February is American Heart Month

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 things 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.

PUBLIC HEALTH NURSING

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

<table>
<thead>
<tr>
<th>Public Health Clinic</th>
<th>December</th>
<th>YTD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Immunizations (visits)</td>
<td>806...... 1,030</td>
<td></td>
</tr>
<tr>
<td>International Travel (visits/consults)</td>
<td>0 ......... 16</td>
<td></td>
</tr>
<tr>
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<td></td>
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<tr>
<td>CMH (client visits)</td>
<td>8 ...... 112</td>
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<td>0 ...... 286</td>
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<td>Lead Case Management</td>
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<td></td>
</tr>
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<td>Newborn/Prenatal Home Visits</td>
<td>1 ...... 165</td>
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<td>Cribettes distributed</td>
<td>9 ...... 84</td>
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</tr>
<tr>
<td>School Nurses (student care YTD)</td>
<td>175 ....... 2,103</td>
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STI Positive Results

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<tr>
<th>STI</th>
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<tr>
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<tr>
<th>Category</th>
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Total Ashland & Richland Counties: 994

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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 655 cases in 25 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.”

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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.

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PHAB: Preventing Health Inequities with American Generosity

PHAB: Advancing Public Health Performance

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**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.

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

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.

<table>
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<th>COVID-19 Case Information as of February 1, 2021</th>
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<tr>
<td><strong>Location</strong></td>
</tr>
<tr>
<td>Richland County</td>
</tr>
<tr>
<td>Ohio</td>
</tr>
<tr>
<td>United States</td>
</tr>
<tr>
<td>Worldwide</td>
</tr>
</tbody>
</table>

*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.

**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.

**Child Deaths in Richland County**

**For December:**
- Total Deaths: 183
- Female: 87
- Male: 96

**For 2020:**
- Total Deaths: 1560
- Female: 768
- Male: 792

**Causes of Death**

- Heart Related: 47
- Cancer: 248
- Alzheimers/Dementia: 9
- Lung Diseases: 14
- COVID-19 (coronavirus): 67
- Strokes/CVA: 4
- Accidents: 1
- Renal/Kidney: 63
- Flu/Pneumonia: 2
- Suicides: 1
- Homicides: 1
- Infant Mortality: 0
- Other: 15

**Repeat Births**

- *repeat births = 2nd or more live births*

**Births & Deaths in Richland County**

<table>
<thead>
<tr>
<th><strong>Location</strong></th>
<th><strong>Total Births (all ages)</strong></th>
<th><strong>Deaths Pending Autopsy</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Richland County</td>
<td>86</td>
<td>3</td>
</tr>
<tr>
<td>Ohio</td>
<td>775</td>
<td>2</td>
</tr>
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</table>

**For December:**
- Total Deaths: 183
- Female: 87
- Male: 96

**Utah**

- Total Deaths: 14
- Female: 7
- Male: 7

**Worldwide**

- Total Deaths: 11,872
- Female: 5,937
- Male: 5,935

**For 2020:**
- Total Deaths: 82,663
- Female: 40,197
- Male: 42,466

**Infant Mortality (see below)**

- 2020: 3
- 2021: 2
- Overall: 14

**Telephone Referral Services**

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

**Births Pending Autopsy**

- December: 3
- Year to Date: 13

**Infant Mortality**

- 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.

**Call the Health Department**

**Main Number................. 419-774-4500**

**Childcare**

- 866-395-1588

**For Parents**

- 866-395-1588

**For Toddlers**

- 866-395-1588

**For Older Adults**

- 866-395-1588

**For Seniors**

- 866-395-1588

**For Individuals with Disabilities**

- 866-395-1588

**For Individuals with Special Needs**

- 866-395-1588

**Health Department Services**

- 866-395-1588

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- 866-395-1588

**For Toddlers**

- 866-395-1588

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- 866-395-1588

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**For Individuals with Disabilities**

- 866-395-1588

**For Individuals with Special Needs**

- 866-395-1588

**Health Department Services**

- 866-395-1588

**Return Service Requested**

- Call 419-744-4700 for announcements.