January is Cervical Cancer Awareness Month. Did you know that each year over 12,000 women are diagnosed with cervical cancer and approximately 4,000 women die from the disease? According to the CDC Cervical cancer was at one time the leading cause of death for women in the United States. Fortunately, over the past 50 years the incidence (the number of new cases each year) and mortality (the number of deaths each year) have declined 75%.

Cervical cancer, however, is highly preventable with regular screenings, and treatable when found early. Screening for cervical cancer consists of 2 tests that are easily obtained with a simple pelvic exam. The first test is the Pap test. It looks for precancerous or cell changes on the cervix that can be treated so that cervical cancer is prevented, or it can identify cervical cancer early when treatment is most effective. The second is the HPV test. It looks for HPV (human papillomavirus) - the virus that can cause precancerous cell changes and cervical cancer. It is recommended that all women have a Pap test every 3 years starting at age 21. The HPV test can be used in conjunction with the Pap test starting at age 30.

Most insurance companies will fund the Pap test as a preventive service. Women who are uninsured, low income, ages 21-64, and live in Southeastern Ohio can enroll into The Southeastern Ohio Breast and Cervical Cancer Project (SEOBCCP). The SEOBCCP can fund a pelvic exam, Pap test, and HPV test. It can fund diagnostic services if abnormal results are found. The SEOBCCP also offers Patient Navigation services that can assist all women ages 21-64 to find providers in their area and funding assistance.

For more information or to enroll into the program call the Southeastern Ohio Breast and Cervical Cancer Project (SEOBCCP) at 1-800-236-6253.
**Wash Your Hands!!**

Keeping hands clean prevents illness at home, at school and at work. Hand hygiene practices are key prevention tools for everyone, but they are even more important in healthcare settings, in daycare facilities, in schools and public institutions, and for the safety of our food.

In healthcare settings, handwashing can prevent potentially fatal infections from spreading from patient to patient and from patient to healthcare worker and vice-versa. The basic rule in the hospital is to cleanse hands before and after each patient contact by either washing hands or using an alcohol-based hand rub.

At home, handwashing can prevent infection and illness from spreading from family member to family member and, sometimes, throughout a community. In the home, the basic rule is to wash hands before preparing food and after handling uncooked meat and poultry, before eating, after changing diapers, after coughing, sneezing, or blowing one's nose into a tissue, and after using the bathroom.

Handwashing and other hygienic practices are taught at every level of school, advocated in the work place, and emphasized during medical training. Yet, recent studies and reports indicate that lack of or improper handwashing still contributes significantly to disease transmission.

While we are all potentially at risk of contracting hand-transmitted illnesses, one-third of our population is especially vulnerable, including pregnant women, children, old people, and those with weakened immune systems.

---

**Winter Safety Tips for Your Pets**

Winter weather is hard on all of us with its snow and ice and dangerously low temperatures. The frosty weather can also be difficult for our pets and the American Red Cross has steps people can follow to help ensure their pet’s safety when chilly weather hits their area.

If possible, bring your pets inside during cold winter weather. Move other animals or livestock to sheltered areas and make sure they have access to non-frozen drinking water. If the animals are outside, make sure their access to food and water is not blocked by snow drifts, ice or other obstacles.

You can also download the Red Cross Pet First Aid app to put veterinary advice for everyday pet emergencies in the palm of your hand. Get the app and be prepared to act when called upon. With videos, interactive quizzes and simple step-by-step advice it’s never been easier to know Pet First Aid.

The following tips on winter pet safety are provided by The Humane Society of the United States:

- If pets cannot come indoors, make sure they are protected by a dry, draft-free enclosure large enough to allow them to sit and lie down, but small enough to hold in the pet’s body heat. Raise the floor a few inches off the ground and cover it with cedar shavings or straw. Turn the enclosure away from the wind and cover the doorway with waterproof burlap or heavy plastic.
- Salt and other chemicals used to melt snow and ice can irritate a pet’s paws. Wipe their paws with a damp towel before your pet licks them and irritates their mouth.

---

**Crockpot Chicken & Dumplings**

**Ingredients**

- 4 small cans of chicken broth
- 4 boneless skinless chicken breasts
- 1 (10 count) can of refrigerated biscuits

1. Start by turning crockpot on high heat and adding chicken broth.
2. Cut chicken into bite size pieces, then put into crockpot on high for 2 hours.
3. Once the chicken is done, open the can of biscuits and tear biscuits into 2 or 3 pieces and add to crockpot.
4. The biscuits will float on top. Stir biscuits to coat with broth.
5. Cook, covered on high for 30 additional minutes.
6. Take off lid and stir chicken and dumplings. Continue to cook for additional 20 minutes uncovered.
7. Turn the crockpot off and serve warm.

---

If you would like it in the monthly health monitor please contact Brooke Yontz at 740-732-4958 or brooke.yontz@noblecohd.org.

"A program of the Noble County Health Department – An Equal Opportunity Employer/Provider."
National Wear Red Day

Support Go Red For Women by participating in National Wear Red Day on Friday, February 2, and donate to help fund research during American Heart Month.

Why Go Red? Cardiovascular disease in the U.S. kill approximately one woman every 80 seconds. The good news is that 80 percent of cardiac events may be prevented with education and lifestyle changes. Go Red For Women advocates for more research and swifter action for women’s heart health. That’s why this year we are asking that you wear red on National Wear Red Day and Donate to Go Red For Woman. By doing so you help support educational programs to increase women’s awareness and critical research to discover scientific knowledge about cardiovascular health.

Go Red For Women is a movement that starts with you. Lead by example and make the time to “Know Your Numbers.” It’s knowledge that could save your life. Five numbers, that all women should know to take control of their heart health are: Total Cholesterol, HDL (good) Cholesterol, Blood Pressure, Blood Sugar and Body Mass Index (BMI). Knowing these numbers can help women and their healthcare provider determine their risk for developing cardiovascular diseases. It’s time for all women to learn the most critical numbers in their life — their hearts depend on it.
Active Living

Maintaining a healthy weight can be accomplished through eating healthy and staying physically active. There are many ways to get 60 minutes of physical activity every day. Divide your daily routine into a few 10 to 15 minute activity breaks and you are on your way. Your kids should also be active throughout the day. Here are a few ideas to be more active — at work, school, home, and in your neighborhood.

Be Active at Work
- Walk during breaks or at lunchtime.
- Start a Walking Club.
- Take the stairs instead of the elevator
- Park your car farther away from the entrance & walk.

Be Active at School
- Encourage your child to go outside and play during recess and lunch — jump rope, walk, run, or play kick-ball, basketball or soccer.

Be Active at Home
- Take family walks in the evening after dinner.
- Play with your kids — dance, jump rope, play tag or hide-and-go-seek.
- Dance to your favorite music.
- Limit screen time to two hours or less each day. This includes TV, computers, and video games.
- Exercise while watching TV. Challenge family members to crunches and push-ups.
- Do stretches before bedtime. It may help you and your children relax and sleep better.

Be Active in your Neighborhood
- Walk, bike, or jog with a friend or family member.
- Check with your local school, YMCA, Boys & Girls Club, or other community groups for low-cost or free after-school and summer programs.

Super Bowl Buffalo Cauliflower Bites

Ingredients
- 1 head of cauliflower, chopped to florets
- 1/2 cup Greek Yogurt
- 1 Tbsp almond milk
- 1/2 tsp garlic powder
- 1/2 cup water
- 1/2 oat flour
- 1/2 cup buffalo wing sauce
- 1/2 Tbsp melted butter of choice
- Pinch of salt

Procedure
1. Preheat oven to 450 degrees.
2. Whisk together Greek yogurt, milk, water, garlic powder, & oat flour until well combined. It may be thick.
3. Toss cauliflower florets in yogurt mixture until well coated.
4. Place cauliflower on baking sheet lined with foil and sprayed with Pam.
5. Bake for 12-15 minutes, until coating bakes over florets.
6. Combine buffalo wing sauce, butter and salt.
7. Pour sauce over cauliflower pieces & toss on the baking sheet to coat thoroughly.
8. Bake for another 5-8 minutes
9. Devour with blue cheese dressing if you choose.

Have an upcoming event?
If you would like it in the monthly health monitor please contact Brooke Yontz at 740-732-4958 or brooke.yontz@noblecohd.org.

The American Red Cross Bloodmobile will be at the Noble County Community Center on Thursday, Feb. 15, from 11 am to 4pm. Blood supplies are low due to bloodmobile cancellations due to the recent winter weather. Walk-ins are greatly needed.

“Active Living”

Volume 11, Issue 2
National Nutrition Month
“Go Further with Food”

Whether it’s starting the day off right with a healthy breakfast or choosing what you will make for dinner, the foods you choose can make a difference. Make your foods go further, by planning meals and snacks in advance, this can also help to reduce food loss and waste. This year’s theme for National Nutrition Month wants us to reach the many benefits healthy eating habits offer, but it also urges us to find ways to cut back on food waste. Learning how to manage food at home will help you “Go Further with Food”, while saving both nutrients and money.

**Eating Right on a Budget:** Getting the most nutrition for your food budget starts with a little planning before you head to the store.

**Plan what you’re going to eat:** Plan your meals for the week before you go to the store. Check to see what foods you already have and make a list of things you need.

**Decide how much to make:** Making a large batch by doubling a recipe will save time in the kitchen later. Leftovers can be used for lunches or you can freeze for future use.

**Before you shop:** Watch for sales and coupons. Compare the prices of different brands.

**Canned, frozen or fresh foods:** At certain times of the year, frozen and canned may be less expensive than fresh. Fresh fruits and vegetables that are in season are usually easier to get and may be a lot less expensive. Just remember that some fresh fruits and vegetables don’t last long. Buy small amounts at a time to avoid having to throw away spoiled produce.

**Focus on nutritious, low-cost foods:** Certain foods can be less expensive, so you can make the most of your food dollars or WIC foods by finding recipes that use the following ingredients: beans, peas, and lentils; potatoes, eggs, peanut butter, canned salmon, tuna or crabmeat, grains such as oats, brown rice, barley and frozen or canned fruits and vegetables.

**Cook more, eat out less**
Many foods prepared at home are cheaper and more nutritious. Go back to the basics and find a few simple and healthy recipes that your family enjoys.
For more healthy tips please go to www.eatright.org.

<table>
<thead>
<tr>
<th>In this Issue:</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Nutrition Month</td>
</tr>
<tr>
<td>Baby Shower</td>
</tr>
<tr>
<td>Recipe</td>
</tr>
<tr>
<td>Mammogram Van</td>
</tr>
<tr>
<td>Common Cold</td>
</tr>
</tbody>
</table>

**Interesting Fact**
Each of us has 60 – 90 trillion cells so our DNA is very, very tiny when coiled up. If you could take it out of a cell and stretch it into a line, our DNA would be more than six feet long.
Protect Yourself Against the Common Cold

Viruses that cause colds can spread from infected people to others through the air and close personal contact. You can also get infected through contact with stool or respiratory secretions from an infected person. This can happen when you shake hands with someone who has a cold, or touch a surface, like a doorknob, that has respiratory viruses on it, then touch your eyes, mouth, or nose.

You can help reduce your risk of getting a cold:
- Wash your hands often with soap and water.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay away from people who are sick.

If you have a cold, you should follow these tips to help prevent spreading it to other people:
- Stay at home while you are sick and avoid close contact with others, such as hugging, kissing, or shaking hands.
- Move away from people before coughing or sneezing; Cough and sneeze into a tissue then throw it away, or cough and sneeze into your upper shirt sleeve, completely covering your mouth and nose.
- Wash your hands after coughing, sneezing, or blowing your nose.

Healthy Avocado Deviled Eggs

Ingredients
- 6 hard-cooked eggs, peeled & cut lengthwise
- 1 avocado, peeled, pitted & diced
- 1 tbsp plain low or no-fat yogurt
- 2 tsp Dijon mustard
- 1 tsp white vinegar
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- 1 tbsp minced jalapeño
- 1 tbsp finely chopped onion

Directions
1. In a small bowl, place egg yolks; add the avocado and mash until smooth.
2. Stir in yogurt, mustard, vinegar, salt and pepper, and mix thoroughly.
3. Stir in jalapeño and onion, then spoon into egg white shells, dividing equally.

Arrange on a serving plate. Cover lightly with plastic wrap and refrigerate for up to 3 hours. (Don’t serve long after 3 hours as the avocado will start to darken.)

Noble County 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.

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.

Join Us
Date:
Thursday, April 26, 2018
Time:
6:00-8:00pm
Location:
Noble County Community Center
(located behind McDonald’s)
RSVP to:
Phone: 740-732-4958 to register

Sponsored by:
The Noble County Health Dept.

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.

“The Institution is an Equal Opportunity Provider”
National Infant Immunization Week (NIIW) promotes protecting infants from vaccine-preventable diseases and celebrate the successes of immunization programs and their partners in promoting healthy communities. NIIW 2018 is April 21-28, 2018. Since 1994, hundreds of communities across the United States have joined together to celebrate the critical role vaccination plays in protecting our children, communities, and public health.

**Milestones Reached**

Vaccines have drastically reduced infant death and disability caused by preventable diseases in the United States. In addition:

- Through immunization, we can now protect infants and children from 14 vaccine-preventable diseases before age two.
- In the 1950’s, nearly every child developed measles, and unfortunately, some even died from this serious disease.
- Routine childhood immunization in one birth unit prevents an estimated 381 million illnesses, 24.5 million hospitalizations, and 855,000 early deaths over the course of their lifetimes.
- The National Immunization Survey has constantly shown that childhood immunization rates for vaccines routinely recommended for children remain at or near record levels.

It’s easy to think of these as diseases of the past. But the truth is they still occur. One example of the importance of vaccine preventable diseases is an increase in measles cases or outbreaks that were reported in 2014. The United States had a record number of measles cases, with 667 cases from 27 states. This was the greatest number of cases in the U.S. since measles was eliminated in 2000.

The Noble County Health Department offers vaccines for infants to adults on a walk-in basis Monday 8am-6pm, Tuesday-Friday 8am-4pm.

**April Issue 2018**

April 1– April Fools Day & Easter
April 7– World Health Day
April 17– Tax Day
April 22– Earth Day
April 25– Administrative Professionals Day

"April hath put a spirit of youth in everything."
- William Shakespeare

**In this Issue:**

- Vaccines
- Bloodmobile
- Mammogram
- Community Baby Shower
- Recipe
- Public Records

**Interesting Fact**

About 1 to 2 percent of the human population has red hair. Redheads have genes to thank for their tresses. Research shows red hair usually results from a mutation in a gene called MC1R, which codes for the melanocortin-1 receptor.

The American Red Cross Bloodmobile will be at the Noble County Community Center on Thursday, April 12th, from 11 am to 4pm. Walk-ins are welcome or call 1-800-RED CROSS (1-800-733-2767) for availability.
This Spring Quinoa Salad has quinoa tossed with peas, fresh herbs, feta, bacon, and almonds, plus a homemade Honey Lemon Vinaigrette.

**Salad items:**
- 1 cup uncooked quinoa
- 2-3 cups of frozen peas
- 1/2 cup feta cheese
- 1/2 cup almonds, chopped
- 1/2 cup freshly chopped basil & cilantro
- 6 slices bacon, cooked and crumbled

**Dressing items:**
- 1/3 cup lemon juice
- 1/2 cup olive oil
- 1/4 teaspoon of salt
- 1/4 teaspoon of pepper
- 2 tablespoons of honey (Adjust to preferred sweetness)

**INSTRUCTIONS**
- Cook the quinoa according to package directions. Make this ahead of time to let it chill in the fridge so it separates better for the salad.
- Bring a pot of water to boil and then turn off the heat. Add the peas and cover until bright green. Try this instead of regular boiling so they don’t get wrinkly! Toss the quinoa with the peas, feta, bacon, herbs, and almonds.
- Shake dressing ingredients in a mason jar- easy to mix and store any leftovers. Toss desired amount of dressing with the salad ingredients. Season generously with salt and pepper. Serve tossed with fresh baby spinach, on crackers, or just by itself!

---

**Noble County 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.

**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.

**Join Us**
- **Date:** Thursday, April 26, 2018
- **Time:** 6:00-8:00pm
- **Location:** Noble County Community Center (located behind McDonald’s)
- **RSVP to:** Phone: 740-732-4958 to register

**Come Join Us For:**
- *Giveways*
- *Door Prizes*
- *Refreshments*
- *Community Resources*

**Sponsored by:**
The Noble County Health Dept.

**Records Available at the Health Department**

In need of a birth or death certificate? Applicants can obtain a birth certificate of any person born in the state of Ohio at the Noble County Health Department. Death certificates can only be obtained in the county in which the descendant were pronounced dead. Certified copies are $25.00 for a birth or death certificate.

Immunizations records are kept on file of all patients receiving shots at our facility. Parents or legal guardians can obtain a copy by request.

**Need a Mammogram?**
The James Mammography mobile van will be at the Noble County Health Department on April 25, 2018. 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
During National Women's Health Week each year, millions of women take steps to improve their health. The week serves as a reminder for women to make their health a priority and build positive health habits for life. The 19th annual National Women's Health Week kicks off on Mother's Day, May 13, and is celebrated through May 19, 2018. The U.S. Department of Health and Human Services' Office on Women’s Health leads National Women’s Health Week to encourage all women to be as healthy as possible.

What steps can I take for better health?

To improve your physical and mental health, you can:
- Visit a doctor or nurse for a well-woman visit (checkup) and preventive screenings.
- Get active and eat healthy
- Pay attention to mental health, including getting enough sleep and managing stress.
- Avoid unhealthy behaviors, such as smoking, texting while driving, and not wearing a seatbelt or bicycle helmet.

Why should I take these steps?

These steps are the foundation for a lifetime of good health. They can help you be as healthy as possible, whether you're 20 or over 100! Find out what additional steps you can take, based on your age, for good health.

Interesting Fact
May 25, 1935 - At Forbes Field in Pittsburgh, Pennsylvania, Babe Ruth hit his 714th (and final) home run.

Need a Mammogram?
According to the center for Disease Control (CDC) getting mammograms regularly can lower the risk of dying from breast cancer. The United States Preventive Servicer Task Force recommends that average risk women who are 50-74 years old should have a screening mammogram every two years. Mammograms are covered by most health insurance programs. If you are worried about the cost or don’t have health insurance, the Breast and Cervical Caner Project may be able to help. To see if you qualify call 1-800-236-6253. The Ohio Health Mammography mobile van will be at the Noble County Health Department on June 5, 2018. To schedule an appointment, call Tammy at 732-4958.
Reduce Your Skin Cancer Risk with These Prevention Guidelines
With 3.5 million cases in over two million people diagnosed annually, skin cancer is also one of the most preventable forms of cancer. May is Skin Cancer Awareness Month, below are just a few guidelines to help keep you protected:

Seek the shade, rule of thumb is the "shadow rule." If your shadow is shorter than you are, the sun's harmful ultraviolet (UV) radiation is stronger; if your shadow is longer, UV radiation is less intense.

Do not burn. Severe burns not only significantly increase your chances of developing skin cancer, but can make you ill. Avoid tanning and UV tanning booths. Tanning bed users are 2.5 times more likely to develop squamous cell carcinoma and 1.5 times more likely to develop basal cell carcinoma.

Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.

Use a broad spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.

Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours or immediately after swimming or excessive sweating.

Keep newborns out of the sun since their skin is extremely vulnerable. Sunscreens should be used on babies over the age of six months.

DO YOU NEED HELP GETTING AN EYE EXAM AND EYEGLASSES?

Prevent Blindness Ohio may be able to help you with eyeglasses at no cost to you.

Prevent Blindness Ohio serves all 88 Ohio counties, providing access to vision care services to eligible Ohioans. The program will provide access to comprehensive donated eye care (eye exam, glasses and resources for aftercare) for underserved adults.

To learn if you qualify for Prevent Blindness Ohio’s vision care services, contact the Noble County Health Department at 740-732-4958 for more details on the program and qualification guidelines.

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

You’re invited!!

What: A summer filled with a healthy low impact activity for everyone.

When: Starting Saturday May 26 until the end of summer

Where: The Happy Time Pool

Why: After 8 years the Happy Time Pool is reopened and it’s time to celebrate and enjoy. Recreational swimming is a great workout for all ages. Swimming is a good all-round activity because it: keeps your heart rate up but takes some of the impact stress off your body, builds endurance, muscle strength and cardiovascular fitness and helps maintain a healthy weight, healthy heart and lungs.
June is Men’s Health Month — spread the word and make sure every loved male in your life is living well.

Did you know there is a month entirely dedicated to raising awareness for issues impacting the health and wellness of men and boys? The month also coincides with Men’s Health Week (June 12–18), a special awareness period created by Congress, and the #ShowUsYourBlue campaign on June 16 where men and women are encouraged to wear blue to work to show their support for the health and well-being of men boys and men.

1. Early screenings! They will not only save money in the long run, but they can also save your life and/or make life easier to manage if diseases are caught early on.
2. Exercise, because it’s summertime! Why do you think most TV shows and football are off? So men can finally go out and move around. (Note: There is no true correlation between the summer broadcast schedule and exercise.) You shouldn’t need a reason to get at least 30 minutes of exercise in — help your heart and just do it.
3. Father’s Day is coming up! Why not give the father figure in your life the gift of knowledge along with your gift? There are many resources at www.menshealthnetwork.org that will help educate you and your father about risks of prostate cancer and other diseases.
4. Remember that anyone can assist in the men’s health movement, and help is not limited by gender. Anyone can be supportive and help men make that first step toward a better life. Everyone should be an ally!

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.

Interesting Fact

In 1907, Oklahoma became the last U.S. state to declare Christmas a legal holiday.

Need a Mammogram?

According to the center for Disease Control (CDC) getting mammograms regularly can lower the risk of dying from breast cancer. The United States Preventive Service Task Force recommends that average risk women who are 50-74 years old should have a screening mammogram every two years. Mammograms are covered by most health insurance programs. If you are worried about the cost or don’t have health insurance, the Breast and Cervical Cancer Project may be able to help. To see if you qualify call 1-800-236-6253. The Ohio Health Mammography mobile van will be at the Noble County Health Department on June 5, 2018. To schedule an appointment, call Tammy at 732-4958.
**Tai Chi**

The Noble County Health Department is sponsoring Tai Chi classes to all interested senior citizens. Tai Chi is a wonderful form of low impact exercise that builds strength and improves coordination, which will in turn, reduce the risk of falls. These features together will enhance overall wellness for seniors. Plus it’s fun!! So join us for this low impact exercise class beginning Tuesday, May 29th for sign ups at the Noble County Senior Citizen’s Center. Classes will run on Mondays & Fridays from 1:30-2:30 pm for 5 weeks. The class is free of charge. For more information or to register for the upcoming class, call Kari Leonhart at the Health Department 740-732-4958.

![Learn Tai Chi in 2018](image)

**weGrill**

weGrill is an 8-session grilling series for fathers and their children at the Noble County OSU Extension Office. If you are a father of a child between the ages of 10 and 16, come make some memories as you learn to grill together. Strengthen your relationship, practice healthy grilling, and have fun while you do it. Program starts on Tuesday June 5th, and will be every Tuesday thru July 31st from 6:00-8:00pm. Registration is required for the series and the space is limited. To reserve your spot now call (740) 732-5681. For more information contact Sami Schott at Schott.77@osu.edu or Christine Gelley Gelley.2@osu.edu.

**The Community Health Improvement Plan is here!**

The Noble County Health Department is pleased to announce the release of the 2018 Community Health Improvement Plan (CHIP). The goal of the CHIP is to improve on the health issues that came from The Community Health Assessment that was released last year. The three health issues included are Drug Dependency/Substance Abuse, Chronic Disease (especially heart disease and obesity) and Mental Health (especially depression and anxiety). A broad coalition of community members, health department employees and the Board of Health participated in developing this plan. The CHIP is strategy document that will guide the efforts of our partners and this department to improve the health of our citizens over the next 3 years. The Noble County Health Department invites residents to review a printed version of the CHIP at the health department. Comments, concerns or questions can be directed to Samantha Hesson at the health department at 732-4958.

**The Opioid Crisis: How Educators can respond**

Ohio Educators are asking how they can respond to the opioid epidemic. The purpose of this conference is to help educators better support children, families, and communities that are caught up in the drug epidemic. At the end of the conference, participants will be able to recognize how the opioid crisis is affecting schools, understand the science of addiction, identify students or families suffering from addiction, connect affected families to appropriate social services, identify the strategies for effective prevention programs, and recognize and respond appropriately to an overdose. Participation in the conference will allow educators, in consultation with their local districts, to apply for up to one professional development credit. Teachers, principals, superintendents, counselors, coaches, and school social workers are invited to attend. Wednesday, July 25th, 2018 from 8:30am-4:30pm at the Ohio Union on the campus of The Ohio State University. Contact Bryan Warnick at opioidsconference@osu.edu to register.
Make Summer Safe for Kids

Summer is a great time for kids to enjoy different indoor and outdoor activities. Whether they are young children or teens, learn ways to keep your kids safe and healthy while they enjoy the summer fun.

Water safety

♦ Always supervise children when in or around water. A responsible adult should constantly watch young children.
♦ Teach kids to swim.
♦ Learn CPR. Your CPR skills could save someone’s life.

Beat the heat

♦ Heat-related illness happens when the body’s temperature control system is overloaded. For heat-related illness, the best defense is prevention.
♦ Never leave infants, children, or pets in a parked car, even if the windows are cracked open.
♦ Dress infants and children in loose, lightweight, light-colored clothing.
♦ Schedule outdoor activities carefully, for morning and evening hours.
♦ Seek medical care immediately if your child has symptoms of heat-related illness.
♦ Use sunscreen with at least SPF 15 protection every time you and your child go outside.

Prevent Injuries

♦ Each year in the US, emergency departments treat more than 200,000 children ages 14 and younger for playground-related injuries.
♦ Check to make sure that the surfaces under playground equipment are safe, soft, and well-maintained.
♦ Supervise young children at all times.
♦ Make sure kids and teens wear the right protective equipment for their sport or recreation activity.

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

Interesting Fact

July, the hottest summer month in the Northern Hemisphere, is National Ice Cream Month, not surprisingly. Americans eat an average 20 quarts of ice cream a year. Vanilla is the most popular flavor, with chocolate coming in a distant second.

In this Issue:

| Safe Summer | 1 |
| Mammograms | 2 |
| Sport Physicals | 2 |
| Kids Activity | 2 |
| Pet Summer Safety | 2 |

July 2018 Issue

When there is no wind, row.
-Portuguese proverb

July 4– Independence Day
**Need a Mammogram?**

According to the center for Disease Control (CDC) getting mammograms regularly can lower the risk of dying from breast cancer. The United States Preventive Service Task Force recommends that average risk women who are 50-74 years old should have a screening mammogram every two years. Mammograms are covered by most health insurance programs. If you are worried about the cost or don’t have health insurance, the Breast and Cervical Cancer Project may be able to help. To see if you qualify call 1-800-236-6253. The James Mammography mobile van will be at the Health Department on Tuesday, September 4, 2018. To schedule an appointment, call Tammy at 732-4958.

**Practice basic summer safety**

The summer months can be uncomfortable—even dangerous—for pets and people. Use these tips to help keep your pets safe and cool this summer.

**Never leave your pets in a parked car**

Not even for a minute. On a warm day, temperatures inside a vehicle can rise rapidly to dangerous levels. Your pet may suffer irreversible organ damage or die.

**Limit exercise on hot days**

Adjust intensity and duration of exercise in accordance with the temperature. On very hot days, limit exercise to early morning or evening hours. Asphalt gets very hot and can burn your pet’s paws, walk your dog on the grass if possible.

**Provide ample shade and water**

Make sure they have protection from heat and sun and plenty of cold water. Tree shade and tarps are ideal because they don't obstruct air flow. A doghouse does not provide relief from heat—in fact, it makes it worse.

**Cool your pet inside and out**

Always provide water, whether your pets are inside or out with you. If your dog doesn’t find baths stressful, see if they enjoy a cooling soak.

**Make your own glow ball**

Just before the sun is about to set, make a glow-in-the-dark game! No summer party is complete without something that glows in the dark!

**Supplies:**

- Wiffle balls
- Glow stick bracelets and necklaces

**Directions:**

Have the kids activate the glow stick bracelets and necklaces. They will not need the small plastic connectors for this craft. Have them insert 2-3 glow sticks into a Wiffle ball. When the sun is about to set, play games with the glow-in-the-dark Wiffle balls!

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

The Noble County Health Department is offering Sports Physicals on July 17 from 10:00am-3:30pm and July 23 from 11:00am-5:30pm for a special price of $15. Paperwork can be picked up ahead of time at your respective school. Please call in advance for an appointment. Vaccines will also be offered during these times. If you have any questions, please call the Health Department at 732-4958.

“*This Institution is an Equal Opportunity Provider.*"
Breastfeeding Awareness Month

Breastfeeding, Foundation of Life

August is national breastfeeding awareness month. This year’s theme is "Breastfeeding, Foundation of Life" and the Noble County WIC team will be encouraging prenatal and breastfeeding mothers to take part in breastfeeding to prevent hunger and malnutrition by ensuring food security for babies. Not only does it provide food security, but it lowers the household income due to it being a low-cost way to feeding your baby.

Breastfeeding awareness month is a great way to get information out there to encourage new mothers and mommies to be to breastfeed and give their baby a healthier start, along with the many other benefits it offers.

So as a community lets help support breastfeeding mothers anywhere and at any time to feel comfortable in doing what is only natural and breastfeeding their babies without feeling ashamed or frowned upon. Breastfeeding is a personal choice, but communities play a vital role in informing and supporting a mother’s decision to breastfeed her baby. Let us keep returning our community back into a supportive culture of breastfeeding by showing support to these mothers.

We will also have a booth set up at the noble county fair this year supporting breastfeeding, so be sure to stop out and participate in the activities to be put into a door prize drawing.

To get more information on Breastfeeding Awareness Month please call the WIC office at the Noble County Health Department at 740-732-4958

Funded by Ohio Department of Health/Federal Government Bureau of Nutrition Services WIC program.

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

Interesting Fact

Dr. Seuss wrote "Green Eggs and Ham" to win a bet against his publisher who thought that he could not complete a book with only 50
Immunizations are for everyone. Through-out the month of August each week is dedicated to different groups of people to promote getting vaccinated. Check out below why getting vaccinated matters.

July 29/August 4  Back to School: Ready for school? Make sure those vaccine records are up to date!
States may require children who are entering child care or school to be vaccinated against certain diseases. Colleges and universities may also have their own requirements, especially for students living in residence halls.

August 5-11  Pregnant Women: Protect yourself and pass protection on to your baby.
Vaccines are an important part of a healthy pregnancy. Women should be up to date on their vaccinations before becoming pregnant. Pregnant women should get the pertussis vaccine during pregnancy. They should also get the flu vaccine during pregnancy. Getting vaccinated during pregnancy also allows the mother to pass some protection on to her baby.

August 12-18  Babies and Young Children: A healthy start begins with on-time vaccinations
Serious health consequences can arise if children are not vaccinated. Without vaccines, children are at increased risk for diseases and can spread disease to others in their play groups, care centers, and communities. This includes spreading diseases to babies who are too young to be fully vaccinated or other health conditions.

August 19-25  Preteens & Teens: Ensure a healthy future with vaccines.
Preteens and teens need four vaccines to protect against serious diseases: Meningococcal conjugate, Human Papillomavirus, Tdap and the yearly flu vaccine. Teens and young adults may also be vaccinated with a serogroup B meningococcal vaccine.

August 26-31  Adults: Vaccines are not just for kids.
All adults should get recommended vaccines to protect their health. Everyone should have their vaccination needs assessed by a health care professional. Certain vaccines are recommended based on a person’s age, occupation or health condition.

National Girlfriends Day!
Celebrate August 1 as National Girlfriends Day! Having friends is an important part of life. Celebrate female friendship and support your girlfriends by helping them stay safe and live well. Always remember to:

- Eat healthy when hanging out.
- Be active while having fun.
- Help your girlfriends through hard times and be a great role model.
- Help before, during, and after pregnancy.
- Empower each other to take control.
- Don’t let alcohol, tobacco, or prescription drugs come between you.

RANCH ROASTED CHICKPEAS RECIPE

**INGREDIENTS**
- 2 tablespoons of Olive Oil
- 2 tsp. dill
- ½ packet of ranch seasoning (or less depending on how much seasoning you like)
- 1 15 oz. can of garbanzo beans

**INSTRUCTIONS**
- Preheat your oven to 350 degrees.
- Rinse the garbanzo beans well & pat dry
- In a bowl combine your oil, ranch seasoning and the 2 tsp. of dill. Add Ranch according to your taste and mix.
- Add in the garbanzo beans and completely coat with the oil and seasoning mixture.
- You want this to be crispy so make sure to drain off any excess oil.
- Pour onto a cookie sheet and spread out evenly
- Bake for approximately 30-40 minutes. The chickpeas will turn golden brown but keep an eye on them so they do not burn.

*This Institution is an Equal Opportunity Provider.*
September 2018 Issue

Sept. 3rd – Labor Day
September 11th – Patriot Day
Sept. 22nd – Autumn Begins

Autumn... the year’s last loveliest smile.

-William Cullen Bryant

Interesting Fact
Red Sour Patch Kids are the exact same candy as Swedish Fish, just with some sour sugar sprinkled on them.

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

September is National Preparedness Month

Weekly Themes
- Week 1: Sept 1-8: Make and Practice Your Plan
- Week 2: Sept 9-15: Learn Life Saving Skills
- Week 3: Sept 16-22: Check Your Insurance Coverage
- Week 4: Sept 23-29: Save For an Emergency

Make a Plan:
Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect your area. Know how you will contact on another and reconnect if separated. Make a plan today.

Consider specific needs in your household:
As you prepare your plan tailor your plans and supplies to your specific daily living needs and responsibilities. Keep in mind some these factors when developing your plan:
- Different ages of members within your household
- Responsibilities for assisting others
- Dietary needs
- Medical needs including prescriptions and equipment
- Disabilities or access and functional needs including devices and equipment
- Pets or service animals
- Know the Facts

Build a Kit:
Being prepared for an emergency isn’t just about staying safe during a disaster. It's about how to stay comfortable, clean, fed, and healthy afterwards – Build a Kit for times when a storm or disaster may have knocked out electricity.

Fill out an Emergency Plan:
Download and fill out a family emergency plan or use them as a guide to create your own.
• Emergency Plan for Parents (PDF)

Practice your plan with your family/household

In this Issue:

| Be Prepared! | 1 |
| Flu Shots | 2 |
| Falls Prevention | 2 |
| Carseat Safety | 2 |
| Need a Mammogram? | 2 |
| Baby Safety | 3 |
Need a Mammogram?

According to the Center for Disease Control (CDC) getting mammograms regularly can lower the risk of dying from breast cancer. The United States Preventive Service Task Force recommends that average risk women who are 50-74 years old should have a screening mammogram every two years. Mammograms are covered by most health insurance programs. If you are worried about the cost or don’t have health insurance, the Breast and Cervical Cancer Project which is housed out of the Noble County Health Department and serves 19 surrounding counties, may be able to help. To see if you qualify call 1-800-236-6253. The James Mammography mobile van will be at the Health Department on Tuesday, September 4, 2018. To schedule an appointment, call Tammy at 740-732-4958.

September is Falls Prevention Awareness Month

Let’s Talk About Fall Prevention Falls Prevention Awareness Day is September 21. Plan a walk with staff, seniors, and other members of your community to raise awareness about older adults falls. A single fall can change a loved one’s life significantly and make them less independent and more reliant on others. Falls also affect family members and others, so you need to find a balance between ensuring your loved one’s safety and respecting their right to make their own decisions. Bring the topic up frequently and be persistent, but respectful. If they say they don’t want to talk about it, that’s OK. Let it go for the time being, but bring the topic up again, soon.

Drive-Thru Flu Shot Clinic

Sunday, September 23rd
9:30 - 2:00pm

Flu Shot Clinic Extended Hours

Monday, September 24
4:00-7:00pm

*Both clinics will be held at the Noble County Health Department *

Bring Your Insurance Card

If you miss us on these dates, 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

September is Falls Prevention Awareness Month

Let’s Talk About Fall Prevention Falls Prevention Awareness Day is September 21. Plan a walk with staff, seniors, and other members of your community to raise awareness about older adults falls. A single fall can change a loved one’s life significantly and make them less independent and more reliant on others. Falls also affect family members and others, so you need to find a balance between ensuring your loved one’s safety and respecting their right to make their own decisions. Bring the topic up frequently and be persistent, but respectful. If they say they don’t want to talk about it, that’s OK. Let it go for the time being, but bring the topic up again, soon.

Carseat Safety

Is Your Child In The Right Car Seat?

Child Passenger Safety Week: Sept. 23-29
National Seat Check Saturday: Sept. 29

Every 33 seconds, one child under the age of 13 is involved in a crash. Many times deaths and injuries can be prevented by proper use of car seats, boosters, and seat belts. The Noble County Health Department partners with Ohio Buckles Buckeyes. Technicians are on staff to help answer any car seat questions or concerns. Call the health department today to have your seat inspected for your child’s safety.
Attention Parents

September is Baby Safety Awareness Month

Baby Safety Month in September is to educate, remind and reinforce the lessons of baby safety. Existing parents, new moms, expecting parents and extended families need to be made aware of baby safety best practices and what the impact of carelessness is. Baby proofing homes, child ID kits, emergency contact information and other baby safety tips should be stressed during Baby Safety Month.

SAFE SLEEP FOR YOUR BABY

KEY POINTS

• Put your baby to sleep on his back on a flat, firm surface, like a crib or bassinet.
• Don’t bed-share. Put your baby to sleep in his own crib or bassinet.
• Safe sleep can help protect your baby from sudden infant death syndrome (also called SIDS) and other dangers.

Have a Child Safety ID Card made

Here are 10 ways to baby-proof your home:

1. Move appliances, breakables and cords out of reach. Be sure to keep these items away from cribs and bathing and diaper changing areas.
2. Change your baby’s diaper on a low surface so he or she cannot roll off. Changing your child on the floor is a good alternative.
3. Take any large stuffed animals, bumpers and pillows out of your child’s crib so your child can’t climb out.
4. Place corner guards on sharp edges, such as table corners or fireplaces.
5. Place a baby gate at the top and bottom of the staircase.
6. Cover all electrical outlets.
7. Prevent scald burns by setting your water heater to 120 degrees.
8. Plan and practice a fire escape plan.
9. Lock up all cupboards that contain medications and toxic products. Post the Poison Hotline number 1-800-222-1222 in a high-visibility area.
10. Mount flat-panel TVs to the wall and place large, box-style TVs on a low, stable piece of furniture. Use brackets, braces or wall straps to secure unstable or top-heavy furniture to the wall.

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@noblecoh.org.

“This Institution is an Equal Opportunity Provider.”
**Breast Cancer Awareness Month**

Finding breast cancer early, when it’s easiest to treat, can save lives. Breast cancer screening tests include clinical breast exam and mammography. Research estimates that regular screenings with mammography have resulted in 30 percent fewer deaths from breast cancer.

Knowing how your breasts normally look and feel is an important part of breast health. The most common symptom of breast cancer is a new lump or mass. Other possible symptoms include: changes in the shape of the breast, skin irritation or dimpling, nipple retraction, redness, scaliness or thickening of the nipple or breast skin and nipple discharge. It is important to have any new breast mass, lump or breast change checked by a health care professional. Screening tests (mammograms) can help find breast cancer in its early stages, before any symptoms appear.

The Best Prevention is Early Detection.

---

**Interesting Fact**

Happy Birthday Mr. President! More United States presidents have been born in October than in any other month.

---

**Flu Shot Time**

Stop in our office for a flu shot:

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

Bring your insurance card

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

*We also offer the pneumonia shot*

---

For more health information contact:

NOBLE COUNTY HEALTH DEPARTMENT

740-732-4958

www.noblecohd.org

---

**In this Issue:**

- Breast Cancer Awareness Month 1
- Flu Shots 1
- Mammogram 2
- Bullying 2
- “Hall”-o-ween 2
- Medical Binder 2
- Drug Take Back 3

---

“How beautifully leaves grow old. How full of light and color are their last days.”

- John Burrows

---

**October 2018 Issue**

Oct. 8th – Columbus Day
Oct. 16th – National Bosses Day
Oct. 31st – Halloween
**Need a Mammogram?**

According to the Center for Disease Control (CDC) getting mammograms regularly can lower the risk of dying from breast cancer. The United States Preventive Service Task Force recommends that average risk women who are 50-74 years old should have a screening mammogram every two years. Mammograms are covered by most health insurance programs. If you are worried about the cost or don’t have health insurance, the Breast and Cervical Cancer Project which is housed out of the Noble County Health Department and serves 19 surrounding counties, may be able to help. To see if you qualify call 1-800-236-6253. The James Mammography mobile van will be at the Health Department on Wednesday, November 19, 2018. To schedule an appointment, call Tammy at 740-732-4958.

**Bullying Prevention Month**

Bullying is unwanted, aggressive behavior among children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated. Both kids who are bullied and who bully others may have serious, lasting problems. In order to be considered bullying, the behavior must be aggressive and include:
- An Imbalance of Power: Kids who bully use their power—such as physical strength, access to embarrassing information—to control or harm others.
- Repetition: Bullying behaviors happen more than once or have the potential to happen more than once.

**Types of Bullying**

There are three types of bullying:
- Verbal bullying
- Social bullying
- Physical bullying

**Where and When Bullying Happens**

Bullying can occur during or after school hours. While most reported bullying happens in the school building, a significant percentage also happens in places like on the playground or the bus. It can also happen travelling to or from school, in the youth’s neighborhood, or on the Internet.

**What’s a Medical Binder?**

What if a tragic event happened and you needed to know what someone you loved medical history was? We all have a difficult time remembering our own surgeries and medicines when completing new paperwork for a doctor. Couple that with the adrenalin that comes with tragic events. Having a medical binder with all pertinent information in it will make it easier to relay this information to the medical team.

In the medical binder include:
- Health care provider - name, address and phone #
- Caregiver contact information
- Medication list & Allergies
- Diagnosis of illness
- Medical history of yourself & Immunizations
- Medical history of your siblings, parents & grandparents
- Surgeries
- Contact Information

This is not a comprehensive list, but is generally what is asked. Tailor your binder to reflect things in your medical history.
The Noble County Farm Bureau and Noble County Health Department have teamed up to purchase a supply of Drug Deactivation Bags that destroys prescription pain-killers (Opioids). Our purpose is to take dangerous unused drugs off the shelf and to raise awareness of the danger these drugs present in the home.

50% of adolescent drug users say their first experience with drugs came from their parent’s medicine cabinet. If you don’t properly dispose of the unused or expired prescription drugs in your home, they might find a new one.

In recent years, the presence of these drugs has also made certain people known to be suffering from health issues as targets for thieves to enter their homes to steal these drugs.

Keep them safe
Clean them out
Take them back

These special bags are one way of proper disposal we want to share with the community. These bags and information will be distributed at the remaining home football games for both Shenandoah and Caldwell High Schools.

National Drug Takeback Day is October 27th. Stay tuned for more information on the events happening on this day.

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.

“This Institution is an Equal Opportunity Provider.”
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 once stated, “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. For more information call the Noble County Home Health Agency at 740-732-4958.

Interesting Fact

Children born between September and November are more likely to live to be 100 than those born at other times of year, according to a University of Chicago study of 1,500 centenarians.

Four Steps to Food Safety

With the holiday season upon us and mass amounts of food being prepared practice these steps to keep everyone healthy.

Clean: Wash your hands and preparation/cooking surfaces often
Separate: Don’t cross contaminate
Cook: To the right temperature
Chill: Refrigerate properly.

For more information check out FoodSafety.gov

November is the month to remind us to be thankful for the many positive things happening in our life.

-Unknown

November 4–Daylight Savings Time Ends
November 6th–Election Day
November 11–Veterans Day
November 22–Thanksgiving

In this Issue:

| Home Care Month | 1 |
| Food Safety | 1 |
| Mammograms | 2 |
| Drug Overdose | 2 |
| Kids Activity | 2 |
| AFM | 2 |

For more health information contact:
NOBLE COUNTY HEALTH DEPARTMENT
740-732-4958
www.noblecohd.org
ODH 2017 Ohio Drug Overdose Report
Prescription opioid-related overdose deaths have reached an eight-year low and heroin-related overdose deaths are at a four-year low, according to a new report released by the Ohio Department of Health (ODH). Illegally produced fentanyl which is being mixed and used with other street drugs such as cocaine, heroin and psychostimulants like methamphetamine is now driving Ohio’s unintentional overdose deaths – 4,854 in 2017. The report also revealed that the number of overdose deaths declined during the second half of 2017 by 23 percent.
“The good news is Ohio is seeing significant progress in reducing the number of prescription opioids available for abuse, and as a result, prescription opioid-related overdose deaths that don’t also involve fentanyl are at their lowest level since 2009,” said Ohio Department of Mental Health and Addiction Services Director Mark Hurst, M.D. “This progress is significant because prescription opioid abuse is frequently a gateway to heroin and fentanyl use.”
“While data shows us that Ohio’s efforts to curb prescription opioid abuse are working, the driving force today in Ohio’s ever-changing opioid epidemic is deadly fentanyl being used with other street drugs like cocaine and methamphetamine,” said ODH Director Lance Himes.
For more information go to www.odh.ohio.gov/health/vipp/drug/dpoison.aspx

Acute Flaccid Myelitis in U.S. Children
Parents may be hearing about children in the United States who suddenly became weak in their arms or legs from a condition called acute flaccid myelitis, or AFM. This condition is not new, but the increase in cases we saw starting in 2014 is new. AFM affects the nervous system, specifically the spinal cord, which can cause the muscles and reflexes in the body not to work normally.

At a Glance
From August 2014 through September 2018, CDC has received information on a total of 386 confirmed cases of AFM across the US; most of the cases have occurred in children. Even with an increase in cases since 2014, AFM remains a very rare condition. Less than one in a million people in the United States get AFM each year. While the CDC doesn’t know the cause of most of the AFM cases, it’s always important to practice disease prevention steps, such as staying up-to-date on vaccines, washing your hands, and protecting yourself from mosquito bites.

Symptoms of AFM
AFM is rare, but it can lead to serious neurologic problems. You should seek medical care right away if you or your child develops any of these symptoms:
- Weakness and loss of muscle tone and reflexes in the arms or legs
- Facial droop or weakness
- Difficulty moving the eyes
- Difficulty swallowing
- Slurred speech

Leaf Turkey Craft
Materials Needed: Leaves, Glue, Scissors, Googly eyes, Orange, Red, White and Brown Paper
1. Collect different color leaves
2. Glue a few leaves onto a piece of white paper for the turkey’s feathers.
3. Cut out a turkey body (brown paper) feet and beak (orange paper) gobble (red paper)
4. Assemble and paste pieces to form a turkey body and add googly eyes

Need a Mammogram?
If you are worried about the cost or don’t have health insurance, the Breast and Cervical Cancer Project which is housed out of the Noble County Health Department and serves 19 surrounding counties, may be able to help.
To see if you qualify call 1-800-236-6253. The James Mammography mobile van will be at the Health Department on Wednesday, November 19, 2018. To schedule an appointment, call Tammy at 740-732-4958.

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.

“This Institution is an Equal Opportunity Provider”
Hand-washing seems simple, but a recent study shows that 97% of the time, we're still doing it wrong -- which can lead to contamination of surfaces and food, resulting in the spread of germs and an increase in illness. The study from the US Department of Agriculture shows most consumers failed to wash their hands and rub with soap for 20 seconds. That's the amount of time recommended by the Centers for Disease Control and Prevention, which says that washing for shorter periods means fewer germs are removed. "Numerous" study participants also didn't dry their hands with a clean towel.

You can't see, smell or feel germs. By simply washing your hands properly, you can protect your family and prevent the spread of germs. So, what's the right way to wash hands?

Step 1: Wetting hands with clean, running water.
Step 2: After wetting hands with water, turn off the tap and apply soap.
Step 3: Lather hands by rubbing them together with the soap. Be sure to lather the backs of hands, between fingers, and under fingernails.
Step 4: Scrub hands for at least 20 seconds. (Sing the alphabet song once or "Happy Birthday" twice.)
Step 5: Rinse hands well under clean, running water.
Step 6: Dry hands with a clean towel or air dry them.

Washing hands correctly is one of the easiest ways to prevent illness. Do yourself and those around you a favor….WASH YOUR HANDS!

Interesting Fact

Human Rights Day is celebrated annually across the world on December 10th. The date was chosen to honor the United Nations General Assembly’s adoption and proclamation of the Universal Declaration of Human Rights, on December 10, 1948.
Lead Hazards in Some Holiday Toys and Toy Jewelry

Many children get toys and toy jewelry as gifts during the holiday season, but some toys may contain lead hazards. Lead is invisible to the naked eye and has no smell. Children may be exposed to lead by simply handling toys normally. To reduce children’s risk for exposure, the U.S. Consumer Product Safety Commission (CPSC) issues recalls of toys that could potentially expose children to lead. Learn more at the CDC Lead website.

What should I do if I am concerned about my child’s exposure to lead in a toy?

If you think your child has been exposed to a toy containing lead, remove the toy immediately. Just wearing toy jewelry that contains lead will not cause children to have a high level of lead in their blood. However, chewing or sucking on the jewelry will. The only way to tell if your child has been exposed to lead is to have his or her blood tested. Contact your child’s health care provider to see if such a test is needed. Your child’s health care provider can recommend treatment if your child has been exposed to lead.

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.

Food Service Safety Month is observed in December, and while it focuses on keeping food prepared in the service industry safe, it also serves to remind us at home to ensure we are doing the right things to make sure what we eat stays free of risks. And since this is the month where there’s a high amount of festive feasting, keeping food safe is more important than ever.

After all food preparation is complete, surfaces should always be washed. Utensils should not be used for different items before being washed, and it is especially important that raw meat is not stored with cooked meat.

One of the most effective ways to keep food preparation safe is to wash your hands. In fact, since that’s a great way to prevent illnesses like the common cold, why not pop a bottle of alcohol hand sanitizer in your bag this month so you get into the habit of cleaning up before grabbing a bite?