

The Noble County Health Monitor

A monthly publication sponsored by the Noble County Health Department

Poison Ivy, Poison Oak, and Poison Sumac

Learn how to recognize these pesky plants, where they grow, and how to treat your child's rash if they come into contact with any of them.

How to Spot the Plants

All three of these plants are made of compound leaves—multiple leaflets that make up one leaf. Also, "be on the lookout for a dull, waxy sheen on the plant," says Jody A. Levine, M.D., director of dermatology at Plastic Surgery & Dermatology of NYC. "This is Urushiol, the toxic substance that causes the reaction." This oil can be found on every part of the plants, including the stems, berries, roots, flowers, and of course, the leaves.

Poison Ivy

Eastern poison ivy grows as a rope-like vine and can be found all along the East Coast, as well as in the Midwest and some southern and western states. Western poison ivy is a shrub and grows almost everywhere in the continental U.S. Both versions of the plant can produce green or yellow flowers and white to green-yellow or amber berries. The leaves are usually shiny green but can change to orange-red with hints of yellow in the fall.

Poison Oak

The edges of the fuzzy leaflets tend to be more tooth-like than poison ivy and the plant can yield clusters of green-yellow or white berries. Also, the plant can grow as a low shrub or vine and matches the colors of other changing foliage. This plant is more common in the northeastern states and Great Lake region.

Poison Sumac

Poison sumac takes on a 'fern-like' appearance, growing between seven and 13 leaflets on a reddish stem. The green leaflets, oval in shape with a pointy top, tend to run in pairs up the stem. This plant grows mostly in the eastern United States.

The Rash and How to Treat It

Should your child come in contact with any of these plants, the one thing that will be the same is the rash. When someone brushes up against one of these poisonous plants, the Urushiol oil touches the skin and causes an allergic reaction that manifests itself in the form of an itchy, blistering rash. Small rashes from contact with these plants can be treated at home with wet compresses, cool baths, and calamine lotion, all of which will relieve the itch of the rash. However, you should clean the exposed area with soap and lukewarm water as soon as possible. If a rash does develop, you'll typically see it within 24 to 48 hours. Antihistamines can help with itching, but consult your physician about further treatment.

July 2017
Issue

July 4-
Independence
Day

It doesn't
matter how
slow you go as
long as you
don't stop.

Confucius

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For more health
information contact:
**NOBLE COUNTY
HEALTH
DEPARTMENT**
740-732-4958
www.noblecohd.org

Interesting Fact

The actual time it takes for the Earth to travel around the Sun is in fact a little longer than a year—about 365 ¼ days (365 days, 5 hours, 48 minutes, and 46 seconds, to be precise).

Get in the Know About Shingles

Shingles is a viral infection that causes a painful rash. Although shingles can occur anywhere on your body, it most often appears as a single stripe of blisters that wraps around either the left or the right side of your torso.

Shingles is caused by the varicella-zoster virus — the same virus that causes chickenpox. After you've had chickenpox, the virus lies inactive in nerve tissue near your spinal cord and brain. Years later, the virus may reactivate as shingles.

Vaccines can help reduce the risk of shingles, while early treatment can help shorten a shingles infection and lessen the chance of complications.

Contact your doctor promptly if you suspect shingles, but especially in the following situations:

- The pain and rash occur near an eye. If left untreated, this infection can lead to permanent eye damage.
- You're 70 or older, because age significantly increases your risk of complications.
- You or someone in your family has a weakened immune system (due to cancer, medications or chronic illness).

Does someone you know need a Sports Physical for the upcoming school year?

The Noble County Health Department is offering Sports Physicals on July 11 from 10-11:45am, July 18 from 1-5pm & July 24 from 2-6pm for a special price of \$10. Paperwork can be picked up ahead of time at your respective school. Vaccines will also be offered during these times. If you have any questions, please call the Health Department at 732-4958.

Need a Mammogram?

The James Mammography mobile van will be at the Noble County Health Department on August 30, 2017. To schedule an appointment, call Tammy at 732-4958.

"This Institution is an Equal Opportunity Provider."

Community Health Assessment

The Noble County Health Department is pleased to announce the release of the 2017 Community Health Assessment (CHA). This summary is a collection of data that was received from the CHA survey that went out to area residents earlier this year. The goal of the CHA is to identify health issues of our residents. The next step is to create a Community Health Improvement Plan that will address these health issues. The Noble County Health Department is inviting you to review the CHA at www.noblecohd.org or a printed version is available for view at the Health Department. We appreciate your comments, concerns or questions which can be directed to Samantha Hesson at the Health Department at 732-4958 or at Samantha.hesson@noblecohd.org.

Youth tobacco product use drops during 2015-2016

The number of middle and high school students who say they are current tobacco users – defined as having used a tobacco product in the past 30 days – dropped from 4.7 million in 2015 to 3.9 million in 2016, according to new data published by the Centers for Disease Control and Prevention (CDC) and the U.S. Food and Drug Administration's (FDA) Center for Tobacco Products. These findings from the 2016 National Youth Tobacco Survey appear in CDC's [Morbidity and Mortality Weekly Report](#). Tobacco prevention and control strategies at the national, state, and local levels likely contributed to the reduction in tobacco use, particularly for e-cigarettes. However, the report notes that continued surveillance of all forms of youth tobacco product use is important to help determine whether the current downward trend in youth tobacco use continues.

Have an upcoming event?

If you would like it in the monthly health monitor please contact Samantha Hesson at 740-732-4958 or Samantha.Hesson@noblecohd.org.