

February is American Heart Month

See [COVID-19 Vaccination Info on the back](#)



Cardiovascular diseases, including stroke, are our nation's No. 1 killer. To urge Americans to join the battle against these diseases, February is proclaimed "American Heart Month."

Coronary heart disease is the No. 1 cause of death in the United States. Locally in 2020, 247 men and 218 women died from heart disease. That represents 30% of the deaths in Richland County (including Shelby).

That's why it's so important to reduce your risk factors, know the warning signs, and know how to respond quickly and properly if warning signs occur.

Heart Attack Warning Signs

Some heart attacks are sudden and intense — the "movie heart attack," when no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach. Women are more likely to report stomach discomfort.
- Shortness of breath with or without chest discomfort.
- Other signs may include breaking out in a cold sweat, nausea or light-headedness.



Here are some thing you can do keep from having a heart attack:

- Exercise for 30 minutes several days a week.
- Eat a heart-healthy diet that is high in fresh fruits and vegetables and low in sodium, saturated and trans fats, and cholesterol.
- Follow your doctor's instructions for medications and treatment.

Blood Pressure Checks

Richland Public Health is asking residents to watch their blood pressure as a way of tracking their heart health and preventing heart disease and stroke.

Did You Know?

Electronic Blood Pressure Monitoring Kits are available at all locations of the Mansfield Richland County Public Library and at the Shelby Marvin Memorial Library as an item for check out according to each library's set loaning period. The kits include an electronic blood pressure monitor, arm cuff, AC adaptor, batteries, a quick user's guide, educational materials and a BP wallet card for tracking your numbers, as well as a survey.

Self-measuring one's blood pressure allows individuals to track and share those readings with their doctor to better manage their high blood pressure. For more information about the blood pressure cuffs, call Shannon Nelson, CHPS Coordinator, at 419-774-4761. For additional heart information see www.heart.org or check the personal health links at richlandhealth.org.

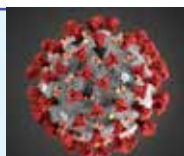
See that blue box below? That's what we wrote in the February **Health Report** a year ago. Since then, COVID-19 has killed 2.2 million people worldwide, including 441,454 in the U.S. This year we have a COVID-19 vaccine and are ramping up vaccinations. See richlandhealth.org/vaccine-registration for more.

2019-nCoV the latest health alarm

On December 31 the World Health Organization (WHO) was alerted to several cases of pneumonia in Wuhan City (population 11 million) in the Hubei province of China. The virus did not match any known virus and was called a novel (new) coronavirus.

By early February there were 25,000 cases in China (with 500 deaths), and 165 cases in 23 other countries with 11 cases in the U.S. The World Health Organization declared coronavirus a global health threat and the U.S. State Department has issued a Level 4 Travel Advisory: "Do Not Travel to China."

Although this is a rapidly evolving situation, the CDC says the immediate health risk from 2019-nCoV to the general American public is considered low at this time.



An illustration from the CDC reveals the basic form of the virus blamed for the outbreak of respiratory illness first detected in Wuhan, China. (Illustration/Alissa Eckert and Dan Higgins, CDC)

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	December	YTD
Immunizations (visits).....	105	914
International Travel (visits/consults)	0	19
COVID/Other Vaccinations	197	304
Total Visits.....	302	1,235

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	December	YTD
CMH (client visits)	8	112
Community Health Screenings.....	0	162
Influenza Vaccines (Flu Shots).....	0	286
Lead Case Management.....	0	2
Newborn/Prenatal Home Visits.....	1	165
Cribettes distributed.....	9	84
School Nurses (student care YTD).....	175	2,103

COMMUNICABLE DISEASE REPORT

Infectious Diseases (not flu/sti/covid).....	19	228
Influenza (A & B).....	6	1,282
Hospitalizations due to Influenza.....	0	94
COVID-19 (coronavirus).....	3,217	6,850
Hospitalizations due to COVID-19.....	236	511

Sexually Transmitted Infection

STI Positive Results	68	780
Chlamydia.....	40	526
Gonorrhea	28	254
Syphilis.....	0	0

WIC Services - Dec.

New Participants	184
Recertifications	321
Other Contacts	489
Total Ashland & Richland Counties:	994



National Health Observances for February: American Heart Month; Children's Dental Health Month; AMD/Low Vision Awareness Month; **Feb. 5:** Go Red for Women Day; **Feb. 14:** National Donor Day.

COVID-19 Vaccination Information

Our COVID-19 Vaccine Registration Number is 866-395-1588.

Here's Ohio's plan for Phase 1B (dependent on vaccine supplies):

- Monday, February 1: vaccinations will open up to those 70 years old and older. Also vaccinations will begin for school personnel.
- Monday, February 8th: vaccinations will open up to those 65 years and older.
- Monday, February 15th: vaccinations will open for Ohioans with severe congenital, developmental, or early-onset, and inherited conditions.

We expect to continue vaccinating individuals in the age group 65 and older as well as other individuals qualified under Phase 1B for many weeks. Until all Richland County providers get a larger allotment of vaccines, scheduling will continue to be difficult. Please be patient. We want to make sure everyone who wants a COVID-19 vaccination can get one.

NAME	Address	City	Phone
Third Street Health Srv.	600 W. 3rd St.	Mansfield	419-522-6191
Avita Hospital	715 Richland Mall	Ontario	419-468-0800
Shelby Health Dept.	43 W. Main St.	Shelby	419-342-5226
Discount Drug Mart	219 Mansfield Ave.	Shelby	844-625-0843
Discount Drug Mart	25 Briggs Ave.	Ontario	844-625-0843
Kroger Pharmacy	1500 Lexington Ave.	Mansfield	1-866-211-5320
Kroger Pharmacy	1060 Ashland Rd.	Mansfield	1-866-211-5320
Kroger Pharmacy	1240 Park Ave. West	Mansfield	1-866-211-5320
OhioHealth Mansfield	770 Balhgreen Dr.	Mansfield	614-533-6999
OhioHealth Shelby	199 W. Main	Shelby	614-533-6999
Walgreens Pharmacy	1000 Park Ave. West	Mansfield	419-529-3790

It is possible that additional providers will be added later. See our website at richlandhealth.org/vaccine-registration for updates. On that page you'll also find links to how Ohio's total vaccinations are progressing and the entire list of COVID-19 providers in Ohio.

COVID-19 Case Information as of February 1, 2021

Location	Total Cases	Deaths	Total Recovered
Richland County	9,565	145*	8,278
Ohio	899,079	11,230	786,249
United States	26,201,301	441,454	15,997,666
Worldwide	103,111,445	2,231,324	59,411,500

*Total deaths for Richland County due to COVID-19 is dependent on the filing of death certificates listing cause of death. This number is as of 2/1/2021.

The Richland Public Health "Health Report" is a monthly production of the Community Health and Prevention Sciences Division. 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

“Every time you eat or drink, you are either feeding disease or fighting it.”

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.

	December	YTD
Total Births (all ages)	86	1313
Births to Teens.....	6	102
Repeat Births*.....	53	856
.....		
	December	YTD
Total Deaths	183	1560
Female.....	87	768
Male.....	96	792
Causes of Death		
Heart Related.....	47	465
Cancer.....	16	248
Alzheimers/Dementia.....	9	139
Lung Diseases.....	14	137
COVID-19 (coronavirus).....	67	115
Strokes/CVA.....	4	79
Accidents (drugs/falls/crashes).....	1	78
Renal/Kidney.....	4	63
Flu/Pneumonia.....	2	38
Suicides.....	1	16
Homicides.....	1	4
Infant Mortality (see below).....	0	3
Other (not listed above).....	15	144
Deaths Pending Autopsy.....	3	13

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

Child Deaths in Richland County

For December: 0 **For 2020: 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 occurring outside of Richland County are not reflected in county death statistics. **KNOW the SAFE SLEEP ABCs: Alone, on Back, in a Crib.**

CALLING THE HEALTH DEPARTMENT

Main Number	419-774-4500
Public Health Clinic.....	419-774-4700
Public Health Nursing.....	419-774-4540
Environmental Health.....	419-774-4520
Com. Health/Prev. Sciences	419-774-4761
WIC.....	419-774-4560

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

CHILD & ADULT IMMUNIZATIONS
Call 419-774-4700 for appointments.
RETURN SERVICE REQUESTED



555 Lexington Avenue, Mansfield, OH 44907

