

CARROLL COUNTY GENERAL HEALTH DISTRICT



Spring & Summer Newsletter



TICK & MOSQUITO SAFETY



Lyme Disease is spread to humans by ticks. It can lead to fever, fatigue, joint pain, and a bull's-eye rash.



West Nile Virus is spread to humans from mosquitoes. It can cause mild flu-like symptoms but in severe cases can lead to brain swelling.

SEEK MEDICAL ATTENTION

- Contact your medical provider if you experience a rash or fever after a tick bite. Lyme Disease can have long term health effects if not treated!

IN CARROLL COUNTY THERE WERE



128 Cases

OF LYME DISEASE IN 2024

PREVENT BEING BITTEN BY TICKS & MOSQUITOES

The most effective way to prevent diseases from ticks and mosquitoes is to prevent being bitten in the first place.



Wear light-colored clothing and long sleeves.



Use insect repellent.



Empty items outdoors with standing water, such as flower pots or tires



Avoid brushy and wooded areas with tall grass and dead leaf piles



SWIMMING SAFETY

- Wear a lifejacket** when boating, rafting, jet skiing, water skiing, or fishing.
- Be careful** in areas with **murky or moving** water and **hazards** like rocks.
- Take a friend** with you while swimming.
- Stay in **designated swim areas**.

SWIMSUITS

DO WEAR

DON'T WEAR



Red/Pink Yellow Orange



White Gray Blue/Green

COLORS THAT STAND OUT IN THE WATER (NEON)

COLORS THAT BLEND INTO THE WATER

SUN SAFETY

Sunburns and too much sun exposure can **harm your skin, eyes, and immune system** - and raise your risk of skin cancer.

Enjoy the outdoors this summer! Protect your skin by doing the following:



Wear **sunglasses** with UVB & UVA protection



Use SPF 15+ **Sunscreen**

- Reapply sunscreen



Use **clothing** to protect from the sun



Wear a wide brimmed **hat**



Stay in the **shade** (umbrella or tree)



Only 25% of Carroll County Residents wear sunscreen "very often" or "always"

Source: 2024 Carroll County Community Health Assessment

POP-UP FOOD PANTRY

The pop-up pantry is a Community Partnership with the Akron Canton Regional Food Bank and the Carroll County Community Partners to bring free food for income-eligible families. The pop-up pantry will be the first Wednesday of the month and started on May 6th, 2025.

Number Served on May 6th, 2025

- 219 individuals in 66 different families!

Interested in helping? Call the Carroll County General Health District at 330.627.4866 ext. 1555



Questions? Contact the Akron-Canton Regional Food bank at 330.535.6900

EVENT DETAILS

 **Church of Christ**
(353 Moody Ave., Carrollton, OH)

 **12:00PM - 2:00PM**

2025 UPCOMING DATES

July 2nd

August 6th

September 3rd

October 1st

November 5th

December 3rd

*Every 1st Wednesday of the Month

Heart of Ohio Diaper Bank



Success Stories



Makenzie & Jessica

Makenzie's Success Story: "My family has been utilizing the diaper bank for a few years. We love the **support** that is offered through the Health Department so we can **reduce stress** and **meet the needs of our family.**"

Jessica's Success Story: "As a mother of a two-year-old, I have been receiving diapers and wipes for a little over a year for my son. Since my husband and I both work, **saving on diapers helps** with **other expenses such as childcare, food, gas, and bills.**"





NACCHO

National Association of County & City Health Officials

NACCHO PROMISING PRACTICE AWARD

The Carroll Youth Resiliency Collaborative (CYRC) and Empower Youth Coalition have earned national recognition from the National Association of County and City Health Officials (NACCHO), which named their initiative Building Youth Resilience Together a Promising Practice. This honor highlights innovative, community-driven programs that improve public health and can serve as national models.

Formed in 2022, CYRC brings together local leaders—including school superintendents, health officials, and community partners—to support youth resilience in Carroll County. The Empower Youth Coalition, operating under CYRC, leads substance use prevention efforts and includes members from 12 community sectors. A Youth Leadership Team of students from three local school districts plays a key role in shaping initiatives.

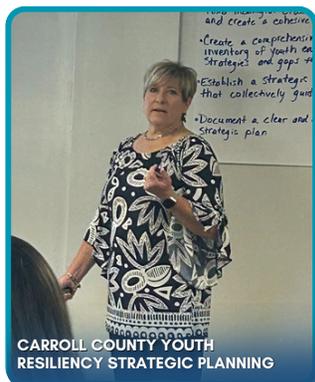
Since 2023, the collaborative has launched a countywide youth coalition, led youth strategic planning sessions, and implemented the Too Good For Drugs & Violence curriculum for 4th and 7th graders. Other initiatives include a Vaping Diversion Program, trauma-informed trainings for adults, and the ROX (Ruling Our Experiences) confidence-building program for 5th-grade girls.



YOUTH STRATEGIC PLANNING SESSIONS

In the fall of 2024, two strategic planning sessions were held in Carroll County, bringing together community partners from various sectors to focus on building youth resilience. Guided by input from these partners, the sessions aimed to develop coordinated strategies to better support the well-being of local youth. The group developed six priority areas highlighted below:

- Strengthening Community Relationships
- Universal Prevention Strategies
- Establishing a Youth Center
- Workforce Development for Youth Resiliency
- Boost Community Support for Levy Funding
- Increasing Awareness and Access to Resources



Coming soon, **Stronger Together Carroll County** will be addressing the six key priority areas. We invite active involvement from community sectors and residents!

SPEAK IT, DON'T KEEP IT CAMPAIGN

The Youth Leadership Team consists of 24 students from Brown Local, Conotton Valley, and Carrollton Schools. This team works to reduce mental health stigma within the community. Last spring, they launched and developed the “Speak It Don’t Keep It” campaign to normalize conversations around mental health.

This spring, the team is continuing the campaign during Mental Health Awareness Month in May, keeping the conversation going and empowering others to speak openly about mental health.

