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

<table>
<thead>
<tr>
<th>Service</th>
<th>Number of Visits</th>
</tr>
</thead>
<tbody>
<tr>
<td>International Travel (visits)</td>
<td>0</td>
</tr>
<tr>
<td>Vaccinations (COVID/Other)</td>
<td>136</td>
</tr>
<tr>
<td>Total Visits</td>
<td>1,086</td>
</tr>
<tr>
<td>Call 419-774-4700 to schedule an appointment. Walk-In’s are Welcomed.</td>
<td></td>
</tr>
</tbody>
</table>

Public Health Nursing

CMH (case contacts) : 321
Community Health Screenings: 37
Lead Case Management: 0
Newborn/Prenatal Home Visits: 9
Cribettes distributed: 0
School Nurses (student care YTD): 283
Communicable Disease Report
Infectious Disease (not flu/sti/COVID): 47
Hospitalizations due to COVID-19 (Coronavirus): 254
Hospitalizations due to COVID-19: 21
Sexually Transmitted Infections
STI Positive Results: 47
Gonorreha: 9
Syphilis: 1

WIC Services- Nov:
New Participants: 174
Recertifications: 107
Other Contacts: 650
Total Ashland & Richland Counties: 931

RSV - Know it. Stop it.

Respiratory syncytial (sin-SISH-uh) virus (RSV) is a common respiratory virus that causes cold-like symptoms. RSV affects the lungs and breathing passages and most people recover within a couple of weeks. However, RSV can be very serious for infants and older adults. It is the leading cause of bronchiolitis (inflammation of the small airways in the lung) and pneumonia (infection of the lungs) in children younger than 1 year of age in the United States.

**Common symptoms include:** Runny nose, decreased appetite, or cough (which may progress to wheezing or difficulty breathing). Annually, an estimated 58,000–80,000 children younger than 5 years old and 60,000–120,000 older adults in the United States are hospitalized due to RSV infection.

**Children at greatest risk for severe illness from RSV include:**
- Premature infants
- Infants, 6 months and younger
- Children younger than 2 years old with chronic lung disease or congenital (present from birth) heart disease
- Children with weakened immune systems
- Children who have neuromuscular disorders, including those who have difficulty swallowing or clearing mucus secretion.

**Adults at highest risk for severe RSV infection include:**
- Adults 65 years and older
- Adults with chronic heart or lung disease
- Adults with weakened immune systems.

RSV can live on hard surfaces for many hours. People infected with RSV may become contagious a day or two before they start showing signs of illness and are usually contagious for 3 to 8 days. However, some infants, and people with weakened immune systems, can continue to spread the virus even after they stop showing symptoms, for as long as 4 weeks.

**Ways to decrease the spread of RSV:**
- Wash your hands often
- Keep your hands off your face
- Avoid close contact with sick people
- Cover your coughs and sneezes
- Clean and disinfect surfaces
- Stay home when you are sick

Anyone who develops cold-like symptoms, should manage pain and fever (check with your healthcare provider before medicating children) and drink plenty of fluids. Call your healthcare provider if a child is having difficulty breathing, not drinking enough fluids, or experiencing worsening symptoms.

For more information please go to www.cdc.gov/rsv.

Richland Public Health
Prevent. Promote. Protect.

January is National Blood Donor Month – Richland Public Health recognizes the importance of giving blood and platelets and encourages those who can, to give blood now as it is most difficult to maintain an adequate blood supply during the winter months. Nearly 40% of the nation’s blood is supplied by the American Red Cross.

Type of Blood Donation How it Helps How often can you donate?
Whole Blood Donation frequently given to trauma patients and people undergoing surgery. Every 56 days, up to 6 times a year.
Power Red Donation typically given to trauma patients, newborns and emergency transfusions during birth, people with sickle cell anemia, and anyone suffering blood loss. Every 112 days, up to 3 times/year.
Platelet Donation a vital element of cancer treatments and organ transplant procedures, as well as other surgical procedures. Every 7 days, up to 24 times/year.
Plasma Donation used in emergency and trauma situations to help stop bleeding. Every 28 days, up to 13 times/year.

Schedule an appointment on the Red Cross Blood Donor App, or go to RedCrossBlood.org or call 1-800-RED CROSS (1-800-733-2767). Help save a life today.

RSV, a respiratory virus that causes cold-like symptoms, affects children and adults. It is contagious and can spread to others even after symptoms have subsided. Here's how to prevent its spread:

- Wash hands frequently.
- Avoid close contact with sick people.
- Cover coughs and sneezes.
- Clean and disinfect surfaces.
- Stay home when you are sick.

RSV is a common respiratory virus that causes cold-like symptoms. It can be especially dangerous for infants and older adults. Here are some key points to keep in mind:

- Infants and children younger than 2 years old are at highest risk.
- Symptoms include runny nose, decreased appetite, or cough.
- Infants with RSV may develop wheezing or difficulty breathing.
- RSV can spread through close contact or by airborne particles.
- The virus can live on surfaces for hours to days.

For more information, visit the CDC website: [www.cdc.gov/rsv](http://www.cdc.gov/rsv).

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**Public Health Nursing**

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

**Public Health Clinic**

<table>
<thead>
<tr>
<th>Nov</th>
<th>YTD</th>
</tr>
</thead>
<tbody>
<tr>
<td>CMH (case contacts)</td>
<td>321</td>
</tr>
<tr>
<td>Community Health Screenings</td>
<td>37</td>
</tr>
<tr>
<td>Lead Case Management</td>
<td>0</td>
</tr>
<tr>
<td>Newborn/Prenatal Home Visits</td>
<td>9</td>
</tr>
<tr>
<td>Cribettes distributed</td>
<td>0</td>
</tr>
<tr>
<td>School Nurses (student care YTD)</td>
<td>283</td>
</tr>
</tbody>
</table>

**Communicable Disease Report**

| Infectious Disease (not flu/sti/COVID) | 16 | 165 |
| Hospitalizations due to Influenza | 14 | 21 |
| COVID-19 Coronavirus | 555 | 12,620 |
| Hospitalizations due to COVID-19 | 18 | 413 |

**Sexually Transmitted Infections**

| STI Positive Results | 47 | 603 |
| Gonorreha | 9 | 150 |
| Syphilis | 1 | 1 |

**WIC Services**

- New Participants: 174
- Recertifications: 107
- Other Contacts: 650
- Total Ashland & Richland Counties: 931

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**Website:** richlandhealth.org  **Facebook:** Richland Public Health  **Twitter:** @RichlandHealth1  **Instagram:** RichlandHealth  **YouTube:** Richland Health

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**January 2023**

Health news, statistics and information for Richland County

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**Plasma Donation**

**Power Red Donation**

**Type of Blood Donation**

**How it Helps**

- Frequently given to trauma patients and people undergoing surgery.
- Typically given to trauma patients, newborns and emergency transfusions during birth, people with sickle cell anemia, and anyone suffering blood loss.
- A vital element of cancer treatments and organ transplant procedures, as well as other surgical procedures.
- Used in emergency and trauma situations to help stop bleeding.

**How often can you donate?**

- Every 56 days, up to 6 times a year.
- Every 112 days, up to 3 times/year.
- Every 7 days, up to 24 times/year.
- Every 28 days, up to 13 times/year.
The Vital Statistics division maintains records of all births and deaths in Richland County since 1908. For information on obtaining a birth certificate, visit our website at richlandhealth.org or call 419-774-4500.

**VITAL STATISTICS**

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

**November**

<table>
<thead>
<tr>
<th>Total Births (all ages)</th>
<th>YTD</th>
</tr>
</thead>
<tbody>
<tr>
<td>105</td>
<td>1,153</td>
</tr>
</tbody>
</table>

**Births to Teens**

- 11
- 62

**Repeat Births**

- 60
- 714

**Deaths**

- 143
- 1,602

**Female**

- 72
- 797

**Male**

- 71
- 805

**Causes of Death**

- Accidents: 3
- Alzheimers/Dementia: 13
- Cancer: 27
- COVID-19 (Coronavirus): 3
- Flu/Pneumonia: 4
- Heart Related: 39
- Homicides: 0
- Lung Diseases: 5
- Renal/Kidney: 3
- Strokes/CVA: 4
- Suicides: 0
- Other (not listed above): 36
- Deaths Pending Autopsy: 4

**Deaths Pending Autopsy**

- 4

**Deaths of residents occurring outside of Richland County are not reflected in county death statistics.**

**January is National Radon Action Month - TEST YOUR HOME.**

Elevated levels of indoor radon are the leading cause of lung cancer among non-smokers, and second leading cause of lung cancer in smokers. Ohio homeowners can get a FREE radon test kit at https://ohio.radon.com.

**January 23-29: Healthy Weight Week**

Obesity and excess weight increase the risk of severe illness. A healthy weight is achieved and maintained through a combination of healthy and nutritious eating, optimal sleep, stress reduction, and physical activity, which are things we can control. Factors like genetics and diseases regulated by medications which can cause weight gain and may be difficult to control.

Richland Public Health’s Women, Infant and Children (WIC) is the nation’s premier health and nutrition program for pregnant women, women with a baby less than six months old, breastfeeding mothers, and families of infants and children up to 5 years old. WIC provides individualized nutrition counseling, nutritious foods and classes filled with educational resources. WIC strives to promote and support healthy lifestyles and prevent health problems among Ohio’s at-risk women, infants and children.

Call for an appointment: Richland WIC: 419-774-4960; Ashland WIC: 419-289-3359

**GET YOUR VACCINES!**