

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** 2) **SEPARATE** 3) **COOK** 4) **CHILL**



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



'Tis the season!

Spread the love don't spread the germs!

National Influenza Vaccination Week Dec. 5-17

Call 419-774-4700 to schedule flu shots for you and your family.

Share good memories, not bad germs!



Stay home and rest if you are sick!

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 through our home visits.

Public Health Clinic	Oct	YTD
Immunizations (visits).....	244.....	1,987
International Travel (visits).....	8.....	76
Nurse Appointments.....	35.....	419
Vaccinations (COVID/Other).....	179.....	950
Total Visits.....	304.....	2,381

All visits to the clinic are by appointment. Call 419-774-4700 to schedule an appointment. Walk-In's are Welcomed

Public Health Nursing	Oct	YTD
CMH (case contacts).....	511.....	4,061
Community Health Screenings.....	109.....	782
Lead Case Management.....	0.....	0
Newborn/Prenatal Home Visits.....	11.....	35
Cribettes distributed.....	4.....	40
School Nurses (student care YTD).....	334.....	654

Communicable Disease Report

Infectious Disease (not flu/sti/COVID).....	16.....	165
Hospitalizations due to Influenza.....	1.....	7
COVID-19 (Coronavirus).....	502.....	12,065
Hospitalizations due to COVID.....	16.....	391

Sexually Transmitted Infections

STI Positive Results.....	58.....	556
Chlamydia.....	45.....	415
Gonorrhea.....	13.....	141
Syphilis.....	0.....	0

WIC Services- Oct.

New Participants	174
Recertifications	107
Other Contacts	650
Total Ashland & Richland Counties-	931

Life is Better with Clean Hands



Wash Your Hands Frequently



National Handwashing Awareness Week - December 5-11, 2022.

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.



National Health Observances December: National Human Rights Month; Impaired Driver Prevention Month; Safe Toys & Gifts Month; Universal Hour of Peace December 31, 11:30pm - 12:30 am January 1.



Dec. 1 World AIDS Day
"Putting Ourselves to the Test:
Achieving Equity to End HIV"

Happy New Year! Better Habits! Better You! 2023

It's time to bid farewell to 2022 as 2023 is quickly approaching. Some things are worth taking into the next year. Take them! Don't make a *resolution*. Instead, make a *plan*, *take steps* towards better health for the *purpose* of living well. No need to wait for the ball to drop to start making a positive impact on your habits. Here is a countdown of tips to make 2023 happy, healthy and safe:

10. Brush your teeth- Brush twice a day using fluoride toothpaste. Oral health is essential to general health and well-being.



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.



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



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.



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



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



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.



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.



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.



1. WASH YOUR HANDS FREQUENTLY- it is one of the best ways to prevent sickness for yourself and others.



**Remember to get your COVID-19 Booster and Flu Shot
Call today to schedule an appointment 419-774-4700**

Advice from a SNOWMAN



BE a jolly, happy soul.
Spend time outdoors.
Avoid meltdowns.
Be well-rounded
Live well, life is short!



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.

	October	YTD
Total Births (all ages).....	100	1,048
Births to Teens	5	51
Repeat Births*.....	71	654

*Repeat Birth= two or more live births

	October	YTD
Total Deaths	150	394
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
Renal/Kidney.....	4	58
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.....	419-774-4560

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

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

