

# May is National Bike Month

Richland Public Health encourages all Richland County residents to get out and ride a bike for healthy exercise. Despite the COVID-19 pandemic, going for a bike ride is still encouraged and naturally maintains social distancing. In addition to the popular B&O Bike Trail, take advantage of the marked Mansfield Bike Loop. Here are some quick safety tips for bike users and drivers:

## **Safety Tips for Bikers**

- · Protect your head: Always wear a helmet.
- · Make sure your bike is road-ready.
- Be visible: wear bright or florescent colors.
- Avoid biking at night.
- Ride on the right side of the road in a straight path.
- Know hand signals to indicate your intentions to drivers.
- Check for traffic: 70% of car-bike crashes occur at driveways or intersections.
- Obey the rules of the road (traffic laws).

# **Safety Tips for Drivers**

- Protect your life: Always wear a seat belt.
- Be especially cautious around young bike users.
- Remember that bike users are entitled to the full lane. Slow down and stay behind until safe to pass.
- When passing a bike rider, give a three-foot safety cushion.
- Check for bikes: 70% of car-bike crashes occur at driveways or intersections.
- These same tips apply to driving around motorcycles.

# Act F.A.S.T. in Case of a Stroke

National Stroke Awareness Month is an annual event coordinated by the National Stroke Association to help individuals 'Save A Life' by educating them about stroke risk factors, stroke symptoms and stroke preventative measures.

It's also a timely reminder about stroke survivors and how organizations such as the National Stroke Association supports stroke survivors through their lifelong journey of recovery.

According to the National Stroke Association, a person experiencing a stroke can be treated if people have acted

**FAST**, 80% of strokes can also be prevented.

FAST stands for things to check in a suspected stroke victim:

- **F** = Face: Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?
- **A** = Arm: Ask the person to raise both arms. Does one arm drift downward?
- **S** = Speech: Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue."
- **T** = Time: If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get to a hospital immediately.

Stroke risk factors include high blood pressure, smoking, diabetes, poor diet, physical inactivity, obesity, and high cholesterol.



Stroke, which occurs when blood supply to the brain is interrupted, used to be the fourth leading cause of death in the U.S. Now it's the fifth. The higher survival rates are largely due to medical treatment advances. In Richland County there are an average of 60 deaths due to strokes each year, which is the also the fifth leading cause of County deaths.

Stroke is more often disabling than fatal and is a leading cause of long-term disability. Sustained, comprehensive and coordinated rehabilitation is pivotal to success when it comes to regaining

National Health Observances MAY: National Bike Month; Motorcycle Safety Awareness; Mental Health Month; High Blood Pressure Awareness; Stroke Awareness; May 6-12: National Nurses Week; May 9-15: Women's Health Week; May 12: International Nurses Day; May 26: Senior Health & Fitness Day; May 31: No Tobacco Day

strength, function and confidence following a stroke.

#### **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	March	YTD
Immunizations (visits)	26	59
International Travel (visits/consul	lts) 0	0
Nurse Appointments	0	0
COVID/Other Vaccinations	3,007	. 6,111
Total Visits	3,033	. 6,170
For Clinic Appointments for child.	adult, travel.	and

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	March	YTD
CMH (case contacts)	296	661
Community Health Screenings (postponed/covid)		
Influenza Vaccines (Flu Shots)	0	4
Lead Case Management	0	0
Newborn/Prenatal Home Visits.		
Cribettes distributed	3	17
School Nurses (student care YTD)	271	521
COMMUNICABLE DISEASE REPORT		

COMMONICABLE DISEASE MENORY			
Infectious Diseases (not flu/sti/covid)	23	50	
Influenza (A & B)	1	4	
Hospitalizations due to Influenza	0	0	
COVID-19 (coronavirus)	389	.2,877	
Hospitalizations due to COVID-19	28	188	
Sexually Transmitted Infection			

#### Sexually Transmitted Infection

STI Positive Results	56	1/8
Chlamydia	44	144
Gonorrhea		
Syphilis	0	2

**WIC Services - March** 

New Participants
Recertifications
Other Contacts
Total Ashland & Richland Counties:

253 <u>471</u> **918** 

194

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

# HEALTH REPORT (PAGE TWO)

# Say NO Mosquitoes! weekly mosquito spraying schedule.



Richland Public Health's mosquito messaging the next several months will be on eliminating mosquito breeding grounds before they have a chance to get their populations growing.

For home owners, that means eliminating places where standing water pools for seven days or more.

In addition to being annoying, there's the possibility of mosquitoborne diseases like West Nile virus.

To find out more about what you can do to say "NO" to mosquitoes, see our information page on our website: richlandhealth.org/our-community/ mosquitoes.

When it becomes necessary, the web page above will also contain the

# Wear A Helmet!

In addition to being National Bike Month, May is also National Bike Helmet Safety Awareness Month. Makes sense, doesn't it? Each year, 51,000 people are injured nationwide by not wearing a bike helmet.

Since 2011, the Ohio AAP (American Academy of Pediatrics) has operated the "Put a Lid on It!" Campaign to promote Bike Helmet Safety Awareness and more than 57,000 helmets have been given out.

Richland Public Health has participated in the FREE bike helmet program for five years. This year's distribution will be through the Friendly House.



Health Educator Reed Richmond helps fit a new bike helmet on a visitor to the Minority Health Fair in 2019.

#### COVID-19 Vaccination Information

#### Our COVID-19 Vaccine Registration Number is 614-881-1882.

All adults ages 18 and older can get a COVID-19 vaccination using either the twodose Moderna vaccines or the one-dose Johnson and Johnson vaccine. Individuals 16 and older can get the two-dose Pfizer vaccines.

See our website at richlandhealth.org/vaccine-registration for updates and contacts for all Richland County providers.

We can not stress strongly enough the desire to get more people vaccinated to stay ahead of the coronavirus variants and assure a more open summer season. As of the last Friday in April, Richland County had vaccinated 36,515 with at least one dose of the vaccine and Ohio had vaccinated 4,683,125 individuals.

### COVID-19 Cases as of April 30, 2021 (since 12/31/2019)

Location	<b>Total Cases</b>	<b>Deaths</b>	<b>Total Recovered</b>
Richland County	11,190	211	10,659
Ohio	1,072,312	19,284	1,018,980
United States	32,301,639	575,338	25,642,392
Worldwide	150,699,791	3,169,494	87,741,213

The Richland Public Health "Health Report" is a monthly production of the Community Health and Prevention  $Sciences\ Division.\ Suggestions\ and\ corrections,\ including\ mailing\ label\ corrections,\ are\ welcome.\ Call\ Reed\ Richmond,$ Health Education and Communications Specialist, at 419-774-4726 or email rrichmond@richlandhealth.org

# **Look for Motorcycles**

May is Motorcycle Safety Awareness Month. Look twice at intersections to check for motorcycles. Share the road.



## 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. March.. YTD

Total Births (all ages)	120 333
Births to Teens	5 19
Repeat Births*	80 212
	March YTD
Total Deaths	
Female	59 223
Male	64 220
Causes of Death	
Heart Related	44 133
COVID-19 (coronavirus)	3 71
Cancer	1961
Alzheimer's/Dementia	8 29
Lung Diseases	9 26
Strokes/CVA	4 20
Accidents (drugs/falls/crashes)	3 13
Flu/Pneumonia	5 9
Renal/Kidney	I 8
Parkinsons	0 3
Suicides	
Homicides	1 2
Other (not listed above)	15 48
Deaths Pending Autopsy	11 17
*repeat births = 2nd or more live	births

#### **Infant Mortality: Richland County** For March: I For 2021 to date: I

Birth & Death statistics include City of Shelby

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 infant residents occuring outside of Richland County are not reflected in county death statistics. KNOW the SAFE SLEEP ABC's:  $\underline{\underline{A}}$  lone, on  $\underline{\underline{B}}$  ack, in a  $\underline{\underline{C}}$  rib.

#### CALLING THE HEALTH DEPARTMENT .....419-774-4500 Main Number Public Health Clinic.. .419-774-4700 Public Health Nursing..... .....419-774-4540 .....419-774-4520 Environmental Health.. Com. Health & Prev. Sciences .......419-774-4761 WIC. .419-774-4560

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