# **VACCINES IN THE CLINIC**

## Flu Shots by Appointment in October Call 419-774-4700 (Monday thru Friday)

Everyone age 6 months and older needs a flu shot!

Richland Public Health flu vaccines will be available by appointment starting in October through our Public Health Clinic. Call 419-774-4700 to schedule a flu shot for you and your family.

Everyone from age six months and up should get an annual flu shot. The CDC recommends getting your flu shot in October, but if you miss that month, get one as soon as possible.

Influenza is a contagious disease that spreads around the United States every year, usually between October and May. Flu is caused by influenza viruses, and is spread mainly by coughing, sneezing, and close contact. Anyone can get the flu. Flu strikes suddenly and can last several days. Symptoms vary by age, but can include: fever/chills, sore throat, muscle aches, fatigue, cough, headache, and runny or stuffy nose.

Flu is more dangerous for some people. Infants and young children, people 65 years of age and older, pregnant women, and people with certain health conditions or a weakened immune system are at greatest risk.

"No one likes to be sick. Getting the flu will cause you to miss work or school, along with your favorite activities," Amy Schmidt, Director of Nursing at Richland Public Health, said. "You might also pass the flu on to your family, friends, or co-workers. Protect yourself and others. Get your flu shot."

According to the Centers for Disease Control and Prevention (CDC), cold and flu season runs from approximately October to May, with a peak somewhere between December and February. Flu can be widespread, with up to 49 million cases each year in the United States.

For additional information about influenza, visit our website www. richlandhealth.org, or talk with your pediatrician or family physician. For special home-bound services, call 419-774-4540.

#### Fall Hike for Health is October 16

Richland Public Health's "Fall Hike for Health" is Saturday, October 16, at Malabar Farm State Park and Gorman Nature Center in Mansfield. The fall hikes are in their  $20^{\text{th}}$  year at Malabar Farm State Park and 6th year at Gorman Nature Center after taking a year away due to COVID restrictions.

Enjoy the beauty of Ohio's fall colors at both locations with hikes through the woods from 9 a.m. to 12 p.m. Hikes are selfguided with suggested start times by 11 a.m.



Hikes are on easy trails so everyone in the family can participate. Hikes starting at either Malabar Farm State Park (4050 Bromfield Road) and Gorman Nature Center (2295 Lexington Avenue) generally last a half hour to one hour. Adults must accompany children on hikes. Dogs are permitted but must be on a leash.

All hikers are encouraged to check in at the Visitor's Center at Malabar Farm. You will find maps of the walking trails as well as snacks and bottled water for before or after your hike. A special guided hike also leaves from the main entrance at 10 a.m. The main building at Gorman Nature Center may be closed that day, but the trails are easy to access behind the building the trails are well marked.

Hiking is promoted as a healthy form of exercise by Richland Public Health. Since the October 16 hike will be held rain or shine, participants are encouraged to dress appropriately for the weather. Sturdy hiking boots are recommended as the trail conditions may be somewhat slippery.

National Health Observances for October: SIDS Awareness Month; Breast Cancer Awareness Month; Dental Hygiene Month; 3-9: Mental Illness Awareness Week; 18-22: Health Education Week; Oct. 4: Child Health Day; Oct. 16: World Food Day; Oct. 29: World Stroke Day.



Deer-Vehicle Crash Season Begins

Ohio drivers beware. Your risk of colliding with deer increases in October, according to officials at the Ohio Department of Public Safety and the Ohio State Highway Patrol.

The increased risk is partly due to the fact that October through December is peak deer mating season in the Buckeye state.

Three deaths and 857 injuries were caused by Ohio Deer-Vehicle (D-V) crashes in 2020.

Richland County was second among Ohio's 88 counties for D-V crashes. The four counties with the highest number of reported D-V crashes in 2020 were Stark (533), Richland (449), Hancock (493), and Williams (411).

"If there's a 'Deer Crossing' sign, pay attention," said Reed Richmond, Health Educator at Richland Public Health and an instructor in the AARP senior driver refresher classes. "Those signs are there because they are posted in areas with high and active wildlife populations. Use caution, especially during these fall months and especially at dawn and at dusk when deer are most likely to be moving."

#### 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	<u>August</u>	YTD
Immunizations (visits)	227	542
International Travel (visits/cons	ults) 3	9
Nurse Appointments	0	0
COVID/Other Vaccinations	120	. 8,476
Total Visits		
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	August	YTD
CMH (case contacts)	344 .	3,158
Community Health Screenings	19 .	19
Influenza Vaccines (Flu Shots)		
Lead Case Management		
Newborn/Prenatal Home Visits		
Cribettes distributed		
School Nurses (student care YTD	0	749

#### COMMUNICABLE DISEASE REPORT

Infectious Diseases (not flu/sti/covid)	22	160
Influenza (A & B)	0	6
Hospitalizations due to Influenza	0	0
COVID-19 (coronavirus)	. 1,685	.5,560
Hospitilizations Due to COVID-19	96	399
Sexually Transmitted Infection		
STI Positive Results	59	482

Chlamydia......48......48.... Gonorrhea.....II . . . . . 106

**WIC Services - August** 

New Participants Recertifications Other Contacts

65 486 **700** 

149

**Total Ashland & Richland Counties:** 

### **Halloween During the Pandemic**

Amid the COVID-19 pandemic, it is important to use caution and plan ahead for Halloween festivities. Decisions on whether to participate should be made by local communities, individuals, and parents/guardians.

#### General Guidance

- It is strongly recommended that hayrides and haunted houses be canceled/avoided.
- To lower risk, consider safer, socially distant ways to celebrate.
- Do not hold large in-person Halloween parties. If holding smaller parties, limit attendance to 10 or fewer people and hold the event in an outdoor area where social distancing is possible.
- Always wear a face covering and stay 6 feet away from people who are not from your household, whether trick-or- treating, passing out treats, or attending attractions or events. Stay home if you are sick.
- Carry hand sanitizer and use it often, especially after coming into contact with frequently touched surfaces and before eating candy.
- Select events/attractions that are held outdoors and allow attendees to socially distance. Avoid events that involve being crowded in a small area.
- Consider the people in your household who may be at greater risk of complications if COVID-19 is brought into the home, such as those with certain health conditions, women who are pregnant, or older family members.
- If taking your children trick-or-treating, ask your children to stay as far from treatgivers as possible. For small children, consider holding the bag for them.
- Allow children to eat only factory-wrapped treats. Avoid homemade treats made by strangers.
- If your child is at greater risk of complications from COVID-19, contact your doctor before allowing participation in Halloween activities.



#### **COVID-19 Vaccination Information**

All adults ages 18 and older can get a COVID-19 vaccination using either the two-dose Moderna and Pfizer vaccines or the one-dose Johnson and Johnson vaccine. Individuals 12 and older can get the Pfizer vaccines.

Our registration number is 419-774-4700. See richlandhealth.org/vaccine-registration for updates and contacts for all Richland County providers.

As of October 1, Richland County had vaccinated **49,030** with at least one dose of the vaccine and Ohio had vaccinated **6.31** million individuals.

### COVID-19 Cases from Sept. 1 to Oct. 1, 2021

Location	Cases	Deaths	Hospitalized
Richland County	4,173	17	96
Ohio	93,946	205	3,399
United States	3,760,567	51,683	not available
Worldwide	14,508,588	238,837	not available

The Richland Public Health "Health Report" is a monthly production of Community Health & Prevention Sciences. Suggestions and corrections are welcome. Call Reed Richmond, Health Education & Communications Specialist, at 419-774-4726.

### HALLOWEEN HUMOR

I threw a boomerang at a ghost. I knew it would come back to haunt me.

#### **PREVENT FALLS**

STEADY U Ohio says: Leaves are supposed to fall, but people aren't.

Learn what you can do to #PreventFalls at www.steadyu.ohio.gov

There you'll find great tips like this one: "Avoid walking on leaves and other tree debris in walkways. Even the slightest moisture can make these things very slippery, and debris can hide tripping hazards beneath."

### 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

	_August YTD	
Total Births (all ages)	120 931	
Births to Teens	5 57	
Repeat Births*	77 587	
	.AugustYTD	
Total Deaths	1391011	
Female	65 483	
Male	74 528	
Causes of Death		
Heart Related	41 318	
Cancer	21 159	
COVID-19 (coronavirus)		
Alzheimers/Dementia		
Accidents (drugs/falls/crashes) .	5 62	
Lung Diseases	1158	
Renal/Kidney	838	
Strokes/CVA	3 37	
Flu/Pneumonia	221	
Parkinson's	412	
Suicides	8	
Homicides	0 5	
Other (not listed above)	16102	
Deaths Pending Autopsy	320	
*repeat births = 2nd or more live births Birth & Death statistics include City of Shelby		

# Infant Mortality: Richland County <u>August Cases: 0</u> <u>Year To Date: 1</u>

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.

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

**ВЕТИВИ SERVICE REQUESTED** 



