



Be Prepared for a Cardiac Emergency

A Sudden Cardiac Arrest (SCA) is a serious condition that causes the heart to stop beating. In the United States, reportedly more than 356,000 people experience SCA each year. It can happen to anyone at any time.

September is National Preparedness Month and Richland Public Health (RPH) encourages everyone to learn Cardiopulmonary Resuscitation (CPR) - an emergency lifesaving procedure performed when the heart stops beating. When used correctly with CPR, an automated external defibrillator (AED) can greatly increase the chances of surviving a SCA.

RPH has partnered with Richland County Foundation to provide **FREE** life saving education and training, which includes an AED machine, to youth serving organizations through the Richland AED program. Program participants become part of a community network that better understands pediatric cardiovascular health and pediatric sports health. These extended partnerships improve community preparedness in the event of a cardiac emergency.

If you witness a sudden cardiac arrest follow these steps:

1- Call 911

2- Start chest compressions

3- Find an AED and follow the prompts

For more information on how your youth serving organization can receive life saving resources and training call 419-774-3542 or go to richlandhealth.org/richland-aed.

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	July	YTD
Immunizations(given).....	211	952
International Travel Immunizations.....	7	96
TB Appointments.....	70	361
Total Visits		936

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

Public Health Nursing	July	YTD
Children with Medical Handicaps (case contacts).....	362	2,877
Community Health Screenings Clinics...5.....	28	
Screening Checks	135	495
Newborn/Prenatal Home Visits.....	15	142
Cribs distributed.....	7	38
School Health Hours.....		0
Active Lead Case Management.....		14

Communicable Disease Report

Infectious Diseases(not COVID).....	73	592
Hospitalizations due to Influenza...0.....		17
COVID-19 (Coronavirus).....	29	1119

WIC Services - July

New Participants  184

Recertifications 117

Other Contacts 652

Total Ashland & Richland Counties: 953

Preventing the Spread

Measles can cause serious health complications and it is highly contagious. Its symptoms include fever, red eyes, runny nose, a cough and rash of tiny red spots that start around the face and behind the ears, then moves to the rest of the body. Coughs and sneezes of an infected person spread the virus through the air for up to 2 hours after the person was there.

RPH was mentioned in the August 4th edition of the Center for Disease Control and Prevention's Morbidity and Mortality Weekly Report, column Notes from the Field: Measles Outbreak - Central Ohio, 2022-2023 highlighting the Central Ohio outbreak that began on November 9, 2022.

The Communicable Diseases staff worked hard at RPH during the outbreak as others worked across the state to control the spread and to keep their communities safe and informed. They collaborated with health care providers, child care facilities, and community members. Their work included tracking the virus and educating exposed individuals throughout Central Ohio to prevent the spread.

When the outbreak was declared over, the following statistics were reported:

- 85 confirmed cases were found in central Ohio; 78 in Franklin County, two in Madison County, and one each in Clark, Fairfield, Richland, Ross, and Union counties.
- 32 (38%) of the cases were exposed during emergency department visits to treat COVID-19, RSV and influenza.
- 23 of the confirmed cases did not have a rash until after they were told to quarantine.
- The ages of confirmed cases were 6 months old - 15 years old.
- Sixty (60) patients were eligible for the routine measles, mumps, rubella (MMR) vaccination, but only 3 had documentation of getting 1 dose.



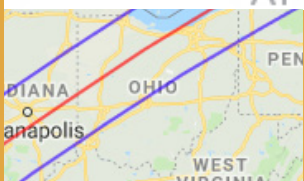
Did you know that RPH not only schedules appointments for routine vaccinations at the health department, but we also provide walk-in Neighborhood Immunization Clinics on Wednesdays? These clinics in Richland County may be closer to you than the Health Department Clinic. Call our 24-Hour Immunization Hotline: 419-774-8115 to hear the Neighborhood Schedule.

Children must be accompanied by a parent/guardian or another adult with written parental consent, a current shot record, and insurance card, Medicaid Card, or Managed Care Card. Remember, no child will be denied vaccines due to inability to pay.

Call 419-774-4700 to schedule an appointment. For more information including consent forms, recommended immunizations and schedules, visit richlandhealth.org/personal/immunizations.

TOTAL SOLAR ECLIPSE

APRIL 8, 2024



Be prepared, Richland County

The total solar eclipse will be visible in Richland County on April 8, 2024.

There will likely be many visitors and travelers in the area at that time.

Plan ahead for your general household groceries, errands, and activities.

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



National Health Observances September: Cholesterol Education Month; Healthy Aging Month; Food Safety Education Month; Ovarian Cancer Prevention Month; 21: World Alzheimer's Day; 28: World Rabies Day; 29: World Heart Day.

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



Shawshank Hustle

Hustle, Hustle, Hustle!

RPH sponsored the Inmates vs. Guards Challenge at the 8th Annual Shawshank Hustle. The inclusive 7K race provided participants and spectators a fun way to get outside, exercise and socially connect with fans of racing and the movie. The route took participants from the historic Mansfield Reformatory, past The Richland Carousel, through downtown Mansfield. The morning could not have been more beautiful.

There were 1218 registered racers ranging in age from seven years to eighty-eight years old. It was a great time for all who raced and watched the Warden be defeated by the **Guards**.

Alex Culler of Mansfield, Ohio came in 1st place, with a time of 25:23.6!



Downtown Mansfield's Cruise - In

Cruise-in with Big Fun

RPH was promoting a more healthy Richland County at Downtown Mansfield's The Heart of the City Cruise-In. The annual event was well attended by people from near and far who enjoyed its 26th anniversary. There was a large variety of automobiles to admire across several city blocks.

There was healthy engagement with everyone who cruised by/through RPH's large green and white tent. Community Health Screenings were administered by public health nurses. They provided free blood pressure readings and anemia checks as they educated individuals about wellness and prevention. Bug Bags were provided to help prevent mosquito and tick bites, which spread illness and disease. Deterra pouches were also distributed for community members to safely dispose unused medications and to help prevent accidental overdoses. The interactive inflatables models were by far a fan favorite. The larger than life sized body, breast and colon were on display for a fun educational experience. Visitors learned about typical body functions as well as how to recognize atypical functions and ways to prevent illnesses and diseases.

Come One, Come All! Come Hike with Us!

The Center for Disease Control and Prevention (CDC) reports that regular physical activity can improve brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles and improve your ability to do everyday activities.

The Fall Hike for Health at Malabar Farm, sponsored by RPH, is a FREE event that promotes a healthy and active lifestyle for all of Richland County. It's a great opportunity for friends and families to get out, get some fresh air and good exercise while enjoying the natural scenery of fall in Ohio. Arrive any time during the event to hike the trails at your own pace.

Come enjoy the Fall Hike for Health at Malabar Farm

Saturday, October 14th

9:00am-12:00pm

See us at the Visitor's Center and pick up a hiking map and free refreshments.



VITAL STATISTICS

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

July YTD

Total Births(all ages).....119.....763

July YTD

Total Deaths.....97.....846

Female.....45.....399

Male.....52.....447

Causes of Death July YTD

Accidents (drugs/falls/crashes).....5.....46

Alzheimer's/Dementia.....4.....38

Cancer.....15.....118

COVID-19 (Coronavirus).....0.....4

Flu/Pneumonia.....1.....12

Heart Related.....22.....243

Lung Disease3.....134

Homicides.....0.....6

Renal/Kidney.....2.....21

Strokes/CVA.....3.....21

Suicides.....0.....10

Other(not listed above).....38.....194

Deaths Pending Autopsy.....3

Birth & Death statistics include the City of Shelby.

Infant Mortality: Richland County

July: 1 Year To Date:6

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 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

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

Call 419-774-4700 for appointment

GET YOUR VACCINES!

