

# The Noble County Health Monitor

A monthly publication sponsored by the Noble County Health Department

## You Have the Power to Prepare

Throughout September, CDC and more than 3000 organizations will support emergency preparedness efforts and encourage Americans to take action. This year, the Office of Public Health Preparedness and Response will focus on four important topics – READY... STEADY... SHOW... GO! Each week in September will focus on a different step in the preparedness steps.

*Week 1: READY... Build a kit. Make a plan. Be informed.*

Many emergencies happen without warning, it is important that you take steps ahead of time to keep everyone safe and healthy. One important way you can prepare is by having a kit ready in case you do not have access to food, water, or electricity for several days after a disaster. In addition to building a kit, talk to your loved ones about an emergency plan with the steps you all will take in different types of emergencies.

*Week 2: STEADY... Review your plans and update your kit.*

In a real emergency, you may become overwhelmed or confused, so it is important to practice your emergency plan – review the plans and have practice drills with your whole family. Review and replace the contents of your emergency kit every six months. Be sure to check expiration dates on food, water, medicine, and batteries and add any personal items that are unique to your needs.

*Week 3: SHOW... Inspire others to prepare.*

Research shows that talking about preparedness increases the likelihood of others taking steps to get prepared. Talk to your family and friends about the important steps they can take to be prepared.

*Week 4: GO! Take immediate action to save lives.*

It is vital that people take not only immediate but also the appropriate protective action when an emergency happens. Local officials will ask you to *shelter in place* (take shelter in a basement or windowless interior room) in some situations; and to evacuate your home, workplace or community in response in others. Know when to go (or stay), where to go, how to get there and what to do BEFORE an emergency.

September 2017  
Issue

Sept. 4<sup>th</sup> – Labor Day  
September 11<sup>th</sup> – Patriot Day  
Sept. 22<sup>nd</sup> – Autumn Begins

Life starts all over again when it gets crisp in the fall.

- F. Scott Fitzgerald

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For more health information contact:  
**NOBLE COUNTY HEALTH DEPARTMENT**  
740-732-4958

## Interesting Fact

The "sixth sick sheik's sixth sheep's sick" is believed to be the toughest tongue twister in the English language.



## Noble County Health Department Drive-Thru Flu Shot Clinic

**Saturday, September 23rd**  
**9:00am - 2:00pm**

**At the Health Department**  
**44069 Marietta Rd.**  
**Caldwell, OH 43724**

## Bring Your Insurance Card

**If you miss us on this date, stop in our office  
for a flu shot:**

**Mondays 8:00am - 6:00pm**  
**Tuesday - Fridays 8:00am - 4:00pm**

**For more information, call the Health  
Department at 740-732-4958**

## **Need a Mammogram?**

The James Mammography mobile van will be at the Noble County Health Department on November 15, 2017. To schedule an appointment, call Tammy at 732-4958.

## ***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](mailto:Samantha.Hesson@noblecohd.org).

## Suicide Prevention Month

National Suicide Prevention Week is the Sunday through Saturday surrounding World Suicide Prevention Day, September 10th. An evaluation by a mental health professional is essential to rule out the possibility of suicide and/or to initiate appropriate treatment. If a youth shows or expresses any of the following behaviors or symptoms, they may signal a suicidal crisis:

Feelings of **Hopelessness** • Anxiety, trouble sleeping or sleeping all of the time • Withdrawal from friends, family, and community • Increase **alcohol and/or drug use** • Expressions of having no reason for living; no sense of **purpose** in life • Feelings of being **trapped** - like there's no way out • Giving away prized possessions • Rage, uncontrolled **anger**, expressions of wanting or seeking revenge • Reckless behavior or more risky activities, seemingly without thinking

## **Get Help**

Get help by contacting a mental health professional or calling the **National Suicide Prevention Lifeline** at 1-800-273-TALK (1-800-273-8255). The Lifeline staff can refer you to resources in your community. Lifeline has trained counselors available 24/7. For more information please go to [www.suicidology.org](http://www.suicidology.org). This information is provided by the American Associations of Suicidology.

## **SEPTEMBER IS FALLS PREVENTION AWARENESS MONTH!**

September 22 not only marks the start of the fall season, it is also National Falls Prevention Awareness Day. Throughout the month, the STEADY U Ohio initiative and its partner organizations are drawing attention to the epidemic of falls among older adults, with a simple message: **Most falls can be prevented!**

An older Ohioan falls every two minutes on average, resulting in an injury every five minutes, six emergency department visits and one hospitalization each hour, and three deaths each day. For tips and information on how to prevent falls check out: [www.steadyu.ohio.gov](http://www.steadyu.ohio.gov).