Get Yourself a PCP!

Establishing a primary care physician as early in life as possible is extremely important in order to have a baseline established and personal health history recorded throughout your life. Most importantly, by establishing a primary care provider early in life, patients develop a greater level of trust and a better relationship with their doctor. This is important, as patients need to be open about their health history and any sort of symptoms, in order for doctors to properly assess and treat their conditions.

Primary care physicians play a critical role in preventative care by making sure you get the right screenings when you need them. They will keep you up to date on any vaccines to prevent future illnesses and health screenings. If a primary care physician knows your family history, they can also watch for illnesses that you are at risk for, and monitor your risk factors.

Primary care providers also help control chronic health conditions, such as high blood pressure, asthma and diabetes. Primary care physicians aim to treat you as an individual, not just as an illness, but to do so, they need know what is normal for you.

Interesting Fact!
A common year is 365 days = 8760 hours = 525600 minutes = 31536000 seconds. A leap year is 366 days = 8784 hours = 527040 minutes = 31622400 seconds.

The American Red Cross Bloodmobile will be at the Noble County Community Center on Thursday, February 17, from 11 am to 4 pm. Blood supplies are low due to bloodmobile cancellations due to the recent winter weather. Walk-ins are greatly needed.

Need a Mammogram?
The James Mammography mobile van will be at the Noble County Health Department on January 25, 2017. To schedule an appointment, call Tammy at 732-4958.
Golden Rules of Goal Setting

You have probably heard of SMART goals already. But do you always apply the rule? The simple facts is that for goals to be powerful, they should be designed to be SMART. There are many variations of what SMART stands for, but the essence is this– goals should be:

- Specific
- Measurable
- Attainable
- Relevant
- Time Bound

Set Specific Goals
Your goal must be clear and well defined. Make it as easy as you can to get where you want to go by defining precisely where you want to end up.

Set Measurable Goals
Include precise amounts, dates, and so on in your goals so you can measure your degree of success.

Set Attainable Goals
If you set a goal that you have no hope of achieving, you will only demoralize yourself and erode your confidence. These are the types of goals that require you to "raise the bar" and they bring the greatest personal satisfaction.

Set Relevant Goals
Goals should be relevant to the direction you want your life and career to take. By keeping goals aligned with this, you’ll develop the focus you need to get ahead and do what you want.

Set Time-Bound Goals
Your goals must have a deadline. When you are working on a deadline, your sense of urgency increases and achievement will come that much quicker.

Chicken Pot Pie Casserole

- 1 lb Chicken Breast  •  12 oz Frozen Peas and Carrots, thawed
- 1 Onion diced  •  2 cans Refrigerated Crescent Rolls
- 2 cup Frozen Diced Potatoes, thawed (like Hash Browns or Potatoes OBrien)  •  1/2 tsp Poultry Seasoning  •  Salt and Pepper to taste.
- 2 can Cream of Chicken Condensed Soup  •  1 cup Water

Instructions
Preheat oven to 350. Grease a 11x13” baking dish.

Grill chicken breasts until cooked through. Dice chicken into 1/2” cubes.

Unroll 1 can of crescent rolls and pinch perforations to seal into a sheet. Press into bottom and up sides of prepared dish. Don’t worry if sides do not go all the way up.

Bake for 20 minutes or until crust is light brown. Allow to cool.

In a large skillet, combine chicken cubes, diced onion, water, potatoes and peas and carrots. Stir and cook over medium heat until ingredients (5-10 minutes).

Add soup and poultry seasoning and continue heating for another 5 minutes.

Pour chicken mixture over baked crust and spread evenly.

Unroll other can of crescent rolls and pinch perforations to seal into a sheet. Place over top of chicken mixture and press into sides of dish.

Bake for 25 minutes or until top is golden brown.

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.
National Teen Dating Violence Awareness and Prevention Month

Teen dating violence is also called intimate relationship violence. It includes physical, psychological or sexual abuse; harassment; or stalking of any person ages 12 to 18. This can happen in the context of a past or present romantic or consensual relationship. As teens develop emotionally, they are heavily influenced by experiences in their relationships. Youth who experience dating violence are more likely to experience the following:

- Symptoms of depression and anxiety, thoughts about suicide
- Engagement in unhealthy behaviors, such as tobacco, drug, and alcohol use
- Involvement in antisocial behaviors.

Teens receive messages about how to behave in relationships from peers, adults in their lives, and the media. All too often these examples suggest that violence in a relationship is normal, but violence is never acceptable. Communicating with your partner, managing uncomfortable emotions like anger and jealousy, and treating others with respect are a few ways to keep relationships healthy and nonviolent.

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

Interesting Fact
There are 293 ways to make change for a U.S. dollar.

The American Red Cross Bloodmobile will be at the Noble County Community Center on Thursday, Feb. 16, from 11am to 4pm. Walk-ins are greatly needed.
Give the Gift of Falls Prevention

Valentine’s Day is a time to show those in our lives how much we care. However, buying a gift for an older loved one can be challenging, especially someone who probably doesn’t need anything. Gestures to keep them safe and independent can mean more than cards or flowers (and last longer, too). The STEADY U Ohio falls prevention initiative (www.steadyu.ohio.gov) offers these gift ideas to help prevent falls:

* Tiny flashlights to attach to keys, purses and coat buttons for extra visibility during winter months
* Night lights that complement the loved one’s décor, but also help light the way around their home
* Automatic lights over stairways and by outside entrances
* Spike-less ice and snow shoe gripper sole covers for extra stability when walking on slippery surfaces
* Higher toilets or toilet seat extensions
* Professionally installed grab bars in the bathroom
* Firm stair railings on both sides of stairways
* A folding step-stool with a hand rail for access to out-of-reach places
* Fall alarm systems that are motion triggered without hitting a button

What better way to show how much you care about your loved one’s well-being than to help her reduce her risk of slipping, tripping or falling. Give the gift of peace of mind - for both you and your loved one. Visit www.steadyu.ohio.gov for more tips and resources to prevent falls.

Heart Disease

Heart disease is the leading cause of death for men and women in the United States.

Every year, 1 in 4 deaths are caused by heart disease. The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices. Make a difference in your community: Spread the word about strategies for preventing heart disease and encourage people to live heart healthy lives. **Wear red** on February 5th (the day nationally-recognized to wear red and promote heart health!).

Stuffed Tomatoes with Eggs & Spinach

4 medium tomatoes ● 4 small eggs ● 1 tsp lemon juice
4 teaspoon coconut cream ● 4 tbsp. grated cheddar
Salt & pepper to taste ● 1 avocado, mashed

Preheat oven to 200C.

Grease an oven safe dish with a little bit of oil. Set aside.

With a knife, cut the top of the tomatoes and using a spoon remove the flesh of the tomatoes. Don’t break the bottom of the tomatoes. Discard the flesh - juice and seeds. Place them in the oven safe dish, leaving half thumb space between each tomatoes.

Add 1 teaspoon of cream at the bottom of each tomato hole then add grated cheddar, finely chopped spinach, salt & pepper and crack an egg. Make sure the egg is not too big or the egg white will run over the tomato hole.

Bake for 15-25 minutes or until the eggs are set.

Mash the avocado with lemon juice. Adjust salt and pepper to your taste.

Serve the stuffed tomatoes hot topped with mashed avocado.

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.
Nutrition Awareness Month
Put Your Best Fork Forward On Your Plate

Simply start with small changes to make healthier choices you can enjoy. Reaching and maintaining a healthier weight contributes to your overall health and well being. Losing even a few pounds or preventing further weight gain has health benefits. Here are some tips to get you started.

Make half your plate fruits and vegetables: Vary your veggies. Try adding fresh, frozen or canned vegetables to salads, sides and main dishes.

Make half your grains whole grains: Look for whole grains listed first or second on the ingredients list. Try oatmeal, popcorn, whole-grain bread and brown rice. Try mixing half regular and half whole.

Vary your protein: Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry. Try main dishes made with beans and seafood, like tuna salad or bean chili.

Drink and eat less sodium, saturated fat and added sugars: Choose vegetable oils instead of butter and oil-based sauces and dips instead of ones with butter, cream or cheese. Drink water instead of sugary drinks.

Move to low-fat or fat-free milk or yogurt: Choose fat-free milk, yogurt and fortified soy beverages (soy milk) to cut back on saturated fat. Replace sour cream with low-fat yogurt, milk and cheese.

Start with a plan for lifelong health. Focus on the big picture, achieving overall good health, not just short term weight loss.
Firearm Safety

According to the National Safe Kids Campaign, "unintentional shootings account for nearly 20 percent of all firearm-related fatalities among children ages 14 and under, compared with 3 percent for the entire U.S. population." More than half of these accidents occur in children age 10-14. The most obvious way to protect your child from an accidental shooting is to simply not have a gun in the home, it is wise to inform your child of the potential dangers of firearms, and teach them what to do if they encounter a gun.

Tips for keeping your child safe:

- Teach your child early on that guns are dangerous weapons, and are not toys.
- Store guns unloaded in a locked and inaccessible cabinet. Store ammunition in a separate place.
- Keep storage keys hidden and inaccessible to children.
- Use additional safety devices, such as trigger locks.
- Call the police department to dispose of guns or ammunition.
- Teach your child to never touch a gun without adult permission and supervision. If an adult is not present, teach your child to call 911.

Healthy Stuffed Avocado

• 1 avocado, halved and pitted • salt and pepper (to taste) • ¼ cup diced red onion • 1 tablespoons minced jalapeno • ¼ cup diced red bell pepper • ¼ cup black beans • ¼ cup cilantro leaves, roughly chopped • 1 tablespoon lime juice • 1 cup of your choice of protein ( ex. Shredded chicken or tuna)

1. Scoop out some of the avocado from the pitted area to widen the "bowl" area. Place the scooped avocado into a medium-size mixing bowl. Mash it with a fork.
2. Add the protein, bell pepper, jalapeno, and cilantro to the mixing bowl. Pour lime juice over. Stir it all together until everything is well mixed.
3. Scoop the tuna into the avocado bowls. Season with salt and pepper.

Get to know WIC

WIC is the Special Supplemental Nutrition Program for Women, Infants, and Children. WIC helps income eligible pregnant and breastfeeding women, women who recently had a baby, infants, and children up to five years of age who are at health risk due to inadequate nutrition.

The program improves pregnancy outcomes by providing or referring to support services necessary for full-term pregnancies; reduces infant mortality by reducing the incidence of low birth weight (infants under 5 ½ pounds are at greater risk of breathing problems, brain injuries and physical abnormalities), and provides infants and children with a healthy start in life by improving poor or inadequate diets.

WIC provides nutrition education, breastfeeding education and support; supplemental, highly nutritious foods such as cereal, eggs, milk, whole grain foods, fruits and vegetables, and iron-fortified infant formula; and referral to prenatal and pediatric health care and other maternal and child health and human service programs.

For more information or to set up an appointment call the Noble County Health Department at 740-732-4958.

Community Baby Shower

Celebrate your pregnancy or child from birth to 6 months of age!

Come and be showered with the knowledge and wisdom you need to raise a happy, healthy, & safe child.

Join Us

Date: Thursday, April 20, 2017
Time: 6:00-8:00pm
Location: Noble County Community Center (located behind McDonald’s)
RSVP to: Phone: 740-732-4958 to register

It’s a BABY!!! Now What?

This FREE event offers parents an educational opportunity to learn from local vendors about the services available in our area and gain knowledge about growth, development, & child health.

Come Join Us For:
* Giveaways
* Door Prizes
* Refreshments
* Community Resources

Sponsored by:
The Noble County Health Dept.
It’s STD Awareness Month!

Sexually Transmitted Diseases are passed from one person to another through sexual contact. These include Chlamydia, Gonorrhea, Genital Herpes, Human Papillomavirus (HPV), Syphilis, and HIV. Many of these STDs do not show symptoms for a long time, but they can still be harmful and passed on during sex. This year the CDC is focusing on Syphilis for STD Awareness month. In 2000, Syphilis reached historic lows with less than 6,000 cases reported to the CDC and a rate of only 2.1 cases per 100,000 people. Compare that to the most recent STD Surveillance Report in 2015 when there were 23,872 reported cases of Syphilis and a 19% rate increase since 2014. Men in general, gay and bisexual men specifically, continue to face the highest levels of Syphilis. In recent years, Syphilis has also risen among women. One of the most alarming trends is back-to-back years of increasing rates among babies who were miscarried, stillborn, or born with Syphilis.

The good news: STD’s are preventable. There are steps you can take to keep yourself and your partner(s) healthy.

✓ Practice Abstinence
✓ Use Condoms
✓ Have Fewer Partners
✓ Get Vaccinated
✓ Get Tested

Visit your local health department to get tested for any STD’s.

Interesting Fact
Startling is the only 9 letter word in the English language where you can remove one letter at a time and still create a word.
**Teens, Cutting, and Self-Harm: What Parents Need to Know Now**

An alarming new study found that YouTube videos about self-injury and self-harm have been viewed 2.3 million times. Most lacked warnings about the nature of the content or viewing restrictions, according to MedPage Today. Study authors worry that such videos may make self-harm behavior seem normal to children or even trigger them to attempt it.

Self-injuring behavior is more common than you might realize. Such acts, which include cutting, severe scratching, burning, piercing skin with sharp objects, hitting, and biting, occur among 14 to 21 percent of children, teens, and young adults, research has found.

Common reasons why teens self-harm are to make themselves “feel alive” or to distract themselves from intense emotions. A complex problem, it is often linked to low self-esteem and depression, emotional health issues including bipolar disorder, eating disorders, and obsessive or compulsive behavior.

**Could You Spot Warning Signs of Cutting Behavior in Your Teen?**

Obvious signals include physical proof — such as scars, cuts, and scratches — less noticeable symptoms include spending a lot of time alone, wearing long sleeves and pants, and claiming to have frequent accidents.

**Is Your Teen at Risk for Cutting?**

According to MayoClinic.com, children who have friends who self-injure, endured sexual, physical, or emotional abuse, or who have certain personality traits (namely, those who are very self-critical, impulsive, or have poor problem-solving skills) are more likely to self-injure than others.

**What If Your Teen Is Harming Themselves?**

The worst thing you can do is yell or criticize, say experts, which may just prompt your child to harm themselves further. Make sure to tell them you love them no matter what. If you’re concerned about your child and not sure how to seek help, start with their pediatrician or family doctor.

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**Tex-Mex Fresh Salad**

**For the dressing:**
- 1/3 cup lime juice, plus additional lime juice for coating avocado • 3 tbsp. extra-virgin olive oil • 2 cloves of garlic, minced • 2 tbsp. white wine vinegar • 1 1/2 tsp salt & pepper

**For the salad:**
- 3 1/4 cups corn • 1 pint grape tomatoes, halved • 2 jalapeños, seeds & membranes removed and finely diced • 4 oz. cotija cheese, crumbled • 1/2 cup chopped fresh cilantro • 3 large, ripe avocados, diced & tossed in lime juice • 1 15oz can of Black Beans

**Instructions**
- Make dressing by whisking all ingredients together in a medium bowl until thoroughly incorporated.
- Combine salad ingredients except for the Avocado lightly with the dressing in a large bowl with a large spoon until well combined. Refrigerate for several hours to allow the flavors to blend. Just before serving, gently stir in the diced avocado.

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**Need a Mammogram?**

The James Mammography mobile van will be at the Noble County Health Department on April 19 and August 30, 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
See your way to a steadier you

We depend on our vision for balance and to keep us safe in different environments. However, age-related eye diseases increase the likelihood that you could experience a debilitating fall. Poor vision can inhibit your mobility and contribute to accidents. Ohioans age 65 and older who have an age-related eye disease are 50 percent more likely to fall according to the Ohio Department of Health. Of those who fall, 20 to 30 percent suffer moderate to severe injuries that make it hard for them to get around or live independently.

Eye diseases not only can lead to a fall; they can also be a result. Falls are the leading cause of eye injury, according to research from the American Academy of Ophthalmology.

The Centers for Disease Control and Prevention recommends that all older adults have a yearly eye exam and wear corrective lenses as prescribed to help prevent falls. However, multifocal lenses, such as bifocals or progressive lenses, can affect your ability to move safely. Talk to your eye care professional about the best way to get used to your new glasses, as well as options, such as a pair of single-focus lenses to use when you are moving around.

Other ways to maximize vision minimize falls include:
- Invest in good lighting and turn the lights on when it is dark.
- Use the highest-wattage bulbs recommended for your light fixtures.
- Add contrast (light on dark colors or vice versa) to household items, such as steps and bathroom fixtures.
- Wear sunglasses or a hat with a brim to reduce sun glare outdoors.

Interesting Fact

John Adams was the first president to occupy the White House in 1800; one of his first additions was a vegetable garden.

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

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.
Where and How to Plant a Vegetable Garden

You're never too young or old to start a garden. Having a garden or even just a few plants is an easy way to start you on a track for a healthier life. Here are some tips to get you started on your gardening adventures.

Start with a Small Vegetable Garden

Remember this: It’s better to be proud of a small garden than to be frustrated by a big one! One of the common errors for beginners is planting too much too soon and way more than anybody could eat or want.

Where and How to Plant a Vegetable Garden

1. Plant in a sunny location. Vegetables need at least 6 hours of direct sunlight per day.
2. Plant in good soil. Plants’ roots penetrate soft soil easily. Enriching your soil with compost provides needed nutrients. Proper drainage will ensure that water neither collects on top nor drains away too quickly.
3. Space your crops properly. Plants set too close together compete for sunlight, water, and nutrition and fail to mature. Pay attention to the spacing guidance on seed packets and plant tabs.

Vegetable Garden Plot Size

A good-size beginner vegetable garden is about 16x10 feet and has crops that are easy to grow. A plot this size, based on the vegetables suggested below, can feed a family of four for one summer, with a little extra for canning and freezing. Make your garden 11 rows wide, with each row 10 feet long. Rows should run north and south to take full advantage of the sun. Vegetables that yield more than one crop per season are beans, beets, carrots, cabbage, kohlrabi, lettuce, radishes, rutabagas, spinach, and turnips.

Long-Term birth Control is the most reliable

The top two birth control options in terms of effectiveness are intrauterine devices (IUDs) and progestin implants. With these methods, the failure rate is less than one pregnancy per 100 women in a year.

These two methods have another advantage for users, which earns them the moniker long-acting reversible contraceptives, or LARCs. After a one-time procedure, women are protected from getting pregnant for at least three years or up to 10 years, depending on the product.

Why don’t more young women use these long-acting, super-effective methods? In a survey of college students, IUDs were reported to be used by 9 percent of females. One reason is lingering myths about their safety in young women. “It’s a myth that you can’t have an IUD if you haven’t had a child,” says Krishna Upadhya, a Johns Hopkins pediatrician who specializes in adolescent health. Cost can also be a barrier. The Affordable Care Act required health insurers to cover birth control, but that doesn’t mean that every plan covers every birth control method. A relatively new IUD called Liletta is made by a nonprofit company with the aim of making them cost-friendly.

The bottom line is there are a lot of options: the LARCs, the pill, the patch, the ring and the shot. Even if you’ve had a problem with other kinds of birth control, talk to your doctor; they will help you figure out how to find something that will work.

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

Mosquito Season is Coming

Each summer, mosquitoes are a familiar biting pest in backyards, parks and campgrounds. Most are merely a nuisance and are not major vectors of diseases. The diseases some mosquitoes can carry are very serious ones, such as encephalitis and malaria in humans and heartworm in dogs. Take preventive measures to protect yourself and your family against mosquito bites.

- Use insect repellent when you go outdoors.
- When weather permits, wear long sleeves, long pants and socks when outdoors.
- Use repellent from dusk to dawn or consider avoiding outdoor activities during these times.
- Install or repair screens on windows and doors to keep mosquitoes outside.
- Empty standing water from flowerpots, gutters, buckets, pool covers, pet water dishes, discarded tires and bird baths on a regular basis.
Getting the most out of life requires a commitment to attitudes that foster healthy lifestyle choices. While men and women have many of the same health concerns, men may be affected differently than women. In addition, there are some conditions which are unique to men. Familiarity with men’s health issues, regular screenings and prevention are keys to maintaining good physical wellness.

Heart disease is one of the leading causes of death for men in the United States. The most common type of heart disease in the United States is coronary artery disease (CAD). CAD is a narrowing of the small blood vessels that supply blood and oxygen to the heart. When a heart attack occurs, blood flow to the heart is reduced or cut off. Other signs to be aware of include: discomfort or pain in other areas, such as one or both arms, the back, neck or jaw; shortness of breath, lightheadedness, nausea or sweating; abdominal discomfort that may feel like indigestion. Preventative measures can lower the chances of having heart disease. Before undertaking any program to improve cardiovascular health, see a medical doctor.

According to Cancer.gov, prostate cancer is the most common cancer in men in the United States, after skin cancer. It is rare in men younger than 40. Risk factors for developing prostate cancer include being over 65 years of age, family history, being African-American and some genetic changes.

All men should have a yearly physical exam. The Noble County Health Department offers a men’s health exam. It includes a physical exam, testicular exam, sexually transmitted disease testing, lab work and referrals as needed. Call 740-732-4958 for an appointment.

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.

Interesting Fact
Consumers voted for a new M&M color in early 1995. They voted for pink, blue, or purple to replace the tan color M&M. Blue was the winner officially replacing tan in the fall of 1995.
**Eyes Are Important**

Your eyes are an important part of your health. You can do many things to keep them healthy and make sure you’re seeing your best. Follow these simple guidelines for maintaining healthy eyes well into your golden years.

- Have a comprehensive dilated eye exam.
- Know your family’s eye health history.
- Eat right to protect your sight.
- Wear protective eyewear.
- Be cool and wear your shades.
- Give your eyes a rest.
- Clean your hands and your contact lenses—properly.

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**Fight the Bite**

Tick-borne diseases can be transmitted only by the bite of an infected tick. Ticks normally become infected by taking a blood meal from an infected animal. Use caution when removing ticks from pets and be sure to check yourself and loved ones after spending time in ticks’ habitat. Blacklegged ticks, also known as deer ticks, are the only known vector of Lyme disease in the eastern U.S. Deer ticks are somewhat smaller and darker than our other important tick species. Rocky Mountain spotted fever (RMSF) is caused by a bacteria carried primarily by the American dog tick. Not all ticks are infected and an infected tick is usually attached to the host for four to six hours before it transmits disease. They are the most common ticks in Ohio.

**Tick removal:**
- If a tick is attached, remove it as soon as possible; this reduces your risk of infection.
- Shield fingers with a paper towel or use tweezers. Grasp the tick close to the skin. With steady pressure, pull the tick straight up and out.
- Do not twist or jerk the tick. This may cause the mouth parts to be left in the skin.
- Do not crush or puncture the tick.
- Do not use a flame or cigarette to remove a tick. This may cause the tick to burst and increase disease risk. After removing a tick, thoroughly disinfect the bite site and wash hands with soap and water.

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**DIY Slime**

This simple recipe is easy to make with the kids and will keep them busy for hours. Your only need 4 ingredients: 1/2 tbsp. of baking soda, 1 tbsp. contact solution, 4 oz. Elmer’s white school glue, your choice of food coloring. Mix ingredients in a bowl, you can control the color you want by adding as much or as little food color as you would like. Once it gets harder to mix knead by hand. If needed, add 1/4 tbsp. contact solution to make the slime less sticky.
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, blisterly 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.

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).

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.

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

The Noble County Health Department is offering Sports Physcials 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.

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.
Breastfeeding Awareness Month

August is Breastfeeding Awareness Month (BAM) in Ohio. Ohio WIC’s 2017 BAM theme is: “Breastfeeding: it’s a TEAM thing!” This theme is aimed to promote and support the fathers’ (and other support persons) role in successful breastfeeding. Research shows that if a mother’s partner is supportive of breastfeeding, she is more likely to give it a try, and more likely to keep going even if things get tough. Our commitment to promote, support, and protect breastfeeding should extend beyond the breastfeeding professionals, to all persons that play a supporting role in the breastfeeding team. Governor John R. Kasich’s Resolution designating August as Breastfeeding Awareness Month throughout Ohio.

The Ohio Department of Health, along with the American Academy of Pediatrics, recommends feeding only breast milk for the first six months of life and continuing to breastfeed along with other foods for the first year and beyond.

The Ohio WIC Program commits to:
• helping make breastfeeding the cultural standard for Ohio infants;
• offering education and support to help women make informed feeding decisions; and supporting the mother in her choice.

The Noble County Health Department commits to:
• enforcing the WIC state standards to support breastfeeding;
• utilizing funding from Maternal Health grant to help create community support;
• work with local businesses to create proper space and break times for breastfeeding mothers.

To celebrate the support in the community and within families WIC is holding a contest. Moms will fill out an application to submit a support person that has helped them reach their breastfeeding goals. Those applications will then be entered in a drawing for one of three gift cards. Each week of August the winner will be featured in The Journal.

Noble County’s Maternal Health grant will also feature in The Journal three businesses in the local area that have signed and adopted a break time for nursing mothers policy. By publicizing these events we will highlight the “TEAM” effort that Noble County is making to support the mothers that choose to breastfeed in our community.

Also during August 9 and 11, 2017 from 8am-4pm, Noble County Health Department will be inviting community agencies, business owners, and local school districts to come into the downstairs conference room to be educated about the breastfeeding basics and resources. As they educate themselves at each station they can answer a few questions about the training and drop into a drawing for a YETI soft shell cooler. Mishelle Trescott LPN, CLS will be on site to answer any questions and clarify any and all education.

For more information about breastfeeding support in Noble County contact Mishelle Trescott, LPN, Certified Lactation Specialist at 740-732-4958 ext. 32.
Vaccinations

Shots (also called vaccines or immunizations) help protect children from serious diseases. Getting all the shots recommended by age 2 will help protect your child from diseases that can be dangerous or even deadly. Each vaccine usually requires more than one dose (shot). For the best protection, your child needs every dose of each vaccine. If your child misses a shot, he/she may not be protected. Doctors follow a schedule of shots that begins at birth. Ask the doctor for a list of the shots your child has received. Keep the list in a safe place – you will need it for school and other activities. Kids who don’t get all their shots may not be allowed to attend certain schools.

Side effects from shots are usually mild and only last a short time. The most common side effect is pain or redness where the shot was given. Some children have no side effects at all. Ask the doctor what to expect after your child’s shots. Vaccines are tested for years before doctors start giving them to people. The Food and Drug Administration (FDA) checks vaccines every year to make sure they are safe. The chance that a vaccine will cause a serious problem is very small.

Under the Affordable Care Act, the health care reform law passed in 2010, insurance plans must cover recommended shots for kids. This means you may be able to get your child’s shots at no cost to you. Check with your insurance provider to find out what’s included in your plan.

Healthy No Bake Oatmeal Bites

Ingredients
1 cup rolled oats
1/2 cup almond butter (or substitute peanut butter)
1/2 cup chocolate chips
1/3 cup raw honey
1/4 cup ground flaxseed

Directions
Step 1: In a large bowl, mix all ingredients together.
Step 2: Roll out teaspoon sized balls and place on a baking sheet covered with parchment paper.
Step 3: Freeze until set about one hour.
Step 4: Enjoy and keep leftovers in a Ziploc bag in fridge or freezer.

Additional Notes
Personalize this recipe with add-ins such as raisins, dried cranberries, pumpkin, and dried cherries.

Celebrate Friendship Day August 6, 2017
with the Southeastern Ohio Breast & Cervical Cancer Project

The best protection is early detection!

Mammograms and Pap Test save lives by detecting cancer. BCCP provides free breast and pelvic exams, Pap test, and mammograms for women who qualify. Call 1-800-236-6253 to see if you qualify. Ask your friends if they have had their screenings.

Healthy No Bake Oatmeal Bites

Ingredients
1 cup rolled oats
1/2 cup almond butter (or substitute peanut butter)
1/2 cup chocolate chips
1/3 cup raw honey
1/4 cup ground flaxseed

Directions
Step 1: In a large bowl, mix all ingredients together.
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Step 4: Enjoy and keep leftovers in a Ziploc bag in fridge or freezer.

Additional Notes
Personalize this recipe with add-ins such as raisins, dried cranberries, pumpkin, and dried cherries.

Don’t forget your Noble County Health Department offers these great programs:

- Children with Medical Handicaps
- Vital Statistics
- Breastfeeding Classes
- Help Me Grow
- Breast & Cervical Cancer Project
- Car Seats
- Project Dawn
- Child Safety Classes
- Communicable Disease Surveillance
- CPR
- Early Intervention
- Home Health
- Maternal & Child Health
- Tai Chi Classes
- Early Head Start
- Super Sitter Seminar
- Personal Responsibility Education Program
- Emergency Preparedness
- Prevent Blindness Ohio
- Immunizations
- Environmental Health
- WIC
- Family Planning

“This Institution is an Equal Opportunity Provider.”
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. 4th – Labor Day
September 11th – Patriot Day
Sept. 22nd – Autumn Begins

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

- F. Scott Fitzgerald

In this Issue:

| Be Prepared! | 1 |
| Suicide Prevention | 2 |
| Falls Prevention | 2 |
| Flu Shot Clinic | 2 |
| Need a Mammogram? | 2 |

Interesting Fact

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

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?**
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"This Institution is an Equal Opportunity Provider."
Breast Cancer Awareness Month

Breast Cancer is often curable if detected early through the use of clinical breast exams and mammograms. Currently, 1 in 8 women in the U.S. will be diagnosed with breast cancer in her lifetime. Breast cancer is the most common cancer among women in the U.S. The mission of the Breast and Cervical Cancer Project is to identify breast and cervical cancers at the earliest possible stage in underserved Ohio women. The Breast and Cervical Cancer Project is a statewide program.

The Southeastern Ohio Breast and Cervical Cancer Project serves 19 counties in Southeastern Ohio. Eligibility requirements have changed beginning October 1, 2017. New eligibility requirements are as follows: age (women ages 21 to 64 may be covered for screenings and if needed diagnostic testing), income (less than or equal to 250% of the federal poverty level), uninsured and live in the state of Ohio. If you meet the criteria please call the Southeastern Ohio Breast and Cervical Cancer Project at 1-800-236-6253 or 740-732-4958.

If a woman does not qualify for Direct Services the Patient Navigation program is designed to assist clients ages 21 to 74 in obtaining the needed screenings. This program also provides assistance in overcoming barriers to getting screened. To find out more about our programs give us a call. You owe it to yourself to take care of your health!

October 9th– Columbus Day
October 16th– Bosses Day
October 31st– Halloween

We rise by lifting others.
-Robert Ingersoll

Interesting Fact
Most humans (~70 to 95%) are right-handed, a minority (~5 to 30%) are left-handed, and an indeterminate number of people are probably best described as ambidextrous.
Health Literacy Month

Whether you’re busy carving pumpkins or finding scary costumes, don’t forget to take control of your health and improve your understanding of health information. Health literacy is the ability to obtain, process, and understand basic health information. About 9 out of 10 English-speaking adults in the United States have poor health literacy. Those with poor literacy are more likely to report poor health and engage in risky behaviors such as the use of tobacco. Poor health literacy is associated with higher nicotine dependence, less knowledge and lower perceptions about smoking health risks.

Ways to improve your understanding of health information:

1. Write down or record the provided health information from your doctors and their staff.
2. Ask your healthcare professionals to use familiar language and write down their contact info in case you need to ask questions later.
3. Ask questions if something is not clear or if you don’t understand how to apply the provided information. Let the health care professional know if what they are telling you is confusing in any way.
4. Take advantage of local resources and attend health education programs at local health departments, hospitals, and clinics.
5. Share information, stories, and trusted sources of health information with friends and family. If you need help to find reliable sources, ask your local public or medical librarian.

Have an upcoming event?
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Americans in rural areas more likely to die by suicide

Rural counties consistently had higher suicide rates than metropolitan counties from 2001–2015, according to data released today in the Centers for Disease Control and Prevention (CDC) Morbidity and Mortality Weekly Report. Suicide is the tenth leading cause of death in the United States. There were more than half a million suicides during the 2001–2015 study period. “While we’ve seen many causes of death come down in recent years, suicide rates have increased more than 20 percent from 2001 to 2015. And this is especially concerning in rural areas,” said CDC Director Brenda Fitzgerald, M.D.

Mortality data from the National Vital Statistics System (NVSS) include demographic, geographic, and mechanism of death information derived from death certificates filed in the 50 states and the District of Columbia. Overall, suicide death rates for rural counties (17.32 per 100,000 people) were higher than medium/small metropolitan counties (14.86) and large metropolitan counties (11.92).

CDC recently released a technical package to prevent suicide that includes examples of programs that can be customized to fit the cultural needs of different groups. The Health Resources and Services Administration (HRSA) has developed activities to address suicide in rural areas including epidemiologic studies, research, telemedicine and programs addressing primary health care providers.

Apple Pie Granola

Easy Apple Pie Granola made with fresh apples, perfect for fall and winter. Eat it for breakfast or just for a snack, you pick! It’s Vegan and Gluten Free!

3 cups rolled Oats • 1 cup Almonds (chopped or whole)
2 tsp. Cinnamon powder • 1/2 tsp. Clove powder
1/4 tsp. Nutmeg powder • Pinch of Salt
1 large diced apple • 1/3 cup melted Coconut Oil
1 tbsp. Vanilla Extract • 1/2 unsweetened Applesauce
1/3 cup Maple Syrup • 2 tbsp. Brown Sugar

1. Preheat oven to 325F. Line a large baking sheet with parchment paper.
2. In a bowl mix the oats, almonds, cinnamon, clove, nutmeg, salt and apples.
3. In another bowl whisk together coconut oil, vanilla, applesauce, maple syrup and brown sugar. Add to the oat mixture and mix well.
4. Spread mixture on a baking sheet and bake 60-65 minutes, tossing every 20 minutes to avoid burning.
5. Remove from the oven and let it cool completely. Break the granola into clusters and store in an airtight container for up to weeks.

“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.
November Is National Home Care Month

During November the home care and hospice community honors the millions of nurses, home care aides, therapists and social workers who make a remarkable difference for the patients and families they serve. These heroic caregivers play a central role in our health care system and in homes across the nation. To recognize their efforts, the National Association of Home Care (NAHC) asks us to join with them to commemorate the power of caring, both at the home and in their local communities by celebrating November as National Home Care & Hospice Month. NAHC President, Val Halamandaris states, “It is highly appropriate in November that we celebrate the nurses, therapists, aides and other providers who choose to use their lives to serve our country’s aged, disabled and dying. No work is nobler, and no group is more deserving of our respect and admiration.”

The Noble County Health Department wants to remind our community that our Home Health Agency has a very caring, compassionate and knowledgeable staff that has been serving them for over 50 years. We are very proud and privileged to continue providing the highest quality of patient care to our community. If you or a loved one needs home care, please call the Noble County Home Health Agency at 740-732-4958.

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

Interesting Fact
A “normal” incandescent bulb costs about 0.75 cents per hour, and LEDs or CFLs cost only one-sixth of that – so leaving the lights on (either overnight or while you’re at work for the day, say both are about 8 hours) costs you roughly 6 cents for a normal light and a bit over 1 cent for modern bulbs.
During the month of November, men are challenged to grow a moustache and raise awareness to Men’s health. The movement is called Movember, and millions have joined across the world.

Did you know that heart disease, cancer and unintentional injury are at the top of the list when it comes to the threat of men’s health? Thankfully, most men’s health threats are largely preventable. Below is some tips and resources for men that can lead them to live a safer and healthier life.

Get checkups:
• Ask your doctor or nurse how you can lower your chances for health problems based on lifestyle and personal and family health histories.
• Find out what immunizations, tests and exams you need and when to get them.

Eat healthy:
• Eat a balanced diet to help keep a healthy weight.
• Avoid foods and drinks high in calories, sugar, salt and fat; limit alcohol.

Be active:
• Be active for at least 2½ hours a week. Include activities that raise your breathing and heart rates and that strengthen your muscles.

Protect yourself:
• Wear helmets, seat belts, sunscreen and insect repellent.
• Wash hands to stop the spread of germs.
• Avoid smoking and breathing other people’s smoke.

Manage stress:
• Balance work, home and play. Take time to relax.
• Get support from family and friends. Get help or counseling if needed.

Wouldn’t it be nice to finish the year off right and avoid unwanted illnesses as you enter into Christmas and New Year’s?

Cooler weather encourages viruses to grow and can allow germs to easily infect humans, especially children, the elderly, and those affected by chronic illnesses. Upper respiratory tract infections, or the common cold, are just one of many in-season illnesses. They are viral and air-borne meaning they can easily be transferred among humans. Other winter season diseases include influenza, pneumonia, measles, chickenpox, and diarrhea.

Below is a list of tips to encourage good health this month as we head into 2018:

Manage your stress. Engage in activities that promote peace and relaxation as often as possible.

Wear weather-appropriate clothes. Children and elders, especially, should wear layered clothes or jackets to protect them from the cold.

Exercise daily, and drink plenty of water. Exercising helps warm the body and fight the cold weather. Drink lots of water to replenish the body’s lost liquid.

Maintain healthy hygiene and keep the surroundings clean. Avoid cross contamination by cleaning and sanitizing common touch-points. Use safe but effective cleaning and sanitizing products. Avoid sharing utensils.

The goal is to be healthy and stay that way through the holidays. Do your part and encourage those around you to do the same! Wishing you a happy, healthy end to 2017!

Easy Bird Feeder Activity for Kids

1. Using a popsicle stick, cover outside of toilet paper roll with peanut butter.
2. Roll the peanut butter covered toilet paper roll in the bird seed until covered.
3. Thread a piece of twine or rope through the toilet paper roll and knot.
4. Hang where birds can enjoy.

Before covering the roll with peanut butter try punching 4 holes in it and insert sticks so the birds can land and eat. (See example picture to the right).

Have an upcoming event?
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**National Handwashing Awareness Week**

**December 3-9**

**What is National Handwashing Awareness Week?**
According to the American Cleaning Institute, the goal of this week is to “decrease the spread of infectious diseases by empowering individuals to educate and help protect their communities.” Washing your hands is one of the most effective and simple ways to accomplish this goal.

**Why is this event held the first week in December?**
December is a busy time for most people. Between the rush of the holidays, the end-of-the-year excitement, and the turn in the weather, it’s easy to become run down and exhausted—perfect conditions for illness to take hold. When your system is compromised, it’s extra important to stay healthy by avoiding germs, and the best way to do that is by washing your hands. By keeping up with these good habits, you can easily decrease your risk of flus, viruses, and the common cold.

**When should you wash your hands?**
Most people are good about washing their hands when they use the restroom or are about to prepare food, but there are many other moments throughout your day in which a good washing will go a long way. For example, if you’re caring for someone who is sick, about to or just finished treating a wound, cleaning up after a child or changing a diaper, in contact with animals or their waste, or just took out the trash, you should absolutely wash your hands. All of these everyday activities could spread germs and disease, so make sure to wash up!

**What is the best way to wash your hands?**
Think you know everything about handwashing? Think again! The Center for Disease Control outlines the five steps to proper handwashing. They are as follows:

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

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**Interesting Fact**

Christmas Trees began to be sold commercially in the United States in 1851 and were taken at random from the forests. Today, 25-30 million real (live) Christmas Trees are sold each year with nearly all of them coming from Christmas Tree plantations.

**Need a Mammogram?**
The James Mammography mobile van will be at the Noble County Health Department on January 31. To schedule an appointment, call Tammy at 732-4958.
December is National Safe Toys and Gifts Month

In recent years, the U.S. Consumer Product Safety Commission (CPSC) has created a robust toy safety system, by requiring testing by independent, third party testing laboratories around the world; enforcing stringent lead and phthalates limits for toys; imposing some of the most stringent toy standards in the world; and stopping violative and dangerous toys at the ports and in the marketplace before they reach children’s hands. These combined efforts continue to foster the confidence of American families as they prepare to shop for toys this holiday season.

Safety tips to keep in mind this holiday season:

**Balloons**
Children can choke or suffocate on deflated or broken balloons. Keep deflated balloons away from children younger than eight years old. Discard broken balloons immediately.

**Small balls and other toys with small parts**
For children younger than age three, avoid toys with small parts, which can cause choking.

**Scooters and other riding toys**
Riding toys, skateboards and in-line skates go fast, and falls could be deadly. Helmets and safety gear should be worn properly at all times and they should be sized to fit.

**Magnets**
High-powered magnet sets are dangerous and should be kept away from children. Whether marketed for children or adults, building and play sets with small magnets should also be kept away from small children.

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Get your flu shot!

The Noble County Health Department is offering the Flu and Pneumonia shots Monday 8am-6pm and Tuesday-Friday 8am-4pm. No appointment necessary. If you have any questions please call 732-4958.

Eggnog Pancakes with Homemade Vanilla Syrup

**Ingredients for the pancakes**
- 2 cups flour • 1 tbsp baking powder • 1/2 tsp salt • 1/4 tsp nutmeg • 2 eggs • 1 tsp vanilla • 2 tbsp butter melted
- 2-2 1/2 cups eggnog

**Ingredients for the vanilla syrup**
- 1 1/2 cups water • 1 cup sugar • 2 tbsp cornstarch • 1/4 cup butter • 1/4 tsp salt • 1 tbsp vanilla • 1/4 cup heavy cream

**Instructions**
In a large bowl, whisk together flour, baking powder, salt and nutmeg.
In a medium bowl, whisk together eggs, vanilla and melted butter. Whisk in 2 cups eggnog. Add wet ingredients to dry ingredients and stir until smooth.
If needed, add additional eggnog, a little bit at a time, until batter reaches desired consistency.
Pour batter by 1/4 cupful’s onto a lightly greased, hot griddle. Turn pancakes when bubbles form on top, then cook a minute or two longer, until the second side is golden brown.
Serve pancakes warm, topped with vanilla syrup, whipped cream, and ground nutmeg.

To make syrup: In a medium sauce pan whisk together water, sugar and cornstarch. Bring to a boil. Boil, stirring constantly for 3-5 minutes.
Reduce heat. Stir in butter, salt and vanilla until butter is completely melted. Add heavy cream and simmer a few minutes longer.

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