



Fall into your Health



What's Inside

- Health Department Welcomes New Staff
- School Based Health Clinics
- Communicable Disease Dashboard
- Flu Season Prevention
- Know your Septic System
- Operation & Maintenance Septic Rules
- Winter Preparedness
- Holiday Food Safety



WE WELCOME NEW STAFF

Fall/Winter 2022



Kristi Visser, RN



Ember Newsome, RN



Brittnee Purvis, LPN



Tonya Yoder, RN



Polly Givens, RN



Anne Halm, LSW



Chelsea Clark, RN

Kelly Engelhart, Health Commissioner
Amy Campbell, Office Administrator
Jessica Slater, Director of Nursing
Courtney Grossman, Director of Environmental Health
Corinne Ren, Administrative Asst. for EH
Tina Bernard, Registered Environmental Health Specialist
Ember Newsome, School Telehealth Nurse- Malvern
Chelsea Clark, School Telehealth Nurse- Minerva
Brittnee Purvis, Community Health Worker

Kevin Ayers, Registered Environmental Health Specialist
Jaycee Hudson, Administrative Asst. for EH
Doug Hart, Public Health Nurse
Tonya Yoder, Public Health Nurse
Polly Givens, Epidemiologist and Emergency Preparedness Coordinator
Kristi Visser, School Telehealth Nurse- Carrollton
Kristen Long, Administrative Asst. for Nursing
Anne Halm, Senior Community Health Worker



Jillian Berkshire, APRN
School Telehealth Provider

Partnering for Healthcare Access

Partnering with Aultman Hospital to provide Nurse Practitioners in our Schools and our clinic. Jillian Berkshire, a family practice advanced practice nurse is the provider for all the telehealth services at the school based health centers. Sarah Atkinson, is a womens health advanced paractice nurse providing specialty care for reproductive healthcare at our CCGHD clinic.

Sarah Atkinson, APRN
Women's Health Provider





Aultman Hospital Foundation partners to provide access to healthcare in schools

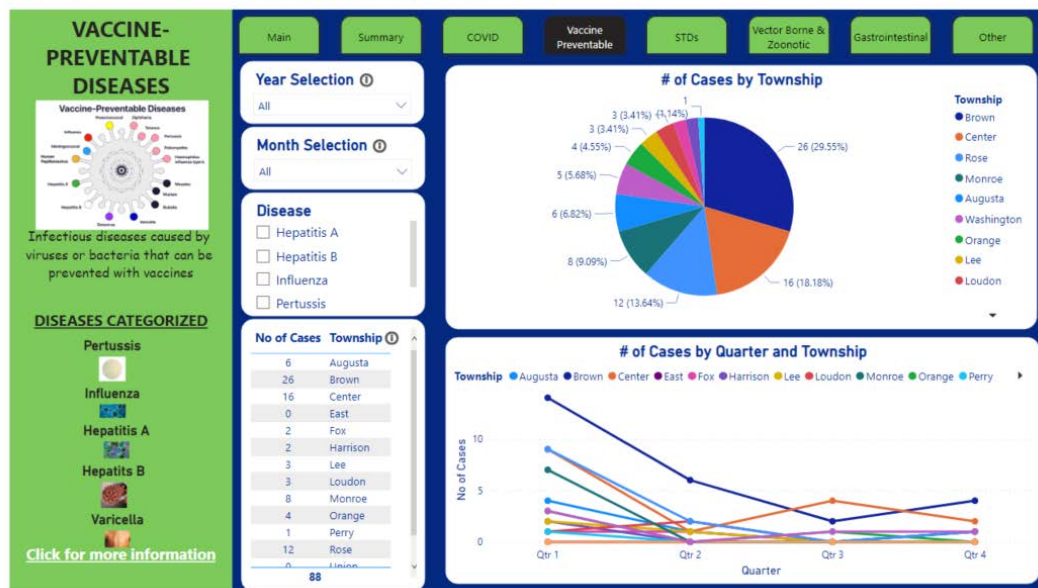
The Aultman Hospital foundation was awarded a grant through the Ohio Department of Health to open 15 new school based health centers in 5 school districts across Carroll, Stark and Tuscarawas Counties. In partnership with Carrollton Schools, Brown Local and Minerva Local Schools and the Carroll County Health District, telehealth services are provided to staff and students.

The health district employs the telehealth nurses who work with the school nurses and the dedicated provider from Aultman of Carrollton. The technology connects the student with the provider and the parents, while they can be at different locations. The telehealth nurse functions as the provider's hands moving the stethoscope to listen to the child's lungs and heart and looking in their ears and throat. This allows the provider to assess the sick child and provide testing and treatment as indicated.

The goals of the program are to provide healthcare that is easier for parents so sick kids get treated faster. This allows students to miss less school and remain healthier.



Communicable Disease Reports



CCGHD Develops New Dashboard

We had an Epidemiologist work with us from the CDC Foundation. She developed for us the interactive Dashboard for residents to view data related to Communicable Diseases. The data can be filtered by year, disease type and township. the dashboard is accessible through our newly refreshed website at

www.carroll-lhd.org

Influenza Prevention

YOU should get a flu vaccine if you have:

- ASTHMA
- DIABETES
- HEART DISEASE
- STROKE
- PREGNANT

FLU FACT

People with chronic conditions such as heart disease, asthma, or diabetes are at a greater risk for developing serious flu complications.

#FIGHT FLU

GET YOUR FAMILY

VACCINATED

FIGHT FLU

cdc.gov/FightFlu

Prevent Flu by:

- Washing your hands
- don't go to work or school when sick
- cover your cough with your elbow

After you flush.....

The only thing you should flush down the toilet is toilet paper!



Flushing feminine products, wipes, paper towels, and medications is very harmful on your septic system.



More than your poo goes into your septic tank. The water from your laundry and sink drains are connected to your septic tank. What you put down the drains and toilet affect how well your septic system works!



DON'T FORGET ABOUT YOUR SEPTIC SYSTEM

- Know where your septic is located.
- Call us if you're unsure of the location, we may have a record!
- Have risers installed on the septic tank lids for easy access for pumping.
- Get your septic tank pumped every 3- 5 years.
- Alternate leach lines when the clocks change.
- Make sure your aerator motor is working if your system has one.



HOME SAFETY FOR WINTER



- Install or check smoke detectors and carbon monoxide detectors
 - check the batteries
- Have your chimney flue inspected before use
- Never leave candles or other flames unattended

Getting your pets ready for Winter

- Keep pets sheltered and off the frozen ground
- Bundle up and wipe down
- Remove common poisons- antifreeze and de-icing salt



IS YOUR VEHICLE WINTER READY?





‘To Do’ List for Cooking and Traveling

Let’s start our ‘to do’ list with USDA’s four steps to food safety: **CLEAN, SEPARATE, COOK and CHILL.**

- Clean your hands for 20 seconds with soapy water. Always serve food on clean plates and avoid reusing plates that previously held raw meat and poultry.
- Separate raw and cooked foods so you don’t cross contaminate.
- Cook using a food thermometer to make sure food reaches a safe minimum internal temperature.
- Chill leftovers within two hours of cooking. Keep track of how long items have been sitting on the buffet table and discard anything that has been out longer than two hours.



HOW LONG TO THAW A TURKEY



TURKEY SIZE	THAW IN REFRIGERATOR (SET TO 40 °F OR BELOW)	THAW IN COLD WATER (CHANGE WATER EVERY 30 MIN)
4 to 12 lbs.	1 to 3 days	2 to 6 hours
12 to 16 lbs.	3 to 4 days	6 to 8 hours
16 to 20 lbs.	4 to 5 days	8 to 10 hours
20 to 24 lbs.	5 to 6 days	10 to 12 hours

It is a bad idea to thaw your turkey at room temperature!

YES! Raw meat at room temperatures for two hours or more is subject to rapid bacteria growth.