

## Summer and Your Health

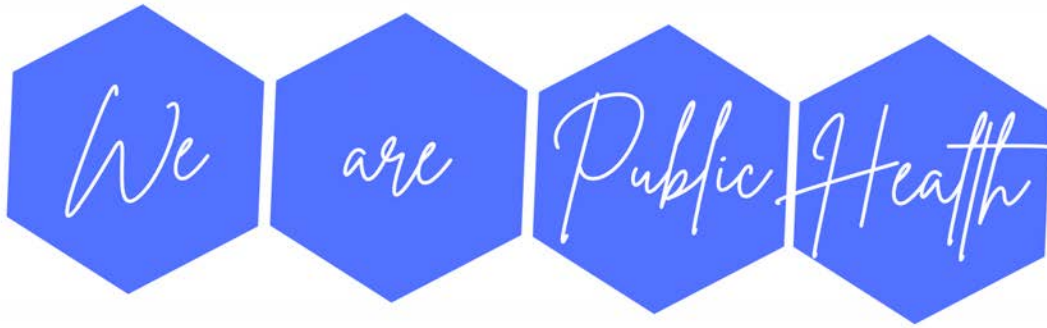


### What's Inside

- About the Health Department
- Guide to Finding Health Department Services
- Summer Health and Safety Tips
- Back to School Immunizations
- Lyme Disease on the rise in Ohio and Carroll County
- Tick Identification and Prevention
- Summer Community Events
- BBQ and Picnic Food Safety



# ABOUT THE HEALTH DEPARTMENT



## Your Health Department

In March 2022 we received national accreditation status from the Public Health Accreditation Board. This means we meet national standards and provide services that all residents should expect from their health departments.



### Health Department Staff

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  
Caitlin Mathews-Smith, Community Engagement Coordinator

Kevin Ayers, Registered Environmental Health Specialist  
Frank Klinger, Registered Environmental Health Specialist  
Jaycee Hudson, Administrative Asst. for EH  
Teresa Long, Public Health Nurse  
Doug Hart, Public Health Nurse  
Kristen Long, Administrative Asst. for Nursing  
Tricia Moyer, Community Care Coordinator



**Finding Your Way  
What is Where?**

## **What is in Upper Level- Nursing**

Immunizations for Children, Teens and Adults

Testing for COVID, Lead, STD, Pregnancy

Children with Medical Handicaps

Bridges to Wellness

Diaper Bank

## **What is in Lower Level- Environmental Health**

Birth and Death Certificates

Permits for Septic Systems and Water Wells

Inspections for Septic Systems for Home Sales

Testing for Drinking Water

Food Establishment and Recreational Facility Licensure

Administration Offices



## Summer and Your Health

Summer is a time of sun and fun. Long days and warm nights. There can be dangers during the summer, too.

### Did you know?

- 1 out of every 3 American reports getting sunburned each year.
- If you experience 5 or more blistering sunburns between the ages of 15-20 your risk of Melanoma increases by 80%

### Prevent Sunburns

- Wear a wide-brimmed hat
- Cover up while in the sun
- Seek the shade
- Wear wrap around sunglasses
- Avoid the sun during 10 am-4 pm
- Use sunscreen with SPF of 15 or more



## SUMMER HEALTH TIPS



# BACK TO SCHOOL IMMUNIZATIONS

## Your Child Needs Shots for School

- Pre-school
- Kindergarten
- 7th Grade
- 12th Grade

Partnering with Aultman  
to bring shots to the  
schools

Carrollton Preschool-

July 25th -29th

Kindergarten

August 16-18th

Brown Local

TBD

Preschool and

Kindergarten Parents

Call now to schedule

330-627-4866 ext 1530

Appointments open every  
Tuesday/Thursday



# Drive Thru



7th and 12 Grade Students  
Drive Thru Clinics available  
Weekly Day TBD  
Times TBD

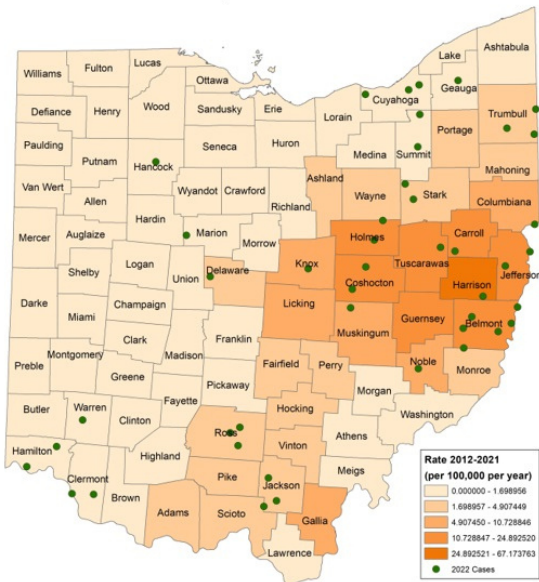




# LYME DISEASE & TICKS

## Ticks in Ohio and Lyme Disease

Lyme Disease in Ohio  
2022\* Cases Compared to Incidence 2012 – 2021



The spread of the deer tick from Eastern United States is affecting our county in Ohio. Cases of Lyme disease have continued to increase

Carroll County Lyme Disease



## Ticks and Disease

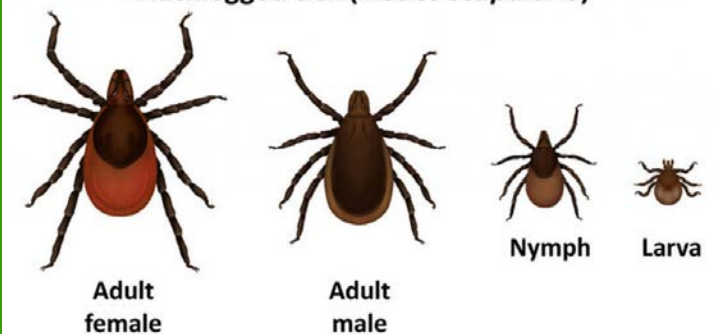
The Black Legged Tick (Deer Tick) is the vector that transmits the bacteria that causes Lyme Disease. It is very small and its bites are often undetectable.



## Tick Identification



## Blacklegged tick (*Ixodes scapularis*)



# TICK PREVENTION

## Tick Prevention



The primary carrier of Lyme disease is the blacklegged tick (*Ixodes scapularis*), also called the “deer tick” or “bear tick.” The tick acquires the Lyme disease bacterium when it feeds on an animal that has been infected, such as a mouse, deer, or other mammal, and then transmits the bacterium to the next animal it feeds on. Image: CDC

**BeTICK Smart!**

**Ohio.Gov/ Tick**

**Protect • Check  
Remove • Watch**



- Wear repellent.
- Check for ticks daily.
- Shower soon after being outdoors.
- Call your doctor if you get a fever or rash

### Preventing Ticks on Your Pets

Pets can also be affected by tick bites and tickborne diseases. To reduce the chances that a tick will transmit disease to your pets:

- Check your pets for ticks daily, especially after they spend time outdoors.
- If you find a tick on your pet, remove it right away.
- Talk to your veterinarian about tick prevention products for your pet.

**Note:** Cats are extremely sensitive to a variety of chemicals. Do not apply any insecticides or repellents to your cats without first consulting your veterinarian!

- Reduce tick habitat in your yard.



### Did You Know?

- You can bring any tick to the Health Department to be identified for its type.
- The Ohio Department of Health does not test the ticks for carrying the bacteria.
- Lyme Disease is preventable and treatable with the correct antibiotics if you catch it early.
- If you are diagnosed with Lyme Disease it is required to be reported to the health department where you live.

### Lyme Disease Symptoms – what to look for

- A red rash that gets bigger over several days and may feel warm painful and itchy
- Fever
- Chills
- Headache
- Muscle and joint aches
- Fatigue
- Swollen lymph nodes



# **SUMMER COMMUNITY EVENTS**

## **Save the Dates**

- **Saturday June 8th 5:30 -7:00 pm**  
**Rabies Clinic Human Society**  
Malvern Park
- **Saturday June 11th Time TBD**  
**Baby Fair**  
Carroll Hills School
- **Friday June 24th 10:00 am-3:00 pm**  
**American Red Cross Blood Drive**  
Senior Friendship Center
- **Saturday August 17th 5:30 pm- 7:00 pm**  
**Rabies Clinic Human Society Magnolia Park**
- **Saturday August 20, 2022 9:00-12 noon**  
**Retire the Tire**

Carroll County Fairgrounds -

Limit 10 tires off of the rim/Resident





# SUMMER FOOD SAFETY

CDC estimates 48 million people get sick, 128,000 are hospitalized, and 3,000 die from foodborne diseases each year in the United States.

Safe Food practices start with  
**hand washing!**

- Always wash your hands before preparing food and prior to eating.
- Always keep items stored cold (41°F or below) prior to eating and put them back in a cold unit soon after eating.
- Be careful to not cross contaminate raw items with items that will not be cooked.
- Be sure to cook meat to the proper temperature. See chart above.



**Get Ready to Grill Safely**

**Cook**

Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperature inside the smoker at **225°F** to **300°F** to keep meat at a safe temperature while it cooks.

<b>145°F</b>	beef, pork, lamb, veal (then let rest 3 minutes before serving)
<b>145°F</b>	fish
<b>160°F</b>	hamburgers and other ground meat
<b>165°F</b>	poultry

 [www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety)

