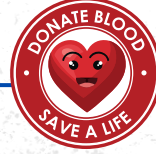


It's National Blood Donor Month - Help Save a Life Today

January is National Blood Donor Month – Richland Public Health recognizes the importance of giving blood and platelets and encourages those who can, to give blood now as it is most difficult to maintain an adequate blood supply during the winter months. Nearly 40% of the nation's blood is supplied by the American Red Cross.

Type of Blood Donation	How it Helps	How often can you donate?
Whole Blood Donation	frequently given to trauma patients and people undergoing surgery.	Every 56 days, up to 6 times a year.
Power Red Donation	typically given to trauma patients, newborns and emergency transfusions during birth, people with sickle cell anemia, and anyone suffering blood loss.	Every 112 days, up to 3 times/year.
Platelet Donation	a vital element of cancer treatments and organ transplant procedures, as well as other surgical procedures.	Every 7 days, up to 24 times/year.
Plasma Donation	used in emergency and trauma situations to help stop bleeding.	Every 28 days, up to 13 times/year.



Schedule an appointment on the Red Cross Blood Donor App, or go to RedCrossBlood.org or call 1-800-RED CROSS (1-800-733-2767). Help save a life today.

RSV - Know it. Stop it.

Respiratory syncytial (sin-SISH-uhl) virus (RSV) is a common respiratory virus that causes cold-like symptoms. RSV affects the lungs and breathing passages and most people recover within a couple of weeks. However, RSV can be very serious for infants and older adults. It is the leading cause of bronchiolitis (inflammation of the small airways in the lung) and pneumonia (infection of the lungs) in children younger than 1 year of age in the United States.

Common symptoms include: Runny nose, decreased appetite, or cough (which may progress to *wheezing or difficulty breathing*). Annually, an estimated 58,000–80,000 children younger than 5 years old and 60,000–120,000 older adults in the United States are hospitalized due to RSV infection.

Children at greatest risk for severe illness from RSV include:

- Premature infants
- Infants, 6 months and younger
- Children younger than 2 years old with chronic lung disease or congenital (present from birth) heart disease
- Children with weakened immune systems
- Children who have neuromuscular disorders, including those who have difficulty swallowing or clearing mucus secretion.

Adults at highest risk for severe RSV infection include:

- Adults 65 years and older
- Adults with chronic heart or lung disease
- Adults with weakened immune systems.

RSV can live on hard surfaces for many hours. People infected with RSV may become contagious a day or two before they start showing signs of illness and are usually contagious for 3 to 8 days. However, some infants, and people with weakened immune systems, can continue to spread the virus even after they stop showing symptoms, for as long as 4 weeks.

Ways to decrease the spread of RSV:

- Wash your hands often
- Keep your hands off your face
- Avoid close contact with sick people
- Cover your coughs and sneezes
- Clean and disinfect surfaces
- **Stay home when you are sick**



Anyone who develops cold-like symptoms, should manage pain and fever (check with your healthcare provider before medicating children) and drink plenty of fluids. Call your healthcare provider if a child is having difficulty breathing, not drinking enough fluids, or experiencing worsening symptoms.

For more information please go to www.cdc.gov/rsv.

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	Nov	YTD
Immunizations (visits).....	164.....	2,151
International Travel (visits).....	0.....	76
Nurse Appointments.....	32.....	451
Vaccinations (COVID/Other).....	136.....	1,086
Total Visits.....	292.....	2,673

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

Public Health Nursing	Nov	YTD
CMH (case contacts).....	321.....	4,382
Community Health Screenings.....	37.....	825
Lead Case Management.....	0.....	0
Newborn/Prenatal Home Visits.....	9.....	44
Cribettes distributed.....	6.....	46
School Nurses (student care YTD).....	283.....	937

Communicable Disease Report	Nov	YTD
Infectious Disease (not flu/sti/COVID).....	16.....	165
Hospitalizations due to Influenza.....	14.....	21
COVID-19 (Coronavirus).....	555.....	12,620
Hospitalizations due to COVID.....	18.....	413

Sexually Transmitted Infections	Nov	YTD
STI Positive Results.....	47.....	603
Chlamydia.....	37.....	452
Gonorrhea.....	9.....	150
Syphilis.....	1.....	1

WIC Services- Nov.

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



**AVOID*SPOT*TREAT
FROSTBITE & HYPOTHERMIA**

Prevention is the best medicine. Richland Public Health encourages you to take action and prepare your home and car against extreme cold-weather conditions and emergencies. Observing safety precautions can reduce your risk of weather-related health problems.

******* AVOID *******

When the weather is extremely cold, stay indoors. If you must go outside, dress properly and know who is at high risk for hypothermia or frostbite.

******* SPOT *******

Hypothermia - the condition of an abnormally and dangerously low body temperature. *Adult Symptoms:* Shivering, exhaustion, confusion, fumbling hands memory loss, slurred speech, and drowsiness.

Infant symptoms: bright red, cold skin and very low energy

Frostbite - injury to body tissues caused by exposure to extreme cold. *Symptoms:* Redness or pain in any skin area may be the first sign. White, or grayish-yellow skin, skin that feels waxy or firm, and numbness

******* TREAT *******

*Seek medical attention as soon as possible.

*Get them into a warm room or shelter.

*Remove any wet clothing.

*Warm them under dry layers of blankets and clothing.

*Place areas affected by frostbite in warm-to-touch water.

Please use caution: Victims of frostbite can unknowingly and accidentally further harm themselves due to numbness (because it may not hurt at the time).

*Do not walk on frostbitten feet or toes - unless absolutely necessary.

*Do not use a fireplace, heat lamp, radiator or stove for warming.

*Do not use a heating pad or electric blanket for warming.

*Do not rub or massage areas with frostbite.

For more information see winter safety tips see:
emergency.cdc.gov/disasters or richlandhealth.org/winter-safety

January is National Radon Action Month - TEST YOUR HOME.

Elevated levels of indoor radon are the leading cause of lung cancer among non-smokers, and second leading cause of lung cancer in smokers.

Ohio homeowners can get a FREE radon test kit at <https://ohio.radon.com>.

Jan. 23-29: Healthy Weight Week

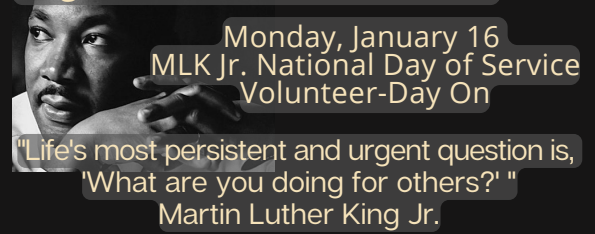
Obesity and excess weight increase the risk of severe illness. A healthy weight is achieved and maintained through a combination of **healthy and nutritious eating, optimal sleep, stress reduction,** and, **physical activity,** which are things we can control. Factors like genetics and diseases regulated by medications which can cause weight gain and may be difficult to control.

Richland Public Health's Women, Infant and Children (WIC) is the nation's premier health and nutrition program for pregnant women, women with a baby less than six months old, breastfeeding mothers, and families of infants and children up to 5 years old . WIC provides individualized nutrition counseling, nutritious foods and classes filled with educational resources. WIC strives to promote and support healthy lifestyles and prevent health problems among Ohio's at-risk women, infants and children.

Call for an appointment: Richland WIC: 419-774-4560; Ashland WIC: 419-289-3359

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

"Together We Can Be THE Dream"



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.

	November	YTD
Total Births (all ages).....	105.....	1,153
Births to Teens	11.....	62
Repeat Births*.....	60.....	714

*Repeat Birth= two or more live births

	November	YTD
Total Deaths	143.....	1,602
Female.....	72.....	797
Male.....	71.....	805

Causes of Death

Accidents (drugs/falls/crashes).....	3.....	84
Alzheimers/Dementia.....	13.....	132
Cancer.....	27.....	266
COVID-19 (Coronavirus).....	3.....	105
Flu/Pneumonia.....	4.....	53
Heart Related.....	39.....	427
Homicides.....	0.....	7
Lung Diseases.....	5.....	74
Renal/Kidney.....	3.....	61
Strokes/CVA.....	4.....	56
Suicides.....	0.....	26
Other (not listed above).....	36.....	251
Deaths Pending Autopsy.....	4.....	7

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

November: 0

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

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

