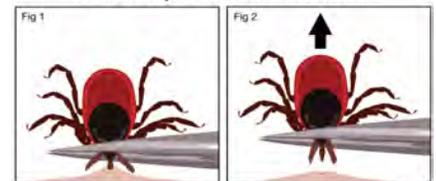


To prevent tick bites:

- 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.**

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



TIRE TAKE BACK DAY

Saturday, June 22nd, 2019
Huron County Fairgrounds Parking Lot
940 Fair Rd, Norwalk, OH 44857
10:00 a.m. to 1:00 p.m.

You Must Pre-Register to Attend!
<http://bit.ly/tiretakeback2019>

Must be a Huron County resident.
Limited to 10 tires per household. No exceptions!
No agricultural or industrial/commercial tires accepted.

Huron County



Public Health

Call 567-244-3237 for more information

Baby Sleep Safe

Free Portable Cribs

The safest way for a baby to sleep is alone, on their back, in an empty crib. Babies that lack a safe sleep space are at a much higher risk of death, with the majority of sleep-related deaths occurring when infants sleep some place other than a crib or bassinet. Huron County Public Health promotes safe sleep practices and is offering qualifying families in the community free portable cribs as part of the Baby Sleep Safe program.

The Baby Sleep Safe program is open to Huron County and Bellevue City residents that lack a safe sleep space for their child, are eligible for or benefit from WIC, and have a child under the age one or are at least 32 weeks pregnant.

Those entered into the program will receive a free safe sleep kit, which, in addition to a portable crib, may include a fitted sheet, a sleep sack, and a pacifier, as well as safe sleep education.

To make an appointment for the Baby Sleep Safe program call 419-668-1652 Ext. 241. More information and safe sleep resources can be found at www.huroncohealth.com/baby-sleep-safe.



This work is funded either in whole or in part by a grant awarded by the Ohio Department of Health, Bureau of Maternal, Child and Family Health, Maternal Child Health Program's Cribs for Kids® Safe Sleep Program and as a sub-award of a grant issued by Health Resources and Services Administration (HRSA) under the Maternal Child Health Block Grant, grand award number B04MC26688, and CFDA number 93.994 and Am. Sub. H.B.64."

Huron County Safe Communities Coalition : Upcoming Events



Come out to see the Huron County Safe Communities Coalition at these upcoming events. Coalition members will be handing out traffic safety education materials and giveaways.

Thanks to an Ohio American Academy of Pediatrics (AAP) grant, Put a Lid on It, coalition members will be giving away free bike helmets to children during the Norwalk Jaycees' Strawberry Festival. See below for dates and times of all upcoming events. Follow the coalition on Facebook and Instagram @HCSafeCommunities for more information.



Willard Fire & Rescue
Saturday, May 18th
10a.m. – 2p.m.



The Norwalk Jaycees'
Strawberry Festival
Friday, May 24th
5p.m. – 8p.m.



Roeder Harley-Davidson
Saturday, June 1st
11a.m. – 3p.m.



IMMUNIZATION REQUIREMENTS

2019-2020 SCHOOL YEAR

<input type="checkbox"/> DTaP/ DT/Td (Diphtheria, Tetanus, and Pertussis)	<p>Kindergarten Four or more doses of DTaP or DT, or any combination required. Must have had at least one dose after their 4th birthday.</p> <p>1st - 12th Four or more doses of DTaP or DT, or any combination. Three doses of Td or a combination of Td and Tdap for children age 7 and up.</p>
<input type="checkbox"/> Tdap (Tetanus, Diphtheria, and Pertussis)	<p>7th - 12th One dose required prior to starting school.</p>
<input type="checkbox"/> Polio	<p>Kindergarten - 9th Final dose of polio vaccine is required on or after their 4th birthday.</p>
<input type="checkbox"/> MMR (Measles, Mumps, Rubella)	<p>Kindergarten - 12th Two doses of the vaccine are required.</p>
<input type="checkbox"/> HEP B (Hepatitis B)	<p>Kindergarten - 12th Three-dose series of the vaccine is required.</p>
<input type="checkbox"/> Varicella (Chickenpox)	<p>Kindergarten - 9th Two doses of the vaccine are required.</p> <p>10th - 12th At least one dose of the vaccine is required.</p>
<input type="checkbox"/> MCV4 (Meningococcal)	<p>7th - 10th At least one dose of the vaccine is required.</p> <p>12th At least one dose of the vaccine is required.</p>

Don't Wait! Make your appointment now.

Call 419-668-1652 ext. 241 to schedule an appointment to get your child vaccinated.

For additional information please refer to Ohio Revised Code 3313.67 and 3313.671 for School Attendance and ODH Director's Journal Entry (Available at <https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/Immunization/Required-Vaccines-Child-Care-School/>).