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: 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

Wash Your Hands Frequently

1) Wet
2) Lather
3) Scrub
4) Rinse
5) Dry

After using the toilet or latrine
After blowing your nose, coughing, or sneezing
After touching someone or animals
Before and after caring for someone
Before eating food
Before cooking food
Before preparing food
Before touching your face
Before being in a public place
Before and after preparing food

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 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as a cold or the flu.

See more at www.cdc.gov/handwashing.
1. Wash Your Hands Frequently- it is one of the best ways to prevent sickness for yourself and others.

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.

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.

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.

5. Eat Healthy - Have fruits and veggies instead of salty or sugary snacks. Enjoy small portions of healthy versions of comfort foods.

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

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.

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

9. Be Sun Safe - 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.


GET YOUR VACCINES!

Call today to schedule an appointment 419-774-4700

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

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.

Births To Teens .....................................5..............................51

Repeat Births*......................................71..........................654

Total Deaths

Female.....................................................71.........................205

Male.........................................................79..........................189

Causes of Death

Accidents (drugs/falls/crashes)..........6..............................81

Alzheimer’s/Dementia.........................11..........................119

Cancer.....................................................26..........................215

COVID-19 (Coronavirus).....................1.............................102

Flu/Pneumonia.....................................4...............................49

Heart Related.......................................37...........................388

Homicides..............................................1.................................7

Lung Diseases.......................................8...............................69

Strokes/CVA...........................................5...............................52

Suicides...................................................2..............................27

Other (not listed above).....................26...........................215

Deaths Pending Autopsy....................6...............................10

Birth & Death statistics include City of Shelby

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

Infant Mortality: Richland County

October 2 Year To Date: 7

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

CALLING THE HEALTH DEPARTMENT

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

Comm. Health/Prev. Sciences..............419-774-4761

Environmental Health.....................419-774-4520

Public Health Clinic..........................419-774-4700

Public Health Nursing......................419-774-4540

WIC.....................................................419-774-4550

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