





4th of July Independence DAY

The Dog Days of Summer

July is typically the hottest month of the year in Ohio. Richland Public Health urges residents to safely enjoy these days that we sometimes call "the dog days of summer". Help prevent heat-related illnesses by following these tips on hot summer days:

-  Stay hydrated and avoid the sun during the hottest part of the day from 10am-4pm.
-  Call to check on family and friends who are elderly or sick during high heat alerts.
-  Walk pets early in the morning or early in the evening. Give them plenty of water and shade during walks.
-  A car can get 20 degrees hotter in just 10 minutes. A child's body temperature rises three to five times faster than an adult's. Never leave a child, an older adult, or a pet unattended in a car.

For more safety tips see richlandhealth.org

Have fun and keep your food safe to eat this summer!

Clean: Wash your hands and surfaces often



- Wash your hands for 20 seconds with soap and water before, during, and after preparing food and before eating.
- Wash your utensils, cutting boards, and countertops with hot, soapy water after preparing each food item.
- Rinse fresh fruits and vegetables under running water.

Separate: Don't cross-contaminate



- When you shop - Separately bag raw meat and eggs from other foods.
- At home - Use separate cutting boards for produce, meat, poultry, seafood and eggs. Store meat in leakproof plastic bags or containers. Freeze any meat that is not used within a few days.

Cook: To the right temperature



KEEP HOT FOOD above 140°F

- Use a meat thermometer to cook it to the right temperature.
- Keep food out of the danger zone (40°F-140°F) by using a chafing dish, warming tray or slow cooker.

KEEP FOOD OUT OF THE DANGER ZONE (40°F-140°F)
food poisoning bacteria multiply quickest in this zone

Chill: Refrigerate promptly



KEEP COLD FOOD below 40° F

- Use a food thermometer to keep perishable food at a cool temperature.
- Keep food out of the danger zone (40°F-140°F) by using ice and coolers.
- Refrigerate perishables within 1 hour.

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 during our home visits.

Public Health Clinic	May	YTD
Immunizations (given).....	157	627
International Travel Immunizations.....	15	72
Nurse Appointments.....	58	217
Total Visits	139	588

Call 419-774-4700 to schedule an appointment. Walk-ins are welcome.

Public Health Nursing	May	YTD
Children with Medical Handicaps (case contacts).....	373	2,079
Community Health Screenings.....	9	18
Lead Case Management.....	10	13
Newborn/Prenatal Home Visits.....	10	109
Cribettes distributed.....	3	24
School Health Hours.....	7	2,887

Communicable Disease Report

Infectious Diseases (not COVID).....	65	439
Hospitalizations due to Influenza.....	0	17
COVID-19 (Coronavirus).....	93	1026

WIC Services - May

New Participants	172
Recertifications	132
Other Contacts	623
Total Ashland & Richland Counties:	898



TOTAL SOLAR ECLIPSE

APRIL 8, 2024



Be prepared, Richland County

Did you know, that Ohio is within a one-day drive for 70% of the country's population? The total solar eclipse will be visible in Richland County on April 8, 2024. Many people who want to view this event are expected to travel here around the same time.

Come Early, and Stay Late to avoid the heavy traffic.

Stay up to date on everything about the 2024 total solar eclipse at Eclipse.Ohio.Gov





The 9th Annual Shawshank Hustle, is Saturday August 12th!

Richland Public Health is the proud sponsor of the **Guards vs. Inmates Challenge**. Runners are divided (by running times) as fairly as possible into two teams: Guards and Inmates. The teams race in-person against the official "Shawshank Warden". The team with the most people who finish before the "Warden" is named the winning team. Participants get a custom tech shirt, finisher's medal, admission to The Ohio State Reformatory, a ticket to ride the Richland County Carrousel, FREE professional photos, and so much more! This 7K event starts at the historic Ohio State Reformatory, goes through downtown Mansfield, and ends back to the Reformatory. Register at: richlandhealth.org/shawshankhustle



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.

	May	YTD
Total Births (all ages).....	116	538

	May	YTD
Total Deaths	125	631
Female.....	59	298
Male.....	66	333

Causes of Death	May	YTD
Accidents (drugs/falls/crashes).....	5	28
Alzheimer's/Dementia.....	3	42
Cancer.....	27	110
COVID-19 (Coronavirus).....	0	12
Flu/Pneumonia.....	4	17
Heart Related.....	37	150
Lung Disease.....	15	47
Homicides.....	1	4
Renal/Kidney.....	3	18
Strokes/CVA.....	7	24
Suicides.....	1	10
Other (not listed above).....	19	145
Deaths Pending Autopsy.....	2	8

Birth & Death statistics include the City of Shelby

Infant Mortality: Richland County

May: 1 **Year To Date: 2**

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

Remember:

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

CALLING THE HEALTH DEPARTMENT

Main Number.....	419-774-4500
Com. Health/Prev. Sciences.....	419-774-4510
Environmental Health.....	419-774-4520
Public Health Clinic.....	419-774-4700
Public Health Nursing.....	419-774-4540
WIC.....	419-774-4560



July is National Park and Recreation Month!

Richland Public Health encourages everyone to get outside and enjoy the natural resources of this "rich land" full of parks and recreational spaces.

The Ohio Department of Natural Resources (ODNR) was selected as a finalist for the 2023 Gold Medal Award from the American Academy for Park and Recreation Administration (AAPRA) in partnership with the National Recreation and Park Association (NRPA). This award honors communities in the U. S. that demonstrate excellence in parks and recreation through long-range planning, resource management, volunteerism, environmental stewardship, program development, professional development and agency recognition.

Malabar Farm State Park, right here in Richland County, is the location of Richland Public Health's Hike for Health. It's always a great time to get out and get some fresh air and outdoor exercise! Watch for information about the hike events that are usually held each fall and winter.

Whether you're looking for a dog park, a Storybook Trail, American Disabilities Act accessible hiking chairs, boat launches, or archery, Ohio's diversely inclusive parks and recreational spaces have something for everyone.

Here are a couple of resources to help you get started with finding your next natural adventure:

The **Richland County Park District (RCPD)** restores and maintains the ecological integrity of RCPD owned grassland, prairie, wetland and woodland habitats. Find natural areas, municipality parks, and state parks/non-profit natural areas at richlandcountyoh.gov/departments/richlandcountyparksdistrict/naturalareasandparks.

Ohio Department of Natural Resources (ODNR) owns and manages more than 800,000 acres of land, including 75 state parks, 24 state forests, 143 state nature preserves and 150 wildlife areas. Search for a specific activity like biking or natural feature like unique geology at ohiodnr.gov/go-and-do/plan-a-visit/find-a-property.

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 & Communications Specialist at 419-774-4726 or email rcline@richlandhealth.org

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

RETURN SERVICE REQUESTED

**GET YOUR VACCINES!
Call 419-774-4700 for appointment**



555 Lexington Ave., Mansfield, Ohio 44907
419-774-4500 • www.richlandhealth.org
Prevent. Promote. Protect.
Richland Public Health