

Winter Safety Tips

It's the most wonderful time of the year. Unless you have to work, drive, or walk in that winter stuff. But even if you love winter weather and playing in the snow, there are some precautions you should take to make sure you and others stay safe and healthy during the winter months. Richland Public Health has prepared an extensive list of Winter Safety Tips. **They are available on our website at richlandhealth.org or by calling 419-774-4726.**



The Winter Safety Tips have been gathered from a number of agencies including Ready Nation, Centers for Disease Control and Prevention, Ohio Emergency Management Authority, Ohio Department of Public Safety, Prevention Magazine, and the National Safety Council. Among the topics covered are Preparing for Winter Storms; Indoor (home) and Outdoor Safety; Hypothermia Dangers; Frostbite; Walking Workouts in Winter Weather; Winter Pedestrian Safety; and Driving in Winter Weather.

Richland Public Health is proud to have been designated a **Weather Ready Nation Ambassador** by the National Oceanic and Atmospheric Administration. Be prepared and stay safe.

Stay Healthy - Wash Your Hands

Richland Public Health urges everyone to **get a flu shot** during the month of December (**by Clinic appointment: 419-774-4700**), but what other ways can you help stay healthy?

Believe it or not, scientists estimate that people are not washing their hands often or well enough and may transmit up to 80% of all infections by their hands. That includes COVID-19 (coronavirus).

From doorknobs to animals to food, harmful germs can live on almost everything. Frequent handwashing may be your single most important act to help stop the spread of infection and stay healthy. **HERE'S HOW** (according to the *Centers for Disease Control and Prevention*):



1. Wet your hands under clean running water, turn off the tap, apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the back of your hands, between your fingers, and under your nails.
3. Scrub your hands for 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse hands well under clean, running water.
5. Dry hands using clean towel or air dry them.

Flu Shots are Still Important

If you haven't gotten a flu shot yet, there is still time. Here's some enlightening information from the Centers for Disease Control and Prevention that might help you make up your mind:

- Annual epidemics of seasonal influenza typically occur in the United States between October and April.
- Persons of all age groups are susceptible to influenza.
- The highest rates of outpatient visits for influenza occurred among children aged 2 through 17 years.
- Complications, hospitalizations, and deaths from seasonal influenza are greatest among persons more than 65 years, and children aged less than 5 years (and particularly those aged less than 2 years), and persons of any age who have medical conditions that could increase risk for complications from influenza.
- Richland County has had **794 flu cases** and **84 hospitalizations** from complications from the flu from January through October, 2020.

No one wants to be sick during the holidays. Call 419-774-4700 to schedule your seasonal flu shot at a time convenient for you.

PUBLIC HEALTH NURSING

Health services for people of all ages who are residents of Richland County. Services are provided through our on-site clinic, in the community and through our home visits.

Public Health Clinic	October	YTD
Immunizations (visits/includes TB)	46	575
International Travel (visits/consults)	0	19
STI/HIV Testing	37	109
Total Visits	83	703

For Clinic Appointments for child, adult, travel, and shingles vaccine as well as flu shots: call 419-774-4700. All visits to the Clinic are by appointment.

Public Health Nursing	October	YTD
CMH (client visits)	7	99
Community Health Screenings	0	162
Influenza Vaccines (Flu Shots)	0	52
Lead Case Management	0	2
Newborn/Prenatal Home Visits	2	163
Cribettes distributed	10	69
School Nurses (student care YTD)	313	1,753

COMMUNICABLE DISEASE REPORT

Infectious Diseases (other than flu/sti)	671	2,645
Influenza (A & B)	0	1,063
Hospitalizations due to Influenza	0	94
COVID-19 (coronavirus)	653	1,564
Sexually Transmitted Infection		
STI Positive Results	56	673
Chlamydia	35	456
Gonorrhea	21	218
Syphilis	0	0
HIV	0	0

WIC Services - October

New Participants	150
Recertifications	242
Other Contacts	512
Total Ashland & Richland Counties:	904



National Health Observances for December: National Drunk and Drugged Driver Prevention Month; Safe Toys & Gifts Month; **December 1-7:** National Influenza Vaccination Week; **December 6-12:** National Handwashing Awareness Week; **December 1:** World AIDS Day.

Toy Safety Buying Tips



Christmas is a time especially for children, and for children this means toys. Each year, more than 3 billion toys and games are sold in the United States with 65 percent of these sales occurring between Thanksgiving and the day before Christmas. Although toys are fun and educational, they can be dangerous. Poorly designed and constructed toys, or toys that are inappropriate for your child’s level of development can cause serious injury, and in some cases, death.

Richland Public Health and Safe Kids USA offer the following tips and suggestions:

- If there is an age warning, stick to the recommendation. Do not buy “older” toys for young children.
- Remember that young children may be especially vulnerable to choking on small parts and toys containing these should be avoided when buying for this group.

There are various things you can check on the toy:

- sharp edges or hidden spikes
- loose facial features, wheels, tires and other small parts: These should be securely fixed to the toy
- secure seams: if the stuffing is accessible, a child could choke on it
- any cord on a pull along toy should be at least 1.5 mm thick
- any holes or gaps into which children could put their fingers and suffer harm from the mechanical parts inside
- brittle plastic which could shatter into small sharp pieces
- folding mechanisms: How much damage would they do if a child’s finger were caught in them?

Richland Public Health cautions that items with painted surfaces may contain lead paint. Consumers should sign up to receive products recalls with the Consumer Product Safety Commission (www.cpsc.gov). For questions or concerns about lead paint in toys, call Environmental Health at Richland Public Health, 419-774-4520.



Holiday Hours in December

Richland Public Health is open for Environmental Health business and Birth and Death Certificates from 8 am to 4 pm Monday-Friday. WIC is open but you must call first. The Clinic is available by appointment.

Richland Public Health will be closed at 11:30 a.m. on Thursday, December 24 and all day Friday, December 25 for the Christmas holiday. We will be open December 28 -30 and be closed at 11:30 a.m. on Thursday, December 31 and all day on New Year’s Day, January 1.

“Calm mind brings inner strength and self-confidence, so that’s very important for good health.” Dalai Lama

The Richland Public Health “Health Report” is a monthly production of Community Health & Prevention Sciences. Suggestions and corrections, including mailing label corrections, are welcome. Call Reed Richmond, Health Education and Communications Specialist, at 419-774-4726 or email rrichmond@richlandhealth.org

VITAL STATISTICS

The Vital Statistics division maintains records of all births and deaths in Richland County since 1908. For information on obtaining a birth or death certificate, check the website at richlandhealth.org or call 419-774-4500.

	October	YTD
Total Births (all ages)	115	1125
Births to Teens.....	10	90
Repeat Births*.....	82	738
October . . YTD		
Total Deaths	147	1228
Female.....	72	616
Male.....	75	612
Causes of Death		
Heart Related.....	52	372
Cancer.....	24	207
Alzheimers/Dementia.....	11	119
Lung Diseases.....	11	111
Strokes/CVA.....	7	68
Accidents (drugs/falls/crashes).....	4	60
Renal/Kidney.....	7	55
Flu/Pneumonia.....	5	34
COVID-19 (coronavirus).....	8	28
Suicides.....	2	15
Homicides.....	0	2
Infant Mortality (see below).....	0	3
Other (not listed above).....	6	117
Deaths Pending Autopsy.....	7	19

*repeat births = 2nd or more live births
Birth & Death statistics include City of Shelby

Infant Mortality: Richland County

November: 0 **Year To Date: 3**
Infant mortality is defined as the death of a baby before his or her first birthday. Infant deaths are considered an important indicator of the overall health of a society. Deaths to residents occurring outside of Richland County are not reflected in county death statistics. **KNOW the SAFE SLEEP ABC's: Alone, on Back, in a Crib.**

CALLING THE HEALTH DEPARTMENT

Main Number	419-774-4500
Environmental Health	419-774-4520
Public Health Nursing.....	419-774-4540
Public Health Clinic.....	419-774-4700
Health & Prevention Sciences..	419-774-4761
WIC.....	419-774-4560

Richland Public Health is an equal opportunity employer/provider of services.

RETURN SERVICE REQUESTED

GET YOUR FLU VACCINE SHOT
Call 419-774-4700 for an appointment.



555 Lexington Avenue, Mansfield, OH 44907

