HEALTH Realth news, statistics and information for Richland County

Winter Safety Tips

It's the most wonderful time of the year. Unless you have to work, drive, or walk in that winter stuff. But even if you love winter weather and playing in the snow, there are some precautions you should take to make sure you and others stay safe and healthy during the winter months. Richland Public Health has prepared an extensive list of Winter Safety Tips. They are available on our website at richlandhealth.org (search "Winter Safety").



The Winter Safety Tips have been gathered from a number of agencies including Ready Nation, Centers for Disease Control and Prevention, Ohio Emergency Management Authority, Ohio Department of Public Safety, Prevention Magazine, and the National Safety Council. Among the topics covered are 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.

Richland Public Health is proud to have been designated a Weather Ready Nation

Ambassador by the National Oceanic and Atmospheric Administration. Be prepared and stay safe.

Stay Healthy - Wash Your Hands

December 5-11 is National Handwashing Awareness Week. Believe it or not, scientists estimate that people are not washing their hands often or well enough and may transmit up to 80% of all infections by their hands. That includes the common cold, flu, and COVID-19 (coronavirus).

From doorknobs to animals to food, harmful germs can live on almost everything. Frequent handwashing may be your single most important act to help stop the spread of infection and stay healthy. Here's how to do it correctly (according to the *Centers for Disease Control and Prevention*): (

- 1. Wet your hands under clean running water, turn off the tap, apply soap.
- 2. Lather your hands by rubbing them together with the soap. Lather the back of your hands, between your fingers, and under your nails.
- 3. Scrub your hands for 20 seconds (that's longer than you think).
- 4. Rinse hands well under clean, running water.
- 5. Dry hands using clean towel or air dry them.

Flu Shots are Still Important

There has been an increase of influenza A (H3N2) viruses in recent weeks with the majority of these have been found in young adults and children. The CDC recommends annual flu shot for everyone 6-months and older.

No one wants to be sick during the holidays. Call 419-774-4700 to schedule your seasonal flu shot at a time convenient for you.

COVID-19 Vaccination Information

COVID-19 vaccinations and booster shots are now widely available for free. Our registration number (for Moderna vaccine) is **419-774-4700**. See *richlandhealth.org/covid-vaccine-qa* for all area providers.

As of December 1, Richland County had vaccinated **50,463** with at least one dose of the vaccines and Ohio had vaccinated **6.48** million individuals.

COVID-19 Cases from Nov. 1 to Dec. 1, 2021

Location	Cases	Deaths	Hospitalized
Richland County	1,788	14	55
Ohio	143,692	675	5,431

National Health Observances for December: Impaired Driver Prevention Month; Safe Toys & Gifts Month; International AIDS Awareness Month; December 5-11: National Influenza Vaccination Week; December 6-12: National Handwashing Awareness; December 1: World AIDS Day.

PUBLIC HEALTH NURSING

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

Public Health Clinic	October	YTD
Immunizations (visits)	105	647
International Travel (visits/cor	nsults) 0	10
Nurse Appointments	0	0
COVID/Other Vaccinations	113	.8,778
Total Visits	218	. 9,445
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For Clinic Appointments for child, adult, travel, and shingles vaccine as well as flu shots: call 419-774-4700. All visits to the Clinic are by appointment.

Public Health Nursing	October	YTD
CMH (case contacts)	621	4,127
Community Health Screenings	s23	97
Influenza Vaccines (Flu Shots)	0	4
Lead Case Management	0	4
Newborn/Prenatal Home Visit		
Cribettes distributed		
School Nurses (student care YT	D) 313	1,360
COMMUNICABLE DISEASE REPORT		

COMMUNICABLE DISEASE REPORT

Infectious Diseases (not flu/sti/covid)	13	194
Influenza (A & B)	0	6
Hospitalizations due to Influenza		
COVID-19 (coronavirus)		
Hospitilizations Due to COVID-19	74	570

Sexually Transmitted Infection

STI Positive Results	55	. 573
Chlamydia	38	. 462
Gonorrhea		
Syphilis	0	4

WIC Services - October

New Participants
Recertifications
Other Contacts

Q Sunties:

139

94

<u>599</u>

832

Total Ashland & Richland Counties:

Toy Safety Buying Tips

Christmas is a time especially for children, and for children this means toys. Each year, more than 3 billion toys and games are sold in the United States with 65 percent of these sales occurring between Thanksgiving and the day before Christmas. Although toys are fun and educational, they can be dangerous. Poorly designed and constructed toys, or toys that are inappropriate for your child's level of development can cause serious injury, and in some cases, death.

Richland Public Health and Safe Kids USA offer the following tips and suggestions:

- If there is an age warning, stick to the recommendation. Do not buy "older" toys for young children.
- Remember that young children may be especially vulnerable to choking on small parts and toys containing these should be avoided when buying for this group.

There are various things you can check on the toy:

- sharp edges or hidden spikes
- loose facial features, wheels, tires and other small parts: These should be securely fixed to the toy
- secure seams: if the stuffing is accessible, a child could choke on it
- any cord on a pull along toy should be at least 1.5 mm thick
- any holes or gaps into which children could put their fingers and suffer harm from the mechanical parts inside
- brittle plastic which could shatter into small sharp pieces
- folding mechanisms: How much damage would they do if a child's finger were caught in them?

Richland Public Health cautions that items with painted surfaces may contain lead paint. Consumers should sign up to receive products recalls with the Consumer Product Safety Commission (www.cpsc.gov). For questions or concerns about lead paint in toys, call Environmental Health at Richland Public Health, 419-774-4520.



Holiday Hours in December

Richland Public Health is open for Environmental Health business and Birth and Death Certificates from 8 am to 4 pm Monday-Friday. Both WIC and the Public Health Clinic are open by appointment. Please call other Divisions by phone if you have questions.

Richland Public Health will be closed all day on

Friday, December 24 for the Christmas holiday. We will be open December 27–30 and be closed all day on Friday, December 31, for the New Year's holiday.

"Calm mind brings inner strength and self-confidence, so that's very important for good health." Dalai Lama

The Richland Public Health "Health Report" is a monthly production of Community Health & Prevention Sciences. Suggestions and corrections, including mailing label corrections, are welcome. Call Shannon Nelson, CHPS Coordinator, at 419-774-4761 or email snelson@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 or death certificate, check the website at richlandhealth.org or call 419-774-4500.

October

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Total Births (all ages)	1131175
Births to Teens	12 78
Repeat Births*	64 738
	O / I VTD
Total Deaths	180 1364
Female	87 654
Male	93 710
Causes of Death	
Heart Related	39 400
Cancer	22 203
COVID-19 (coronavirus)	41 204
Alzheimers/Dementia	21 105
Accidents (drugs/falls/crashe	s) 5 81
Lung Diseases	774
Strokes/CVA	1151
Renal/Kidney	7 49
Flu/Pneumonia	6 28
Suicides	214
Homicides	06
Infant Mortality (see below)	I 3
Other (not listed above)	3 104
Deaths Pending Autopsy	1122
*repeat births = 2nd or more	live births
Birth & Death statistics includ	e City of Shelby

Infant Mortality: Richland County October: 1 Year To Date: 3

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 to residents occuring outside of Richland County are not reflected in county death statistics. KNOW the SAFE SLEEP ABC's: Alone, on Back, in a Crib.

CALLING THE HEALTH D	EPARTMENT
Main Number	419-774-4500
Environmental Health	419-774-4520
Public Health Nursing	419-774-4540
Public Health Clinic	419-774-4700
Health & Prevention Sciences	419-774-4761
WIC	419-774-4560

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RETURN SERVICE REQUESTED

