



# HEALTH REPORT

Health news, statistics and information for Richland County

## Know it B4 U Need It - Or Know Where to Find It

Posttraumatic stress disorder (PTSD) is a mental health condition that develops after someone experiences or witnesses a life-threatening or traumatic event.

Richland Public Health recognizes June as National PTSD Awareness Month and encourages the community to learn about the help that is here when it is needed, **Know It B4 U Need It or Know Where to Find It**. The Richland County Mental Health and Recovery Services Board and its team of community partners has help (resources) for residents who need help concerning mental health, addiction and trauma. These resources help people to start moving through the pain with more healthy tools and choices for better mental and physical health.



24/7 Crisis Helpline if your are in crisis or need immediate help, call 419-522-4357 (HELP)  
24/7 Warm line if you are not in crisis but need to talk, call 419-522-5300



### June 13- 19 is National Men's Health Week

Selfcare is not selfish. Schedule your yearly wellness visit, tests and screenings. Talk to your doctor about your family history, family planning, and positive ways to cope with stress to improve your mental health. **Start** working on healthy habits. Make a plan to get good sleep, maintain healthy relationships, stay active, and maintain a healthy weight. Do good things for yourself and your wellbeing.

**LIVE WELL & BE WELL**

### PUBLIC HEALTH NURSING

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

Public Health Clinic	April	YTD
Immunizations (given).....	119.....	470
International Travel Immunizations.....	9.....	57
Nurse Appointments.....	54.....	159
<b>Total Visits.....</b>	<b>123.....</b>	<b>450</b>

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

Public Health Nursing	April	YTD
Children with Medical Handicaps (case contacts).....	633.....	1,710
Community Health Screenings.....	6.....	9
Lead Case Management.....	13.....	13
Newborn/Prenatal Home Visits.....	15.....	99
Cribettes distributed.....	6.....	21
School Health Hours.....	215.....	2,576
<b>Communicable Disase Report</b>		
Infectious Diseases (not COVID).....	96.....	374
Hospitalizations due to Influenza.....	0.....	17
COVID-19 (Coronavirus).....	241.....	799

### It's Cataract Awareness Month



A cataract is a cloudy area that can develop in anyone's lens (the clear part of the eye that helps to focus light). It can cause cloudy or blurry vision and blindness. There are 5 main types of cataracts:

- Age-related cataracts** - develop due to natural changes as the eye gets older, is the most common type. Over half of all Americans age 80 or older either have cataracts or have had surgery to remove cataracts.
- Traumatic cataracts** - form after an injury to the eye.
- Radiation cataracts** - form from exposure to ultraviolet rays like those from the sun.
- Pediatric cataracts** - some children are born with them or they develop after birth.
- Secondary cataracts** - develop from cataract surgery scar tissue.

Get regular check-ups, eat a healthy diet, wear sunglasses and a wide-brimmed hat to protect your eyes from UV rays, and use the correct protective eyewear when using power tools or playing sports to prevent eye injuries.

Tell your doctor if you have trouble seeing clearly.

Learn more at [nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases/cataracts](https://nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases/cataracts)

### WIC Services - April

New Participants	141
Recertifications	134
<u>Other Contacts</u>	<u>623</u>
<b>Total Ashland &amp; Richland Counties:</b>	<b>898</b>



## TOTAL SOLAR ECLIPSE

APRIL 8, 2024



### Be prepared, Richland County

**April 8, 2024** will be here before you know it. Prepare to safely view the total solar eclipse in right here in Richland County. Protect your eyes with ISO 12312-2 compliant eclipse glasses to **prevent permanent eye injuries and blindness**.

- Always inspect your solar eclipse glasses before you use them.
- Replace your glasses if they are damaged.
- If you normally wear eyeglasses, put the solar eclipse glasses over them.
- Never look at the sun without your ISO 12312-2 compliant eclipse glasses.



Find a list of **suppliers of safe solar eclipse glasses** at <https://eclipse.aas.org/resources/solar-filters>

Stay up to date on everything about the 2024 total solar eclipse at [Eclipse.Ohio.Gov](https://Eclipse.Ohio.Gov)

**National Health Observances June:** National Safety Month; Cataract Awareness Month; Migraine and Headache Awareness Month; June 13-19: Men's Health Week; June 18-24: National Lightning Safety Awareness Week; June 4: Cancer Survivor's Day; June 27: PTSD Awareness Day

**Website:** [richlandhealth.org](https://richlandhealth.org) **Facebook:** Richland Public Health **Twitter:** @RichlandHealth1 **Instagram:** RichlandHealth **YouTube:** Richland Health

## Summer Safety Tips

Richland Public Health shares these tips to help prevent sickness and injuries, promote healthy living, and to protect the community in the summer months!

### Summer Sun and Heat

Too much exposure to the sun and the heat can be extremely dangerous. Check the weather forecast for the Heat Index and the UV Index before you head outdoors. Avoid outside activities between 10AM - 4PM, when the sun is at its peak. Drink plenty of water to stay hydrated and use sunscreen with SPF15 or greater on exposed skin. Don't forget when you travel, work and play on these nice sunny days, the temperature inside a car can get 20 degrees hotter in just 10 minutes. Even if the windows are partially open, **never ever leave kids, older adults, or pets alone inside a car.**

### Food Safety

Food is often part of the fun in the summer. Keep the food safe to eat.

**Clean:** Wash your hands and cooking surfaces often.

**Separate:** Separate raw meats from everything else.

**Cook** all food to the right temperature. Keep hot food above 140°F.

**Chill** leftover food within 1 hour. Keep cold food below 40°F.



### Prevent Bug Bites

When mosquitoes and ticks bite humans, they can spread serious and life threatening illnesses like West Nile Virus and Lyme Disease.



Insect repellents help prevent bug bites when used as directed. There are many types of repellents available. Use a repellent that is U.S. Environmental Protection Agency (EPA) registered and meets your needs.

**Prevent mosquitoes from laying eggs** on standing (stagnant) water around your home. Fewer eggs laid means fewer mosquitos that bite people. Throw away old tires, dump extra water from flowerpot saucers and keep kiddie pools and birdbaths clean and filled with fresh water so there is no place for mosquitoes to lay eggs.



Wear long sleeves and pants to **prevent ticks from biting you, when you hike.** Walk in the center of trails and avoid wooded or high brush areas. Always check for ticks on clothing and pets after being outside.

### National Lightning Safety Awareness Week, June 18-24

**When Thunder Roars, Go Indoors.** Open structures like baseball dugouts and porches will not protect you from lightning. If you can't get indoors, stay away from trees, telephone poles and any body of water. Crouch down close to the ground if you are not able to shelter indoors. Get indoors as soon as possible.

**Did you know that lightning can travel through plumbing, electrical outlets and wires in concrete walls and flooring?** Be careful to prevent indoor lightning strikes. Don't bathe, wash dishes, or touch plugged-in electronic equipment. Stay away from windows, doors, and open porches because those places will not provide protection from a lightning strike.

Learn more about these and other summer safety tips at [richlandhealth.org/personal/summer-safety](http://richlandhealth.org/personal/summer-safety) and [nsc.org/community-safety/safety-topics/seasonal-safety/summer-safety/summer-safety-tips](http://nsc.org/community-safety/safety-topics/seasonal-safety/summer-safety/summer-safety-tips)

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](mailto: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](http://richlandhealth.org) or call 419-774-4500.

	April	YTD
<b>Total Births</b> (all ages).....	116	422

	April	YTD
<b>Total Deaths</b> .....	129	506
Female.....	59	239
Male.....	70	267

#### Causes of Death

Accidents (drugs/falls/crashes).....	4	23
Alzheimers/Dementia.....	8	39
Cancer.....	18	83
COVID-19 (Coronavirus).....	1	12
Flu/Pneumonia.....	3	13
Heart Related.....	32	113
Homicides.....	1	3
Lung Diseases.....	4	32
Renal/Kidney.....	3	15
Strokes/CVA.....	5	17
Suicides.....	2	9
Other (not listed above).....	43	126
Deaths Pending Autopsy.....	4	6

Birth & Death statistics include the City of Shelby

#### Infant Mortality: Richland County

**April: 1**

**Year To Date: 1**

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.....	419-774-4761
Environmental Health.....	419-774-4520
Public Health Clinic.....	419-774-4700
Public Health Nursing.....	419-774-4540
WIC.....	419-774-4560

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

RETURN SERVICE REQUESTED

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

