

HOT TOPIC: HEAT RELATED ILLNESS

Richland Public Health urges residents to use caution and prevent heat-related illness. Stay hydrated, keep cool and avoid the sun during the hottest part of the day 10am-4pm. Sweating is one of the body's natural ways of cooling itself. Sweating alone may not provide an adequate release of body heat. Heat-related illnesses such as heat exhaustion and heat stroke occur when the body's temperature-control system overheats.

Who's at greatest risk for heat stroke or heat exhaustion?

- Infants and children up to 4 yrs
- Anyone who is:
 - overweight
 - over-exerting at work or exercise
 - 65 and older
 - ill or on certain medication
 - sunburned
 - using drugs or alcohol



Signs of Heat Exhaustion

- heavy sweating
- muscle cramps
- weakness
- dizziness
- headache
- nausea



Signs of Heat Stroke

- body temperature of 103 degrees or higher
- gray or red, hot and dry skin with no sweating
- rapid pulse
- nausea
- confusion
- unconsciousness



**Remember:
Water First for Thirst!**

Symptoms of heat-related illness can come on suddenly

People experiencing heat stroke need immediate medical assistance



Check on the elderly and those with illnesses during periods of high heat alerts



Consider walking pets in the early morning or early evening. Have plenty of water and a covered area for you and them to get out of the sun and cool down

For more safety tips see richlandhealth.org

NEVER EVER LEAVE CHILDREN UNATTENDED IN A VEHICLE



A car can get 20 degrees hotter in just 10 minutes. A child's body temperature rises three to five times faster than an adult's and they can die within minutes of being left unattended in a hot vehicle. Richland Public Health joins national child and car safety organizations and encourages parents and caregivers to adopt a mindset to protect children.

TIPS TO KEEP CHILDREN SAFE

- *Never leave a child unattended in a vehicle, even if the windows are partially open or the engine is running or the air conditioning is on.
- *Park, Look, Lock- Park the car. Look for children in the front and back seats. Lock all doors of the car.
- *Ask your childcare provider to call you right away if your child hasn't arrived as scheduled.
- *Keep vehicles locked at all times and place car keys and fobs where children cannot reach them.

Protecting children is everyone's business.

Get involved if you find a child alone in a vehicle:

Call 911 right away and get instructions on how to care for the child.

If the child is not responsive or is in distress:

Get them out of the car and into cool shade.

If the child is responsive and not in distress:

Stay with them until help arrives.

Did you know that 4 out of 5 Child Car Seats are installed incorrectly?



Have your car seat installation checked by a **Certified Child Car Seat Technician** for **FREE** at Richland Public Health. Call **419-774-3541** for an appointment.



NEVER EVER LEAVE A CHILD UNATTENDED IN A VEHICLE

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	May	YTD
Immunizations (visits).....	122.....	591
International Travel (visits).....	4.....	17
Tuberculin Skin Test.....	36.....	165
Vaccinations (COVID/Other).....	114.....	515
Total Visits.....	135.....	428

All visits to the clinic are by appointment. Call 419-774-4700 to schedule an appointment.

Public Health Nursing	May	YTD
CMH (case contacts).....	543.....	1749
Community Health Screenings.....	150.....	269
Influenza Vaccines.....	0.....	13
Lead Case Management.....	0.....	0
Newborn/Prenatal Home Visits.....	10.....	119
Cribettes distributed.....	6.....	18
School Nurses (student care YTD).....	265.....	972

Communicable Disease Report

Infectious Disease (not flu/sti/COVID)...	16.....	66
Influenza (A&B).....	18.....	353
Hospitalizations due to Influenza.....	0.....	6
COVID-19 (Coronavirus).....	527.....	7,401
Hospitalizations due to COVID.....	45.....	143

Sexually Transmitted Infections

STI Positive Results.....	46.....	274
Chlamydia.....	36.....	202
Gonorrhea.....	10.....	72
Syphilis.....	0.....	0

WIC Services- May

New Participants	157
Recertifications	110
Other Contacts	595
Total Ashland & Richland Counties-	862





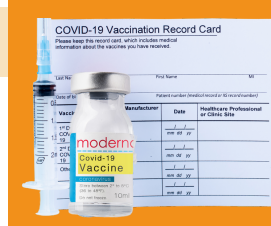
Do The Hustle → The Shawshank Hustle

Richland Public Health is excited to once again sponsor the **Guards vs. Inmates Challenge** at the **8th Annual Shawshank Hustle**, Saturday August 6th! Participate in person or virtually. Runners are divided as fairly as possible into two teams: Guards and Inmates.

The official “**Shawshank Warden**” will be racing against both teams on race day. The team with the lowest aggregate time against the “Warden” is named the winning team. That winning team member's names will then be entered into a drawing for prizes, including a new pair of running shoes! The event will commence it's 7K run from the Ohio State Reformatory, through downtown Mansfield, and back to the Historic Reformatory. Registration is open thru July 31 at: richlandhealth.org/shawshankhustle

Andy Dufresne - “Hope is a good thing, maybe the best of things, and no good thing ever dies.”

BEAT THE WARDEN →



Call today for your Vaccination or BOOSTER
419-774-4700

It is SAFE and EFFECTIVE
For COVID-19 guidance
visit 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 or call 419-774-4500.

	May	YTD
Total Births (all ages).....	90.....	529
Births to Teens	5.....	26
Repeat Births*.....	51.....	318
	May	YTD
Total Deaths	129.....	822
Female.....	63.....	411
Male.....	66.....	411

Causes of Death

Accidents (drugs/falls/crashes).....	6.....	21
Alzheimers/Dementia.....	13.....	74
Cancer.....	21.....	135
COVID-19 (Coronavirus).....	6.....	86
Flu/Pneumonia.....	5.....	30
Heart Related.....	34.....	209
Homicides.....	0.....	3
Lung Diseases.....	5.....	40
Renal/Kidney.....	9.....	37
Strokes/CVA.....	4.....	26
Suicides.....	0.....	12
Other (not listed above).....	17.....	93
Deaths Pending Autopsy.....	7.....	14

*Repeat Birth= two or more live births
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

May: 0 **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. 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

Summertime Food Safety Reminders

Clean: Wash your hands and surfaces often



- Germs that cause food poisoning can survive in many places and spread around your kitchen.
- Wash hands for 20 seconds with soap and water before, during, and after preparing food and before eating.
- Wash your utensils, cutting boards, and countertops with hot, soapy water after preparing each food item.
- Rinse fresh fruits and vegetables under running water.

Separate: Don't cross-contaminate



- When you shop - place raw meat in a bag. Separate meat and eggs from other foods.
- At home - clean hands and all surfaces before and after use. Use a separate cutting board and plates for produce, meat, poultry, seafood and eggs. Store meat in leakproof plastic bags, containers or seals. Freeze any meat not used within a few days.
- Store eggs in original carton in main compartment not the door.

Cook to the right temperature



KEEP HOT FOOD above 140°F

- Use a meat thermometer to cook to the right temperature.
- Keep it out of the danger zone (40°F-140°F) by using a chafing dish warming tray or slow cooker.

KEEP FOOD OUT OF THE DANGER ZONE (40°F-140°F)

where food poisoning bacteria multiply quickest



Chill: Refrigerate promptly

KEEP COLD FOOD below 40° F

- Use a food thermometer to keep perishable food at a cool temperature.
- Keep it out of the danger zone (40°F-140°F).
- **Refrigerate perishables within 1 hour.**



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

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

RETURN SERVICE REQUESTED

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



Richland Public Health
Prevent. Promote. Protect.
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