



CARROLL COUNTY GENERAL HEALTH DISTRICT

WINTER NEWSLETTER







ABOUT CARROLL COUNTY GENERAL HEALTH DISTRICT



The Carroll County General Health District would like to wish you a safe and healthy holiday season! We are a nationally accredited health department through Public Health Accreditation Board (PHAB)

Visit our webpage to learn more about our programs and services such as:

-  Nursing
-  Environmental Health
-  Community Prevention

 The Carroll County General Health District Lower Level will now be closed from 12-4 PM every Thursday, and open 8-4 PM on Wednesdays starting December 20th.

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HOLIDAY FOOD SAFETY

COOKING FOR GROUPS

- **Do not eat raw dough or batter.**

Uncooked pies, cakes, cookies, biscuits, pizza and pancakes can contain bacteria that can make you sick in eggs and flour.



- **Keep hot food hot and cold food cold.**

Bacteria that can **make you sick** can grow quickly when **food is left out** at temperatures between **41°F and 135°F**



- **Reheat food to at least 165°F.** Reheat food to this temperature if you are using the microwave, stovetop, oven or any other reheating method.



- **Wash your hands with soap and water** for 20 seconds before, during, and after preparing any food items, using the bathroom, or changing tasks



- **The safest way to cook stuffing is in a casserole dish not in the bird.** If stuffing a bird, place stuffing in immediately before cooking. Stuff turkey loosely (3/4 cup per pound). Extra stuffing should be baked in a dish.



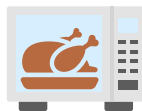
PREPARING A TURKEY

THAW

- If thawing in the **refrigerator**, thaw the turkey for **24 hours** for each 4-5 pounds.



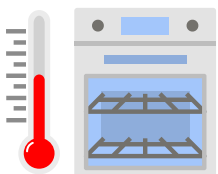
- Use manufacturer's instructions when thawing in the **microwave** on defrost mode. Cook turkey immediately.



- If you thaw your turkey in **cold water**, change the water every **30 minutes** and make sure the turkey is completely submerged.



COOK



- Set your oven at **325°F** to cook your turkey.



- **Turkeys** are not safe to eat until the **internal cooking temperature reaches 165°F.**



source: CDC

KEEP YOU AND YOUR PET SAFE THIS WINTER



Ticks can still be active in the fall and on warm winter days. Prevent tick bites by:



Beware of piles of leaves. Ticks that carry Lyme disease like to live in leaves and can attach to you or your dog.



Keep your dog on tick medication all year long. Talk to your vet about the best medication for your dog.



Make sure you **check your body and your dog for ticks** after you go hiking, hunting, or spend any time outdoors.



Treat your clothing and shoes with products containing 0.5% **permethrin**. Permethrin kills ticks.



Protect your pets from cold weather



- **Bring your pets inside in very cold or severe weather** (even if they don't want to go).
 - If you cannot bring your pet inside in cold weather, make sure they have **access to adequate shelter and unfrozen water**.
 - **Bundle your pets up** if you are taking them outside for a walk, especially if they have short hair.
 - Keep your **dog on a leash** while out on the snow or during a winter storm. More dogs are lost in the winter as they can **lose their scent and become disoriented**.
 - **Chemicals that melt ice such as road salt and anti-freeze can make your pet sick.** Wipe off your pet's paws!
 - If you are making an **animal's outdoor bedding, use straw and not hay**. Hay can freeze and trap your pet.

Source: Ohio EMA & National Weather Service



WINTER DRIVING



DRIVING IN THE SNOW

- Pay special attention to your **vehicle's battery** as battery power is lowered as the temperatures drop.
- While driving keep plenty of room between you and the car ahead of you.
- Check your **tire pressure**. As temperatures decrease, so can the pressure in your tires.
- Check your **wiper blades** and replace if needed and add wiper fluid rated for -30 degrees.
- Stock your vehicle with any **supplies you may need in an emergency** such as an ice scraper, snow shovel, jumper cables, flashlight, blankets, and kitty litter in case your car gets stuck in the snow.



CAR SEATS & WINTER COATS

Bulky clothing can be unsafe for children in their car seats.

- Wearing winter coats, thick sweaters, or fleeces can prevent a snug fit of the car seat's harness around the child.
 - Thick clothing may cause too much air to be between the child and the harness making the fit of the car seat too loose.
- To keep your child warm, place a blanket or jacket over them after they have been buckled into their car seat.
- If you have any questions or concerns on car seat safety, please contact CCGHD to speak to one of our Certified Child Passenger Safety Technicians.

Source: National Highway Traffic Safety Administration



CAN KISSING A BABY MAKE THEM SICK?

Families affection is very important for babies. However, kissing babies can make them sick.

- **Yes**, kissing a baby can **spread germs** to them, such as Respiratory Syncytial Virus (RSV).
- RSV impacts the **lungs** and is common in the **fall and winter months**.
- **Babies and young children** have a higher risk of catching **severe RSV**.
- RSV can be spread when a person with the **illness coughs or sneezes**, or through **touching an object with the virus on it**.



DISEASE TRANSMISSION INDOORS

 Avoid catching a cold while spending time indoors this winter by using the following tips:

Cover



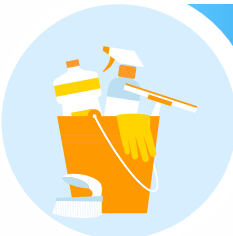
- Cover coughs and sneezes with a tissue. If you do not have a tissue use your elbow.

Wash



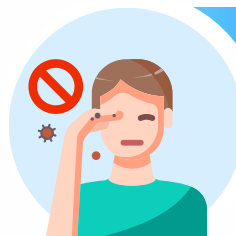
- Wash hands with soap and water for at least 20 seconds

Clean



- Clean surfaces in your home with disinfectants.

Avoid



- Avoid touching your nose, mouth, and eyes. Germs can be spread to you this way.

Source: CDC

WINTER FIRE SAFETY FOR HOMES



- **Smoke alarms:** Test your smoke alarms monthly. Make sure you have a smoke alarm in each bedroom, the living room, and outside sleeping areas.
- **Make a fire escape plan:** In the plan include two ways out of each room, make sure exits are never blocked, and designate an outside meeting place.
- **Remove Christmas trees when they become dry.** Water your Christmas tree daily, as a dry tree can burn quickly.
- **Do not smoke inside the home.** Smoke outside and empty ashtrays frequently. Pour water over cigarette/cigar butts before throwing them away.

Source: Ohio Department of Commerce & FEMA



SPACE HEATER SAFETY



- Place the space heater on a **level nonflammable surface** such as a ceramic tile floor.
- Keep the space heater at **least 3 feet away** from **flammable objects** such as rugs, curtains, bedding, or furniture.
- **Turn the space heater off** when you go to bed or leave the area. Keep the space heater away from those who are sleeping.
- **Plug the space heater directly into a wall outlet.** Do not use a power strip or extension cord to plug in a space heater as this can overload and start a fire.

Source: CPSC & CDC



RADON & YOUR HOME

What is radon?

Radon is a colorless and odorless gas. Radon is a radioactive gas that can leak into your home, especially in your basement, from the breakdown of uranium in the soil.



Can radon impact my health?

Radon is a health risk. Breathing in radon can lead to lung cancer, especially if you are exposed over a long period of time. Radon is the number one cause of lung cancer among those who do not smoke. **In Carroll County, lung and bronchus cancer was the leading cause of new cancer cases and cancer related deaths from 2016-2020.**



What is a safe level of radon?

Radon can be a health risk at any level. It is important to lower the radon level in your house as much as possible. The EPA recommends that homes with a radon level of 4pCi/L (picocuries per liter) or higher should be fixed. Homes with radon levels of 4pCi/L are recommended to install a radon mitigation system. You should test your home for radon every two years.

Source: ODH & EPA

Order a free radon test kit



Scan the code to
order a free test
kit today!

Link:

<https://secure.airchek.com/cgi-bin/ohio-2020.cgi>



FROSTBITE & HYPOTHERMIA

Avoid

If it is **extremely cold**, **avoid going outside** to prevent frostbite or hypothermia. **If you have to go outside make sure to wear:**



Waterproof Boots



Hat



A Scarf that Covers the Face and Mouth



Waterproof Coat



Gloves



Many Layers of Clothing

Frostbite

Signs and symptoms

An early sign is pain or redness in the skin. Other signs include white, grey or yellow skin, numbness, & abnormally waxy or firm skin. The person may be unaware of frostbite because the skin is numb

Spot

Hypothermia

Signs and symptoms

In adults: shivering, confusion, fumbling hands, slurred speech, tiredness, & memory loss

In babies: low energy & red, cold skin

If someone's body temperature is below 95 °F seek medical attention immediately

Treat



Seek medical attention immediately



Move the person to a warm room or shelter



Take off any wet clothing



Warm the person in dry blankets and layers of clothing



Place frostbitten areas in warm-to-touch water



Source: CDC

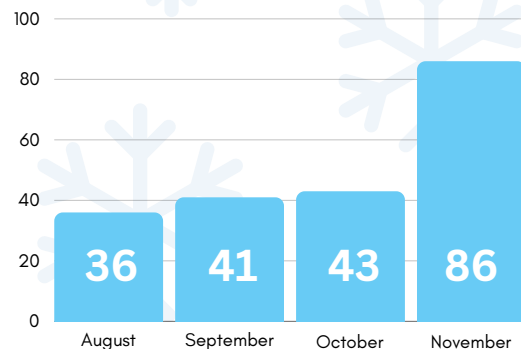
INFLUENZA & COVID-19

COVID-19 & Influenza are circulating this time of year

- Cases of **Influenza & COVID-19** are **increasing in Carroll County**
- In the U.S., **Influenza A and B viruses** can lead to seasonal epidemics of influenza (**known as flu season**) almost every winter.
- As of November 2023, the CDC reports that COVID-19 is the cause of most new respiratory virus hospitalizations and deaths in the U.S.
- The CDC recommends that **everyone 6 months and older receive the COVID-19 and influenza (flu) vaccines.**

Source: CDC

Carroll County COVID-19 Cases 2023



Source: Carroll County Communicable Disease Report

Where can I receive a COVID-19 (2023-2024) vaccine?

**Carroll County General Health District**
Address: 301 Moody Ave. S.W.,
Carrollton, OH

**Rite Aid**
Address: 340 West Main Street,
Carrollton OH 44615






**Drug Mart**
Address: 592 12th St,
Carrollton, OH 44615

**Aultman**
Address: 6046 Whipple Ave. NW,
North Canton, OH-Entrance C

- Please call these locations to verify vaccine eligibility and business hours.

PREVENTING FALLS

Take special precautions to prevent falls on the ice and snow this winter:

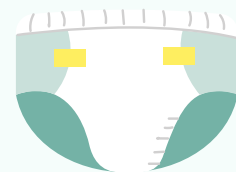
-  At home, clear away snow and ice away from walkways. **Rock salt, kitty litter, and sand can be used to prevent slips and falls.**
-  If you use a cane add a **rubber tip at the end** for additional traction.
-  Use a **handrail when walking on steps** or inclined surfaces.
-  **Ensure steps and walkways are free of snow and ice** before you walk.
-  To avoid slipping, **wear boots that have non-skid soles.**





The Carroll County General Health District is a Community Distribution Partner of the Heart of Ohio Diaper Bank

Heart of Ohio Diaper Bank is a distributor of free diapers, wipes and period products to the Carroll County General Health District to end diaper need in Carroll County. Families can have **one visit per child each month**.



Success Story 1:

Chelsea, a client of the Heart of Ohio Diaper Bank, comes monthly to get diapers for her children. She says receiving diapers from the Heart of Ohio Diaper Bank at the Carroll County General Health District allows her and her spouse to pick up shifts at work, pay bills, and **keep her children healthy**. She reports having coworkers and friends that utilize the diaper bank and believes that it is a **"really great" community resource!**

Success Story 2:

Jodi, a client of the Heart of Ohio Diaper Bank, says the diaper bank helps support her foster children by supplying diapers and wipes. This helps her save money to afford and maintain their other needs, such as purchasing food and clothing. She states being **"grateful"** and **"thanks God that a program is in place" to help support her foster children**. Jodi expressed how this program helps people in many types of situations whether they are low income or recovering from a tragic event such as a house fire. Jodi says the diaper bank is a **"positive thing"**.



**For questions, please contact the
Carroll County General Health District at 330.627.4866. ext. 1530**