



CARROLL COUNTY GENERAL HEALTH DISTRICT

A HEALTHY SUMMER & FALL NEWSLETTER

LEESVILLE LAKE

WHAT'S INSIDE

1. Wildfire Smoke & Your Health
2. Lyme Disease Prevention
3. Water Safety
4. Cookout Food Safety
5. Whooping cough
6. Handwashing
7. Back to School Immunizations
8. CMH Diagnostic Program
9. Bridges to Wellness Program Success Stories
10. Empower Carroll

ABOUT US

The Carroll County General Health District is a nationally accredited health department. Being a nationally accredited health department means that we meet national standards and provide the services that all residents should expect from their health departments.

In the upper level of our health department, we provide nursing services such as immunizations for children, teens and adults, testing for COVID, lead, STD's, and pregnancy, the Children with Medical Handicaps program, the Bridges to Wellness program, and Heart of Ohio Diaper Bank.

The lower level of our health department provides 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, the Empower Carroll Coalition, and administration offices.





Wildfire Smoke & Your Health

Wildfire Smoke & Air Quality

The 2023 Canadian wildfires began in late April and the smoke from these wildfires has impacted Carroll County and Ohio air quality. Air quality is determined by the amount of harmful substances in the air. **Air quality is negatively influenced** as the **wildfire smoke contains small bits of burned plant material, manmade material (such as plastic), and gasses.**

Health Effects

Exposure to wildfire smoke can negatively influence your health, especially if you are in a sensitive group.

- Wildfire smoke can lead to **irritation of the eyes or respiratory tract** or to more serious health effects like **lowered lung function, bronchitis** or the **worsening of pre-existing conditions.**



Who is in a Sensitive Group

- Individuals in sensitive groups include **older adults, children, pregnant women, outdoor workers**, and those with **pre-existing heart or lung conditions (such as asthma, COPD, coronary artery disease, or previous heart attacks).**
- It is recommended that those in sensitive groups take precautions to avoid exposure to wildfire smoke and check the Air Quality in your area.



How you can Stay Safe

- One way to avoid wildfire smoke is to **stay indoors when possible.**
- To decrease the potential for health issues, you can also limit the time you are active outdoors during poor air quality.

Monitoring Air Quality

- If you would like to **see the current air quality in your area**, the website Environmental Protection Agency Website, **www.airnow.gov** is a helpful resource.
- AirNow can provide you with an hourly and future forecast of air quality levels.



Source: Wildfire Smoke: A Guide for Public Health Officials

PREVENTING LYME DISEASE

LYME DISEASE

- Lyme Disease is caused when someone is bitten by an infected **blacklegged tick**.
- The Carroll County General Health District can send a tick for species identification, but the tick cannot be tested for Lyme Disease.
- In Ohio, **late spring and mid-summer** is when you are most at risk of contracting Lyme Disease

SYMPTOMS OF LYME DISEASE

- A Bull's Eye Rash
- Fever
- Chills
- Joint Pain
- Tiredness
- Headache



- The **symptoms** of Lyme Disease may appear **3 to 30 days after the tick bite**.

EARLY TREATMENT

- **Seek medical attention** for antibiotics **soon after being bitten**. Early treatment can help prevent the long-term effects of Lyme Disease.

The Carroll County General Health District has **free mosquito & tick bite prevention signs** for parks and camps. Call the number below to pick up a sign!



For questions on Lyme Disease, please call the
Carroll County General Health District at 330-627-4866

Source: The CDC and Ohio Department of Health



PREVENTING TICK BITES



LIGHT COLORED CLOTHING

- Wear light colored clothing to more **easily spot ticks**.
- Cover up by **wearing long pants, sleeves, and socks while outdoors**.



INSECT REPELLENT

- Use products containing **0.5 percent permethrin** on **shoes, clothing, socks, and tents**.
- On exposed skin, **use repellents labeled by the EPA for tick use**.



REMOVING QUICKLY

1. The best way to remove a tick is to use **fine tipped tweezers to grab the tick as close to the skin's surface as possible**.
2. **Pull the tick away from your skin with steady and even pressure** (Don't twist the tick as it can break off and stay in the skin).
3. After the tick is removed **wash your skin and hands**.



WATER SAFETY



General Water Safety



Take a friend with you while swimming. Swimming with friends is more fun and ensures someone is around if you need help.



If you do not know how to swim or are not a strong swimmer, **sign up to take formal swimming lessons**.



Avoid drinking alcohol if you are participating in water activities or supervising children.



Learn CPR to help save the life of someone in need.



Lakes, Ponds, Rivers, & Streams

- Wear a lifejacket when boating, rafting, jet skiing, water skiing, or fishing.
- Be careful in areas with murky water, hazards like rocks or underwater plants, and areas with moving water.
- Stay in designated swim areas.

Children & Water Safety



If children are in or around water, ensure that an **adult is constantly supervising each child**.



While swimming ensure **young children are within an arm's reach of an adult**. Ensure older children swim with a partner.



Enroll your child in swim lessons when they are ready.



Teach children that swimming in **natural water** is different than swimming in a pool. **Natural waters can have hidden dangers** like sudden drop-offs or limited visibility.

Source: The CDC & Safe Kids Worldwide

KEEP YOUR FOOD SAFE DURING COOKOUTS



AVOID LEAVING FOOD OUT

- **Did you know rates of food poisoning are higher in the summer months?**
 - Bacteria grows faster on food in warmer months. This bacteria can make you sick
- **Avoid leaving food out at temperatures between 41°F and 135°F.**
- Place leftovers in the **fridge or freezer within 2 hours of cooking.** If it is above 90°F outside refrigerate these items within one hour.



COOK MEAT THOROUGHLY

- **Check to ensure food is cooked enough to kill germs with a food thermometer.**
 - Here are the internal cooking temperatures for each type of meat (**145°F for beef, pork, fish; 160°F for hamburgers and ground meat; 165°F for chicken or turkey**).
- Check your grill for bristles from the grill brush before using. These bristles can get into your food and hurt you.
- If smoking meat, keep the temperature inside the smoker at 225°F to 300°F.



WASH PRODUCE, HANDS AND UTENSILS

- **Wash lettuce and fresh vegetables before eating.** Rinse produce before packing for the picnic if you do not think you will have water at the site.
- **Wash your hands before and after handling any food or touching poultry, raw meat, or seafood.**
 - Use an alcohol-based hand sanitizer that contains at least 60% alcohol if no soap and water are available.
- **Clean any utensils, work surfaces, and the grill before and after cooking.**





WHOOPING COUGH (PERTUSSIS)

What is Whooping Cough

- Whooping cough (pertussis) is a **highly contagious respiratory illness** caused by a type of bacteria called *Bordetella pertussis*.
- Whooping cough is **spread through the air** when an **infected individual sneezes or coughs**. Another person can catch whooping cough by breathing in this air.

Prevention Through Vaccination

- **Pregnant mothers** are recommended to **receive the Tdap vaccination** during the **3rd trimester** of pregnancy.
- When a pregnant mother receives the Tdap vaccination her **baby will be protected from whooping cough** until they can receive their own Tdap vaccination at 2 months old.

Whooping Cough & Babies

- Many **babies** who catch whooping cough are **infected by parents, caregivers, or sibling** who are **unaware they have the illness**.
- Many babies with whooping cough do not cough at all. However, the illness can cause the baby to **struggle to breathe or turn blue**.



HANDWASHING



**Handwashing can protect you and your family from getting sick.
Here are key times you should wash your hands:**

- Before and after **preparing or eating food**
- After **using the toilet**
- After **touching garbage**
- Before and after **treating a cut or wounds**
- After **blowing your nose, coughing, or sneezing**
- After **touching an animal, animal feed, or animal waste**

1



Wet your hands with running warm water.

Source: The CDC

2



Apply enough soap to make a lather. Ensure to lather your fingers, under your nails, and the back of your hands.

3



Thoroughly scrub your hands and arms for 10 to 15 seconds.

4



Rinse arms and hands thoroughly with warm running water.

5



Use a hand dryer or single use paper towel to dry your arms and hands. Use a paper towel to turn off the faucet.

BACK TO SCHOOL IMMUNIZATIONS



The Carroll County General Health District can provide your child's back to school immunizations.

Children have required vaccinations for:

- PRE-SCHOOL
- KINDERGARTEN
- 7TH GRADE
- 12TH GRADE

Parents and guardians must accompany their children if they are under the age of 18.



When & Where

Call **anytime** to make an appointment for your child's back to school immunizations!



To schedule an appointment please call 330-627-4866 ext 1530

Address:

301 Moody Avenue S.W., Carrollton, OH 44615
Upper Level





Children with Medical Handicaps (CMH) Diagnostic Program

THE DIAGNOSTIC PROGRAM

- CMH is program that connects children with special healthcare needs to a network of quality providers.
- CMH is a health care coverage program and is similar to insurance.
- The CMH may be able to help if you believe that your child may has ongoing symptoms or a suspected special healthcare need.



WHO IS ELIGIBLE?

- **Those age 0 - 23**
- **Permanent Ohio resident**
- **Children who have or may have a chronic medical condition.**



Financial eligibility is not required for the Diagnostic Program.

DIAGNOSTIC PROGRAM SERVICES

Children can receive services to diagnose or rule out a special healthcare need or establish a treatment plan. These services may include:

- **Tests and x-rays**
- **Therapy evaluations**
- **Public health nursing services or visits to CMH-approved doctors**
- **Up to five days in the hospital**
- **Occupational, physical and speech therapy evaluations**
- **Dental consults**
- **Community nutrition consults**

Children can receive services for up to six months, from CMH-approved providers.



For more information on the CMH Diagnostic Program, please call 330-627-4866 ext. 1530



Connecting Individuals for Success: The Bridges to Wellness Program

What is the Bridges to Wellness Program?

The Bridges to Wellness Program connects individuals to local resources to help them become stronger and healthier. Carroll County is proudly served by 2 community care coordinators through the Carroll County General Health District. Through the Bridges to Wellness program an experienced care coordinator will come to the client's home, listen to their needs, and work with them to create a plan to make sure their needs are met. Below please find two success stories from this program:

Success Story 1:

The client joined the Bridges to Wellness program as a first-time expectant mom. Brittnee, our care coordinator helped her client navigate her pregnancy by connecting her to the resources available in our community. Through the Bridges to Wellness program, the client was able to find healthcare providers such as a primary care physician, a dentist, and a pediatrician. Additionally, the care coordinator was able to connect the client to WIC, Help Me Grow, the Dolly Parton Imagination library, Heart of Ohio Diaper Bank, and Cribs for Kids.

Another important aspect of the Bridges to Wellness Program is the supportive relationship that is built with the client. The care coordinator also was able to guide her client through her pregnancy and birth of her child. Through the Bridges to Wellness program the client had regular visits where she received advice, discussed her needs, and had her concerns addressed. Brittnee's client has now had all of her goals met and has been successfully discharged from the program.



Success Story 2:

The client joined the Bridges to Wellness Program in late 2022 with the desire to strengthen her family. The care coordinator, Anne, was able to meet with the client monthly to hear the client's needs and help the client work toward her goals. Through the program, the client was assisted in creating a health plan that fit her specific needs. Through this health plan, the client was connected to resources such as utility, rent, nutrition, and transportation assistance. The client was also assisted in finding a behavioral health provider in her community. Since her time in the Bridges to Wellness program the client has found a new job that she enjoys. The client is still actively working toward her goals in the program.



EMPOWER CARROLL



WHAT EMPOWER CARROLL DOES

Empower Carroll is a community-based organization focused on **youth substance use prevention**. The Empower Carroll Coalition is a **collaboration** of various Carroll County Community organizations, agencies, businesses, and volunteers.

The mission of the Empower Carroll Coalition is to **empower Carroll County youth** and **their families** by implementing effective substance use prevention strategies through **education** and **awareness**.






 **Empower Carroll**

 **empowercarroll.com**



OUR FOCUS AREAS

-  **Youth marijuana use prevention**
-  **Youth vaping/ tobacco use prevention**
-  **Youth alcohol use prevention**

WHY YOUTH PREVENTION IS IMPORTANT

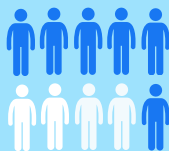


For each year that **substance use is delayed during youth**, the **likelihood** of substance misuse and **addiction decreases**.

CARROLL COUNTY LOCAL STATISTICS

Vaping Nicotine

At least 4 out of 10 Carroll County high school students have used a nicotine vape in the past.



Alcohol

More than half of Carroll County high school students had consumed more than just a few sips of alcohol sometime in the past.



Marijuana

1 in 4 Carroll County High school students have used marijuana sometime in their lifetime.



Sources: SAMHSA & 2019 Carroll County Community Health Assessment



**INTERESTED
IN JOINING?**

Empower Carroll is open to everyone in the community. For more information on membership, please call 330-627-4866 ext. 1559 or email atoth@carroll-lhd.org