



WARREN COUNTY HEALTH DISTRICT

Prevent-Promote-Protect



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NEWS & INFORMATION

www.warrenhd.com

Duane Stansbury, R.S., M.P.H.
Health Commissioner

FLU SHOTS AVAILABLE!

The Centers for Disease Control and the Warren County Health District recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.

The Warren County Health District is currently offering flu shots to individuals 6 months of age and older, by appointment.

Please call 513-695-1229 to schedule your appointment.

Flu shots are \$35.00
High Dose Flu Shots for 65 and over are \$70.00

Most Private Insurance, Medicaid and most Medicaid Managed Care Plans accepted.

TRICK -OR-TREAT SAFETY TIPS

Halloween is an exciting time of year for kids, and to help ensure they have a safe holiday. Here are some tips from the American Academy of Pediatrics (AAP):

- Plan costumes that are bright and reflective. Make sure that shoes fit well and that costumes are short enough to prevent tripping, entanglement or contact with flame.
- Consider adding reflective tape or striping to costumes and trick-or-treat bags for greater visibility.
- Because masks can limit or block eyesight, consider non-toxic makeup and decorative hats as safer alternatives. Hats should fit properly to prevent them from sliding over eyes.

- When shopping for costumes, wigs, and accessories look for and purchase those with a label clearly indicating they are flame resistant.

- If a sword, cane, or stick is a part of your child's costume, make sure it is not sharp or long. A child may be easily hurt by these accessories if he stumbles or trips.

- Do not use decorative contact lenses without an eye examination and a prescription from an eye care professional. While the packaging on decorative lenses will often make

claims such as "one size fits all," or "no need to see an eye specialist," obtaining decorative contact lenses without a prescription is both dangerous and illegal. This can cause pain, inflammation, and serious eye disorders and infections, which may lead to permanent vision loss.

- Review with children how to call 9-1-1 (or their local emergency number) if they ever have an emergency or become lost.

For more holiday safety tips visit www.aap.org.



BREAST CANCER AWARENESS



October is Breast Cancer Awareness month, take time this month to have your mammogram and take care of yourself.

Breast Cancer is the most common cancer among American women other than skin cancer. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

There are different symptoms of breast cancer, and some people have no symptoms at all. Symptoms

can include:

- Any change in the size or the shape of the breast
- Pain in any area of the breast
- Nipple discharge other than breast milk (including blood)



- A new lump in the breast or underarm.

If you have any signs that worry you, contact your doctor right away.

Each year in the United States, more than 245,000 women get

breast cancer and more than 40,000 women die from the disease. Men also get breast cancer, but it is not very common. Less than 1% of breast cancer occurs in men. Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women. About 10% of all new cases of breast cancer in the United States are found in women younger than 45 years of age.

www.cdc.gov/cancer/dpcp/resources/features/breastcancerawareness/

REPORTING ANIMAL BITES

State law requires all animal bites from animals with the ability to transmit rabies to humans be reported to the local health department for investigation.

Upon receipt of an animal bite report, our Environmental Health Staff issues a written quarantine notice to the owner of the dog, cat, ferret, pig, or other domestic animal capable of contracting and transmitting rabies. The animal can be quarantined at its usual residence or at an animal boarding establishment

for the duration of the quarantine. Following the quarantine period the animal's condition is checked for symptoms of rabies.

The animal is subsequently released from quarantine, if properly vaccinated against rabies. At the end of the quarantine period the victim is notified of the animal's condition.



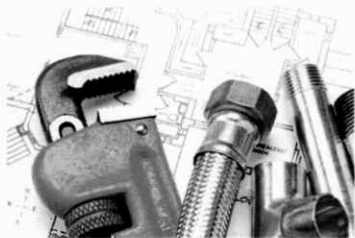
If a problem is found with the condition of the domestic animal involved in the bite or if a wild animal is involved, the animal is humanely euthanized, the rabies specimen collected and the specimen is sent by courier to Ohio Department of Health Lab, for rabies analysis.

For more information or to report an animal bite call 513-695-1220 or visit www.warrenchd.com.

WCHD-Plumbing Division

The duties of the Plumbing Inspection Division of the Warren County Health District include plan review for new plumbing in commercial and residential buildings, inspections of the plumbing work through all phases of construction, and final approval of the plumbing work prior to occupancy.

The Plumbing Inspection Division is responsible for protecting the water supply by ensuring, through plan review and inspections, that the plumbing has no cross-connections or possibility of back-flow. The Plumbing Inspectors are also responsible for ensuring the waste plumbing is properly vented



and trapped so the plumbing safely carries waste away while causing no health problems.

The Warren County Health District employs State of Ohio Certified Plumbing Inspectors. By law, only State Certified Plumbing Inspectors can inspect plumbing work. The inspectors are responsible for plan review and inspection of all residential commercial plumbing work whether it is a remodel or new construction in Warren County.

For more information on the WCHD Plumbing Inspection Division visit our website at www.warrenchd.com or call 513-695-1476.

BLOOD PRESSURE CHECK

High Blood pressure is a major risk factor for heart disease and stroke. High blood pressure is called the "silent killer" because it often has no symptoms or warning signs and many people do not know they have it.

The easiest way to find out if you have high blood pressure is to monitor it on a regular basis. If you have questions, please call your physician and make an appointment.

HAND WASHING 101

HAND WASHING IS ONE OF THE MOST IMPORTANT THINGS WE CAN DO TO SLOW THE SPREAD OF GERMS

1. Wet your hands with running water.
2. Lather hands with soap and scrub for 20 seconds.

Need a timer? Sing your ABC's once or Happy Birthday twice.

3. Thoroughly wash your palms, knuckles, fingers, in between fingers, wrists.



4. Rinse hands well with clean, running water.
5. Dry your hands, using a clean towel.
6. Dispose paper towel in a trash can.