



Health news, statistics and information for Richland County

Winter Safety Tips

Nothing says "winter" quite like that crisp stillness in the air after a nice snowfall. Winter in Ohio means comfy clothes, hot chocolate, sled riding, snowmen, hiking, a good movie or book by the fireplace. Whether you love it or you dread it, winter officially arrives December 21st and it may bring some dangerous storms and extreme temperatures.

Richland Public Health (RPH) is a proud Weather Ready Nation Ambassador recognized by the National Oceanic and Atmospheric Administration. RPH has a list of Winter Safety Tips and precautions to help you and others prepare to stay happy, healthy and safe in this season. These tips are from a number of trusted resources including Centers for Disease Control and Prevention, Ohio Emergency Management Authority, Ohio Department of Public Safety, Ready Nation, and the National Safety Council. A wide range of helpful information can be found here, like 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.

Find Winter Safety Tips at richlandhealth.org/winter-safety or ready.gov/winter-weather.

4 Holiday Food Safety Tips

1)CLEAN

2)SEPARATE 3)COOK

4)**CHILL**









1) CLEAN: Wash hands (correctly), utensils, and surfaces often.

2) SEPARATE: Don't cross contaminate foods, storage space or containers, cutting boards cooking surfaces and plates.

3) COOK: Cook all food to the right temperature and keep food hot (140°F or above) after cooking it.

4)CHILL: Refrigerate perishable foods within 2 hours

Life is Better with Clean Hands -Lather 5-Dry 3-Scrub 4-Rinse %

Wash Your Hands Frequently

After being in Before eating a public place food

wash for 20 seconds

Before touching your face

Before, during, and after preparing food

After using the toilet or latrine

After blowing your nose, coughing, or speezing

After touching garbage

Before and after caring for someone or animals

National Handwashing Awareness Week - December 5-11, 2022.

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Studies have shown that handwashing can prevent 1 in 3 diarrhearelated sicknesses and 1 in 5 respiratory infections, such as a cold or the flu.

See more at www.cdc.gov/handwashing.

Tis the season! Spread the love don't spread the germs!

National Influenza Vaccination Week Dec. 5-17

Call 419-774-4700 to schedule flu shots for you and your family.

Share good memories, not bad germs!



Stay home and rest if you are sick!

PUBLIC HEALTH NURSING

Public Health Clinic	Oct	YTD
Immunizations (visits)	244	1,987
International Travel (visits)		76
Nurse Appointments	35	419
Vaccinations (COVID/Other)	179	950
Total Visits	304	2,381
All visits to the clinic are by app	ointment.	.
Call 419-774-4700 to schedule a	an appointme	nt. r 🥯 🐧
Walk-In's are Welcomed		
		5-6

		5-6
Public Health Nursing	Oct	YTD
CMH (case contacts)		4,061
Community Health Screenings	109	782
Lead Case Management	0	0
Newborn/Prenatal Home Visits		35
Cribettes distributed		40
School Nurses (student care YTD).	334	654
Communicable Disease Report		
Infectious Disease (not flu/sti/CO\	/ID)16	165
Hospitalizations due to Influenza.		
COVID-19 (Coronavirus)	502.	12,065
Hospitalizations due to COVID)16	391
Sexually Transmitted Infections		
STI Positive Results	58	556
Chlamydia	45	415
Gonorreha		141
Syphilis	0	0



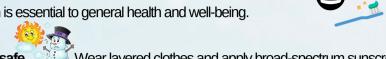
National Health Observances December: National Human Rights Month; Impaired Driver Prevention Month; Safe Toys & Gifts Month; Universal Hour of Peace December 31, 11:30pm - 12:30 am January 1.

Dec. 1 World AIDS Day "Putting Ourselves to the Test: Achieving Equity to End HIV"

Happy New Year! Better Habits! Better You!

It's time to bid farewell to 2022 as 2023 is quickly approaching. Some things are worth taking into the next year. Take them! Don't make a resolution. Instead, make a plan, take steps towards better health for the purpose of living well. No need to wait for the ball to drop to start making a positive impact on your habits. Here is a countdown of tips to make 2023 happy, healthy and safe:

10. Brush your teeth- Brush twice a day using fluoride toothpaste Oral health is essential to general health and well-being.

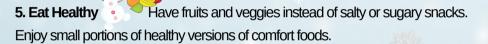


Wear layered clothes and apply broad-spectrum sunscreen of at least SPF 15 to exposed skin. The sun's rays are still harmful on cold days.

8. Don't Use Tobacco- Stop today. For free support, call 1-800-QUIT-NOW

7. Rethink Your Drink Substitute water for sugary or alcoholic drinks. Water helps your body stay hydrated, maintain a normal temperature, and rid itself of wastes.

6. Move More, Sit Less- Do at least 15 minutes of moderate-intensity aerobic activity and at least 2 days of muscle-strengthening activities.



4. Take Time to Unwind and Connect With Others- Stretch, meditate, or take deep breaths to help relieve stress. Focus your thoughts on being mindful and grateful for small everyday things. Talk it out- with people you trust.

3. Get Some Sleep Adults need at least 7 hours per night. Go to bed each night at the same time and get up each morning at the same time for consistency.

2. Maintain routine checkups, screenings and vaccinations- Prevention is the best medicine. Early detection can help with fighting illnesses. Protect yourself and the people you care about.

1. WASH YOUR HANDS FREQUENTLY- it is one of the best ways to prevent sickness for yourself and others.

Remember to get your COVID-19 Booster and Flu Shot Call today to schedule an appointment 419-774-4700

Advice from a SNOWMAN BE a jolly, happy soul. Spend time outdoors

VITAL STATISTICS

	October	YTD
Total Births (all ages)		
Repeat Births*		
*Repeat Birth= two or more liv	ve births	

	October	YTD
Total Deaths	150	
	71	
	79*	

Causes of Death	
Accidents (drugs/falls/crashes	
Homicides	
Renal/Kidney	
Suicides	
Other (not listed above)	
Deaths Pending Autopsy	

Infant Mortality: Richland County

October: 2

SAFE SLEEP ABC's: Alone, on Back, in a Crib.

CALLING THE HEALTH DEPARTMENT

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Main Number	
Environmental Healtl	
Public Health Nursing	
WIC	419-774-4560

The Richland Public Health "Health Report" is a monthly production of the Community Health & Prevention Sciences Division. Suggestions and corrections, including mailing label corrections, are welcome. Call Renda Cline, Health Education and Communications Specialist, at 419-774-4726 or email rcline@richlandhealth.org