Each year approximately 12,000 women in the United States is diagnosed with cervical cancer. Cervical cancer occurs most often in women over the age of 30. All women are at risk for it. Cervical cancer is the easiest gynecologic cancer to prevent with regular screening test and follow-ups. It also is highly curable when found and treated early.

The human papillomavirus (HPV) is the main cause of cervical cancer. HPV is a common virus that is passed from one person to another during sex. Most sexually active people will have HPV at some point in their lives, but few women will get cervical cancer. There are many types of HPV. Usually HPV will go away on its own, but if it does not, it may cause cervical cancer over time. Other factors that can increase your risk of cervical cancer are: smoking, having HIV (the virus that causes AIDS) or another condition that makes it hard for your body to fight off health problems. Using birth control pills for a long time (five or more years) or having given birth to three or more children also increase your risk.

The Pap test is the most reliable and effective cancer screening tests available. Pap test only screens for cervical cancer. It does not screen for any other gynecologic cancer. Women ages 21-65 are recommended to be screened for cervical cancer with a Pap smear every three years. Women ages 30-65 who want to lengthen the screening interval should receive a combination of Pap smear and HPV testing every five years.

If a woman is uninsured, 205% of the Federal Poverty Guidelines, lives in Ohio, and is between the ages 21 to 64 the Southeastern Ohio Breast and Cervical Cancer Project may be able to pay for your cervical screening. Please call us at 1-800-236-6253. This program is housed out of the Noble County Health Department and serves 19 counties in Southeastern Ohio.

Interesting Fact

How much money is in a game of Monopoly? Answer: The bank has $15,140 in cash (in standard editions of Monopoly). The money comes in 20 orange $500 bills, 20 beige $100 bills, 30 green $50 bills, 50 blue $20 bills, 40 yellow $10 bills, 40 pink $5 bills, and 40 white $1 bills.
Healthy Weight

When it comes to weight loss, there's no lack of fad diets promising fast results. But such diets limit your nutritional intake, can be unhealthy, and tend to fail in the long run.

The key to achieving and maintaining a healthy weight isn't about short-term dietary changes. It's about a lifestyle that includes healthy eating, regular physical activity, and balancing the number of calories you consume with the number of calories your body uses.

Staying in control of your weight contributes to good health now and as you age.

2018-2019 Flu Season: Flu Activity Elevated Nationally

Increases in flu activity summarized in CDC’s most recent FluView report, including increases in influenza-like-illness and the proportion of laboratory-confirmed flu cases nationally, have signaled the start of the 2018-2019 influenza season. CDC monitors and analyzes key flu activity indicators every week.

It's too soon to make any assessment about this season’s severity, however since this H1N1 virus emerged in 2009, it has been associated with significant illness and severe illness among young children. At this point, most flu activity has been driven by illness in school-aged children, and hospitalization rates among children younger than 5 years old are now the highest among all age groups. Usually adults 65 years and older have the highest hospitalization rates.

Severe flu outcomes are a somber reminder of how serious flu can be, even for otherwise healthy people. Flu vaccination protects against flu illness and reduces the risk of flu complications, including flu-associated hospitalization, admissions to the intensive care unit, and even death in children.

While how long a flu season lasts varies, CDC expects that elevated flu activity will continue for weeks. The average duration of a flu season for the last five seasons has been 16 weeks, with a range of 11 weeks to 20 weeks. With significant flu still to come this season, CDC continues to recommend that anyone who has not yet gotten a flu vaccine this season should get vaccinated now. It takes approximately two weeks for the protection provided by vaccination to begin.

Make A Winter Windsock

Supplies:
- Empty Plastic Milk Bottle
- Crepe Paper or Ribbons
- Stapler
- Scissors
- Optional: Stickers/Tinsel/glitter etc.

Instructions:
1. Remove the lid and cut the bottom off the milk bottle just below the handle.
2. Cut your paper/ribbons into long strips.
3. Work your way around the whole open end of the milk bottle until it is full of paper strips.
4. Work your way around the whole open end of the milk bottle until it is full of paper strips.
5. We stuck some additional Christmas stickers on ours just because we had them! You could leave it plain or add on any other decorations you like; perhaps some tinsel or glitter at Christmas time, or stickers to suit the time of year you’re making them in.
6. Take it out into the wind and have fun!
Be Prepared to Stay Safe and Healthy in Winter

Although winter comes as no surprise, many of us are not ready for its arrival. If you are prepared for the hazards of winter, you will be more likely to stay safe and healthy when temperatures start to fall. Many people prefer to remain indoors during winter, but staying inside is no guarantee of safety.

Take these steps to keep your home safe and warm during the winter months.

Winterize your home.
- Install weather stripping, insulation, and storm windows.
- Insulate water lines that run along exterior walls.
- Clean out gutters and repair roof leaks.
- Check your heating systems.
  - Have your heating system serviced professionally to make sure that it is clean, working properly, and ventilated to the outside.
- Inspect and clean fireplaces and chimneys.
- Install smoke and carbon monoxide detectors. Test batteries monthly and replace them twice a year.

Get your car ready for cold weather use before winter arrives.
- Prepare a winter emergency kit to keep in your car in case you become stranded. The kit should include:
  - cell phone, portable charger, and extra batteries;
  - blankets, food and water;
  - booster cables, flares, tire pump, and a bag of sand or cat litter (for traction);
  - compass and maps;
  - flashlight, battery-powered radio, and extra batteries;
  - first-aid kit; and
  - plastic bags (for sanitation).

Above all, be ready to check on family and neighbors who are especially at risk from cold weather hazards: young children, older adults, and the chronically ill. If you have pets, bring them inside. If you cannot bring them inside, provide adequate, warm shelter and unfrozen water to drink.

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.
Eat Red for Heart Health

February is American Heart month. Every year the month of February is used to raise awareness about heart disease and how to prevent it. Heart disease is the leading cause of death for men and women in the United States. Annually, 1 in 4 deaths are caused by heart disease. Heart disease can be prevented when a person makes healthy choices and manages his or her own health conditions. By eating red, you can enjoy healthy foods and help your heart with every bite! Below is a list of red food items to help prevent heart disease:

- Beets-protects against artery clogging plaque and decreases inflammation to the arteries.
- Kidney Beans-keeps your body from absorbing cholesterol and improves cholesterol levels.
- Red Grapes- Can reduce blood clots and improve blood pressure and decrease LDL(bad cholesterol.)
- Red Lentils- a healthy alternative to meat which contains saturated fats and cholesterol.
- Red Potatoes- Can lower blood pressure
- Strawberries- Improves cholesterol and triglyceride levels and decreases the hardening of arteries.
- Tart Cherries- promotes heart tissue formation.
- Tomatoes- has a powerful antioxidant that protects heart cells from damage.

Interesting Fact
Lace is often used on Valentine decorations. The word “lace” comes from the Latin *laques*, meaning “to snare or net,” as in to catch a person’s heart.
The American Red Cross Bloodmobile will be at the Noble County Community Center on Thursday, Feb. 7, from 11 am to 4pm. They will also be at Caldwell High School Friday, February 8, from 8am to 2pm. Blood supplies are low due to bloodmobile cancellations due to the recent winter weather. Walk-ins are greatly needed.

**You may be afraid of falling if ...**

Do you “furniture surf” as you move through your home – running your hands along the backs of chairs or sofas, or along walls, to steady yourself? Do you avoid going to events or socializing with friends because you feel unsteady on your feet? You may be afraid of falling.

People who fall (or nearly fall) may become less active or stop doing activities they enjoy, thinking that will keep them safe from falls. You can reduce your risk of falling - and your fear - by paying attention to the "Three H's:" Your home, your health and your habits.

**Home:** Most falls happen in the home. Start with minor changes, such as keeping walkways and stairs clear of clutter and storing food, dishes and equipment within easy reach in your kitchen.

**Health:** A healthy body is a steady body. As we age, our bodies change, and those changes sometimes can increase our risk of falling. Make healthy choices and talk openly and honestly with your health care professionals about your falls risk and any history of falls.

**Habits:** By adopting safe and healthy habits - and dropping bad ones – you are making decisions that will keep you steady on your feet. You can decide to sit to get dressed instead of standing and trying to balance on one leg when putting on pants, socks or shoes. Or you can decide to ask for help with tasks that you are not comfortable doing or that you feel you can’t do safely.

**Crispy Parmesan Chickpeas**

Total Time: 30 minutes  
Yield: 2 servings

**INGREDIENTS**

- 1 15-ounce can chickpeas (garbanzo beans)
- 2 tbsps extra virgin olive oil
- 2 tbsps finely grated Parmesan cheese
- ½ tsp garlic powder
- ¼ tsp finely grated lemon zest
- ¼ tsp dried oregano
- ¼ tsp coarse kosher salt
- ¼ tsp ground black pepper

**INSTRUCTIONS**

Drain chickpeas in a strainer and rinse. Place chickpeas on several layers of paper towels and blot to dry completely. (This step is important to ensure that your chickpeas will get crispy.)

In a large nonstick skillet over medium-high heat. Add chickpeas to hot skillet (be careful of any splattering) and cook until golden brown and crispy all over about 20 minutes, stirring occasionally. Once cooked, transfer chickpeas to a bowl. Sprinkle cheese, garlic powder, lemon zest, oregano, salt and pepper over the chickpeas and toss to coat.

Cool seasoned chickpeas on a parchment-lined baking sheet. Serve immediately or store in an airtight container.

**February is National Condom Month**

The American Sexual Health Association, (ASHA), reports 19 million new cases of sexually transmitted infections (STI) annually. Common STI’s include gonorrhea, chlamydia, syphilis, HPV, trichomoniasis, and HIV. Half of these cases occur among youth ages 15-24. STIs don’t always have symptoms and can be contracted from partners who do not know they have an infection. STIs left untreated can cause several medical problems including infertility. Condom use is the only method, other than abstinence, that reduces STI transmission and pregnancy. Also, condoms can lower rates of HPV infection and cervical cancer among women. Be Smart, protect yourself and your partner from unwanted pregnancy and STIs.
Every year, approximately 1.5 million high school students nationwide experience abuse from a dating partner. Teen dating violence is defined as a pattern of abuse or threat of abuse against a teenaged dating partners, occurring in different forms, including verbal, emotional, physical, sexual and digital. It is known that 3 in 4 parents have never talked to their children about domestic violence. Every year during the month of February advocates join efforts to raise awareness about dating violence.

There are many resources available to provide information and support to victims and assist providers and communities to decrease the prevalence of dating violence.

- **The Love is Not Abuse app** is an iPhone app educational resource for parents that demonstrates the dangers of digital dating abuse and provides much needed information on the growing problem of teen dating violence and abuse.

- **One Love Foundation app** The One Love Foundation app helps the user determine if a relationship is unsafe and helps to create the best action plan by weighing an individual’s unique characteristics and values. In partnership with LoveisRespect.org, the app provides access to trained advocate support 24/7 through an embedded live chat function. This app is free and can be used anonymously on smart phones and other electronic devices.

- **National Dating Abuse Helpline** This hotline provides 24-hour national web-based and telephone resources to help teens experiencing dating abuse. Young people (as well as concerned friends, parents, teachers, clergy, law enforcement and service providers) anywhere in the country can call toll free, 1-866-331-9474, text “loveis” to 22522, or log on to the interactive website, loveisrespect.org, and receive immediate, confidential assistance.

- **BreaktheCycle.org** is a national nonprofit organization that provides preventive dating and domestic violence education and outreach to teens and young adults.

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**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.**”
National Nutrition Month

Each year during March, we celebrate National Nutrition Month by focusing on the importance of making informed food choices and developing sound eating and physical activity habits.

While all food groups are important and contribute important nutrients MyPlate recommends fruits and vegetables should make up half of our plate at each meal.

Everyone’s nutrition needs are a little bit different. Our age, gender and activity level are all factors that can influence how much of the different food groups we need to consume throughout the day.

When it comes to fruits and vegetables, for most people, this amounts to:

- 1 to 2 cups of fruit
- 1 ½ to 3 cups of vegetables

And that’s every day!

Everything you eat and drink over time matters. The right mix can help you be healthier now and in the future. Start with small changes to make healthier choices you can enjoy.

Find your healthy eating style and maintain it for a lifetime. This means:
- Make half your plate fruits and vegetables.
- Focus on whole fruits
- Vary veggies
- Make half your grains whole grains
- Change to low-fat and fat-free milk or yogurt
- Vary your protein routine
- Drink and eat less sodium, saturated fat, and added sugars.

It might seem challenging at first, but small changes can add up.

Consider the foods you normally eat and see where extra fruits and vegetables may fit in! Start with one meal at a time if that’s easier. Another option would be to focus on including fruits and vegetables as snacks more often or in place of other less healthy foods.

To find your healthy eating style please visit www.ChooseMyPlate.gov to learn more.

March 10th – Daylight Savings Begins
March 17th – St. Patrick’s Day
March 20th – First day of Spring

Interesting Fact

The actress who played Aunt Bethany in National Lampoon's Christmas Vacation was the same lady who provided the voice for Betty Boop and Olive Oyl.
March 10th is National Women and Girls HIV/AIDS Awareness Day. Today, there are more options than ever to prevent HIV. Join us in taking action to help all women have the knowledge and tools they need to protect themselves and their partners.

What Can Women DO?
Talk about it. Learn the facts about HIV, and share this lifesaving information with you family, friends, and community. Get tested for HIV. CDC recommends that every American get tested for HIV at least once and those at high risk get tested at least once a year. If you are pregnant or planning to become pregnant, get an HIV test as soon as possible.

To find a testing site near you, visit Get Tested, test your ZIP code to KNOWIT (566948), or call 1-800-CDC-INFO. More resources on testing are available from CDC’s Act Against AIDS campaign Doing It.

If you are sexually active or use injection drugs, more tools than ever are available to prevent HIV:
- Use condoms (male or female) the right way every time you have sex.
- If you are HIV-negative but at high risk for HIV, take daily medicine to prevent HIV, called pre-exposure prophylaxis (PrEP). Talk to your doctor about post-exposure prophylaxis (PEP) if you think you have been exposed to HIV in the last 72 hours and are not on PrEP.
- Choose less risky sexual behaviors.
- Limit your number of sexual partners.
- Get tested and treated for other sexually transmitted diseases.
- Never share needles or other equipment to inject drugs.

Remember, abstinence (not having sex) and not sharing needles are the only 100% effective ways to prevent HIV. Through the Reproductive Health and Wellness Program at the Health Department testing is available there.

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**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*

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**Kick the Winter Blues with Family Time**
Here are some ideas of things to do with your family that cost either nothing or very little.
- Build a fort in the living room
- Bake cookies
- Homemade pizza & Netflix
- Family game night
- Play balloon volleyball
- Volunteer
- Family story time
- Family yoga
- Scavenger hunt
- Go for a walk/hike
- Have an indoor picnic
- Cook a special dinner with everyone involved
- Hold a talent show
- Create an obstacle course
- DIY ideas on the Internet
- Paper plane competition
- Build a marble run
- Visit your local library
- Learn a new skill
- Conduct a science experiment
- Arts & Crafts
- Glow in the dark tag

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**Have an upcoming event?**
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**Change your clocks & your batteries**
Clocks will spring forward when daylight saving time begins again at 2 a.m. March 10. The time change is an opportunity to also check and change the batteries in smoke and carbon monoxide detectors to ensure they are working properly. According to the National Fire Protection Association, 71 percent of smoke alarms that failed to operate had missing, disconnected or dead batteries.

Smoke alarms should be tested at least once a month, and all smoke alarms should be replaced when they are 10 years old. Batteries should be replaced once a year. In smoke alarms with non-replaceable, long-life batteries, the entire smoke alarm should be replaced every 10 years. The American Red Cross recommends smoke alarms to be installed, at minimum, with one on each level of the residence, inside bedrooms and outside sleeping areas.

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The James Mammography mobile van will be at the Noble County Health Department on May 1.
To schedule an appointment, call Tammy at 732-4958.
National Infant Immunization Week (NIIW) is an annual observance to promote the benefits of immunizations and to improve the health of children two years old or younger. In 2019, we are celebrating the 25th anniversary of NIIW. Since 1994, local and state health departments, national immunization partners, healthcare professionals, community leaders from across the United States, and the Centers for Disease Control and Prevention (CDC) have worked together through NIIW to highlight the positive impact of vaccination on the lives of infants and children, and to call attention to immunization achievements. NIIW, set for April 27-May 4, 2019, will be celebrated as part of World Immunization Week (WIW), an initiative of the World Health Organization (WHO).

Milestones Reached
Several important milestones in controlling vaccine-preventable diseases among infants worldwide have already been reached:

- Vaccines have drastically reduced infant death and disability caused by preventable diseases in the United States.
- Through immunization, we can now protect infants and children from 14 vaccine-preventable diseases before age two.
- Routine childhood immunization in one birth cohort prevents an estimated 381 million illnesses, 24.5 million hospitalizations, and 855,000 early deaths over the course of their lifetimes, at a net savings of $360 billion in direct costs and $1.65 trillion in total societal costs.
- The National Immunization Survey has consistently 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. However, the truth is they still exist. Children in the United States can—and do—still get some of these diseases.

One example of the seriousness of vaccine preventable diseases is the present measles outbreak which has so far infected 228 people in 12 states.

Interesting Fact
Wrigley’s was originally a soap company that gifted baking powder with their soap. The baking powder became more popular than the soap so they switched to selling baking powder with chewing gum as a gift. The gum became more popular than that baking soda so the company switched to selling gum.

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

The American Red Cross Bloodmobile will be at the Noble County Community Center on Thursday, April 4th, from 11 am to 4pm. Walk-ins are welcome or call 1-800-RED CROSS for availability.

Need a Mammogram?
The James Mammography mobile van will be at the Noble County Health Department on May 1, 2019. To schedule an appointment, call Tammy at 732-4958.
We All Can Play a Part

April is National Child Abuse Prevention Month. This month and throughout the year, the Noble County Health Department encourages all individuals and organizations to play a role in making Noble county a better place for children and families. By ensuring that parents have the knowledge, skills, and resources they need to care for their children, we can help prevent child abuse and neglect by creating strong and thriving children, youth, and families in our communities. Research shows that protective factors are present in healthy families. Promoting these factors is among the most effective ways to reduce the risk of child abuse and neglect. The factors are:

- Nurturing and attachment
- Knowledge of parenting and of child and youth development
- Parental resilience
- Social connections
- Concrete supports for parents
- Social and emotional competence of children

April is a time to celebrate the important role that communities play in protecting children and strengthening families. Everyone’s participation is critical. Focusing on ways to connect with families is the best thing our community can do to strengthen families and prevent child abuse and neglect. In support of these efforts, the U.S. Department of Health and Human Services’ Children’s Bureau along with many other partners have created the 2019 Prevention Resource Guide: Strong and Thriving Families. The resource guide, designed for service providers who work throughout the community to support families, is available online at [https://www.childwelfare.gov/topics/preventing/preventionmonth/resources/resource-guide/](https://www.childwelfare.gov/topics/preventing/preventionmonth/resources/resource-guide/).

Every Kid Healthy™ Week is an annual observance created to celebrate school health and wellness achievements and recognized on the calendar of National Health Observances. Observed the last week of April each year, this special week shines a spotlight on the great efforts schools are making to improve the health and wellness of their students and the link between nutrition, physical activity, and learning – because healthy kids are better prepared to learn! Anyone can get involved and be a part of the celebration to help support sound nutrition, regular physical activity and health-promoting programs in schools with a school health event.

OSU Extension office is hosting a Field Day with each school district in May and is looking for volunteers to help. Please see the last page for more information. For questions or comments please contact Sammi Schott from OSU Extension at 740-732-5681 or schott.77@osu.edu

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

Three common STDs—chlamydia, gonorrhea, and syphilis—are surging across the United States, according to the Centers for Disease Control and Prevention (CDC). Young people are especially hard-hit. In fact, because reported cases only account for a fraction of the national burden, CDC estimates 15-24-year old’s account for half of all new sexually transmitted infections each year. Noble county is no exception. In 2018 alone, there were 28 reported cases of chlamydia and 3 reported cases of gonorrhea, among this same age group.

“The consequences of STDs are especially severe for young people,” said Gail Bolan, M.D., director of CDC’s Division of STD Prevention. “Because chlamydia and gonorrhea often have no symptoms, many infections go undiagnosed and this can lead to lifelong repercussions for a woman’s reproductive health, including pelvic inflammatory disease and infertility.” Untreated STDs can also increase a person’s risk of getting HIV, or passing it to a partner if they’re living with HIV.

Early detection through testing is key to avoiding these consequences.

Get Yourself Tested (GYT) helps young people understand that STD testing is quick, simple, and usually painless. It also underscores the importance of having open and honest conversations with their healthcare provider about their sexual history to ensure they get the right STD tests and other critical information about prevention.

Visit the [GYT: Get Yourself Tested campaign website](https://www.cdc.gov/std/getyourselftested) for more information on STD testing and prevention.
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.

Join Us

Date:
Thursday, May 2, 2019

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.
FIELD DAY!

BE A VOLUNTEER!

- Join us as a volunteer for the day at either or both Caldwell or Shenandoah Elementary.
- The day will begin at 9:00AM and conclude at 2:15PM.
- Shenandoah Field Day is May 13th.
- Caldwell Field Day is May 17th.
- We ask that volunteers be 8th grade of older.
- There will be no rain date.
- Great opportunity for clubs, businesses, or organization to get some community service and a day outside.

***Station volunteer = running a station activity.

***Class Volunteer = you stay with a class.

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<th>Field Day Volunteer</th>
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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 20th annual National Women's Health Week kicks off on Mother's Day, May 12, and is celebrated through May 18, 2019. 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), preventive screenings, and vaccines.
- Get active.
- Eat healthy.
- Pay attention to mental health, including getting enough sleep and managing stress.
- Practice safe behaviors, such as quitting smoking, not texting while driving, and taking steps to protect yourself from sexually transmitted infections.

**Hepatitis Awareness Month**

Chronic hepatitis is a leading cause of liver cancer and liver transplants in the U.S. Millions of Americans are living with chronic hepatitis, and most do not know they are infected. Take five minutes to answer a series of questions and find out if you should get tested and or vaccinated, using CDC’s online Hepatitis Risk Assessment. Visit www.cdc.gov/hepatitis/riskassessment.

**Interesting Fact**

Samuel L. Jackson was an usher at Martin Luther King Jr.'s funeral.

**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 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 September 11, 2019. To schedule an appointment, call Tammy at 732-4958.

For more health information contact:
Noble County Health Department
740-732-4958
www.noblecohd.org
Food Allergy Awareness

Food allergy is a serious and potentially life-threatening medical condition affecting 32 million Americans. One in every 13 children has a food allergy—that’s about 2 in every U.S. classroom. Every 3 minutes, a food allergy reaction sends someone to the emergency room.

What Causes a Food Allergy?
A food allergy happens when your immune system overreacts to a harmless food protein—an allergen. In the U.S., the eight most common food allergens are milk, egg, peanut, tree nuts, soy, wheat, fish and shellfish. Family history appears to play a role in whether someone develops a food allergy. If you have other kinds of allergic reactions, like eczema or hay fever, you have a greater risk of food allergy.

Allergy vs. Intolerance
Food allergies are not the same as food intolerances, and food allergy symptoms overlap with symptoms of other medical conditions. It is therefore important to have your food allergy confirmed by an appropriate evaluation with an allergist.

Food allergy reactions can vary unpredictably from mild to severe. Mild food allergy reactions may involve only a few hives or minor abdominal pain, though some food allergy reactions progress to severe anaphylaxis with low blood pressure and loss of consciousness.

Food Allergies Have No Cure
Currently, there is no cure for food allergies. The only way to prevent reactions is to completely avoid the food you are allergic to. But research is making a difference. Every day, scientists are working toward a better understanding of food allergies—so a life-saving treatments can be found.

Measles & Traveling
Are you traveling abroad? You might not think about measles when you are preparing for your trip, but it is a health risk in many destinations. Make sure you and your family are vaccinated for measles and other diseases before you travel abroad.

How is measles spread?
Measles spreads easily through the air by breathing, coughing, or sneezing. It is so contagious that anyone who is exposed to it is and is not immune will probably get the disease.

What are the symptoms of measles?
Measles symptoms typically include: High fever (may spike to more than 104°F), cough, runny nose, red watery eyes and rash breaks out 3-5 days after symptoms begin.

Each year, unvaccinated people get infected while in other countries and bring the disease into the United States and spread it to others. The majority of measles cases that are brought into the United States come from unvaccinated U.S. residents. Measles is so contagious that if one person has it, 90% of the people close to that person who are not immune will also become infected. An infected person can also spread measles to others 4 days before the rash even develops.

The best way to protect yourself and your loved ones from measles is by getting vaccinated. The measles-mumps-rubella (MMR) vaccine protects against all 3 diseases. Two doses of MMR vaccine provide 97% protection against measles.

Check CDC’s Travelers’ Health website for your destination to find other tips to keep you healthy while you travel.

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

NATIONAL DON’T FRY DAY
Each year on the Friday before Memorial Day, it is National Don’t Fry Day. The goal of National Don’t Fry Day is to raise awareness of all the risks of overexposure to the sun. It is important for everyone to remember to use sun protection and sun safety practices. The risk for ultraviolet (UV) damage to the skin increases as we spend more time enjoying the outdoors now that warmer weather is upon us. Using a good sunscreen of SPF 30 or higher, wearing sunglasses and a wide-brimmed hat are a few ways to get started with sun safety. Skin cancer is curable if it is found early. Be aware of changes on your skin with growths and in moles. See your doctor if you have any concerns. Be safe!
June is Men’s Health Month, an observance used across the country to raise awareness about health care for men and focus on encouraging boys, men and their families to practice and implement healthy living decisions, such as exercising and eating healthy. Wear BLUE Day is celebrated every year on the Friday of Men’s Health Week! For 2019, Wear Blue Day is Friday, June 14. Friday of Men’s Health Week has been officially named Wear BLUE Day. According to the U.S. Centers for Disease Control and Prevention, boys and men in the United States, on average, die 5.6 years earlier than women and die at higher rates from nine of the top 10 leading causes of death. During Men’s Health Month, we encourage men to take control of their health, and for families to teach young boys’ healthy habits throughout childhood.

Did you know?

Men live about 5 years less than women.

1 in 2 men will develop cancer.

Men have a higher death rate for most leading causes of death, including cancer, heart disease, diabetes, and suicide.

Approximately 30,000 men in the U.S. die each year from prostate cancer.

Men are more likely to be uninsured than women.

Men make 1/2 as many physician visits for prevention as women.

Interesting Fact

“Twelve plus one” is an anagram of “eleven plus two.”

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 September 11, 2019. To schedule an appointment, call Tammy at 732-4958.
Scoliosis Awareness

In an effort to increase awareness of scoliosis, June has been declared the National Scoliosis Awareness Month in the US. Scoliosis is prevalent, affecting about 3% of the population in the US. It is the most common spinal deformity. It usually starts between the ages of 10 to 15, though it is also possible to have scoliosis as an infant or to develop scoliosis as an adult. Diagnosing scoliosis in its early stages ensures the most options for treating the curvature and slowing or stopping the progression. Children’s bones are not yet fully hardened, so non-surgical treatments like bracing may be used to prevent progression of the curvature.

Scoliosis is diagnosed both males and females. In recent years, treatment for scoliosis has made significant advances. Both bracing and surgery are more effective and less invasive than in the past. Many students are given the Adam’s Forward Bend Test in school, typically when they are in 5th or 6th grade, to determine whether or not they may have scoliosis. However, many schools do not do these screenings, so it is advisable to make sure the screening is done as part of a child’s annual physical exam with the pediatrician.

Lemon Orzo Salad with Asparagus and Tomatoes

12 oz. orzo
1 bunch fresh asparagus, cut into 1-inch pieces
1 pint cherry tomatoes, halved
1 lemon, zested and juiced
4 Tbs. extra virgin olive oil
1 clove garlic, minced
2 Tbs. fresh parsley, minced
Kosher salt
Fresh ground pepper
Grated Parmigiano Reggiano

- Blanch asparagus, about 2 to 3 minutes, depending on the thickness of your asparagus. Place blanched asparagus in a bowl of ice water to stop the cooking and keep them green.
- Cook orzo per package instructions. When tender, drain and place in a large bowl. Add blanched asparagus and tomato halves.
- Mix olive oil, lemon zest, lemon juice, garlic, salt and pepper in a small bowl. Stir into orzo and vegetables. Stir in parsley and grated Parmigiano Reggiano to taste.

This can be served warm, room temperature or cold.
8 Tips to Avoid Summer Bummers

Heading out for a hike, camping, or just to the neighborhood pool? There are so many ways to enjoy the great outdoors and warm weather. Use these easy tips to avoid bug bites, sunburn, and other pesky problems. And get out there!

1. Make Yourself Unattractive
To insects, that is. Scented soaps, perfumes, and hair sprays can attract mosquitoes and other biting bugs.

2. Use the 20-Minute Rule
Drink water at least every 20 minutes. To prevent heat stress and heat stroke, adults and children should stay hydrated when outside on hot and humid days.

3. Play It Safe
At the playground, take a good look at the equipment. It should be in good shape. Rotted or worn out woods and plastic can have sharp edges and points that could scrape or cause eye injuries. Make sure the slides and other surfaces are cool enough to be comfortable.

4. Stay Street Legal
Make sure everyone straps on a helmet.

5. Scan for Bad Plants
Learn to recognize poison ivy and poison oak, and steer clear. When hiking, carry a book with photos of these plants to refer to in cases of doubt. Yes, you could look them up on your phone. But if you’re out of range, you’ll want a paper copy to be sure.

6. Big Adventure? Brag About It
Tell someone where you’re going and when you expect to be back. Someone needs to know where you plan to be, just in case. If you’re going hiking or camping, take a first aid kit with you.

7. Be a Hero, the Right Way
If you see someone struggling in a pool or lake, you’ll naturally want to help them. But it’s dangerous for you to jump in. Instead, throw a Coast Guard approved flotation device to the person in the water or use a pole to reach them.

You should also use these basic water safety tips:
- Set limits based on each person’s ability.
- Stick to pools, lakes, and beaches where there are lifeguards.
- Don’t let anyone play around drains and suction fittings.
- Don’t allow your kids to have breath-holding contests underwater.

8. Go Broad
Use a “broad-spectrum” sunscreen. That means it will screen out both UVB and UVA rays. You should also layer in other protection. Wear a hat with at least a 3-inch brim all around and limit your sun exposure between 10 a.m. and 4 p.m. when UV rays are the strongest.
Healthy Swimming

Pools and water playgrounds are great places to have fun, be active, or just relax. Learn how to stay healthy when in the water this summer!

Just 2.5 hours of physical activity per week, including water-based activity, has health benefits, no matter our age. As with any form of physical activity, we increase the health benefits when we each do our part to decrease the risks of illness and injury.

Swimming is a fun way to be healthy and spend time with family and friends. However, it’s important not to swim or let your kids swim if they have diarrhea. Just one diarrheal incident in the water can release millions of diarrhea-causing germs like Crypto (short for Cryptosporidium), Giardia, Shigella, norovirus, and E. coli. This can make other swimmers sick if they swallow a mouthful of contaminated water.

Most germs are killed within minutes by common pool disinfectants like chlorine or bromine, but Crypto is a germ that can survive in properly chlorinated water for more than 7 days. This is why Crypto is the leading cause of U.S. outbreaks linked to swimming.

We can all help protect ourselves and our loved ones from germs by following a few simple but effective steps. Before getting in…

**Don’t swim or let children swim if sick with diarrhea.**
**Check out the latest inspection results.** You can find inspection scores online or on-site.
**Shower for at least 1 minute before you get into the water.** This will remove most of the dirt and sweat on your body.

Once in…
**Don’t swallow the water.**
**Don’t pee in the water.**
**Take kids on bathroom breaks and check diapers every hour.**
**Change diapers in a bathroom or diaper-changing area—not poolside—to keep germs away from the pool.**

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

Interesting Fact
The “dog days of summer” refer to the weeks between July 3 and August 11 and are named after the Dog Star (Sirius) in the Canis Major constellation. The ancient Greeks blamed Sirius for the hot temperatures, drought, discomfort, and sickness that occurred during the summer.
Juvenile Arthritis Awareness Month
Known as pediatric rheumatic disease, juvenile arthritis (JA) is an umbrella term used to describe the many autoimmune and inflammatory conditions or pediatric rheumatic diseases that can develop in children under the age of 16. JA affects nearly 300,000 children in the United States. Although the various types of JA share many common symptoms, like pain, joint swelling, redness and warmth, each type of JA is distinct and has its own special concerns and symptoms. JA can also involve the eyes, skin, muscles and gastrointestinal tract.

Juvenile Arthritis Causes
No known cause has been pinpointed for most forms of JA, nor is there evidence to suggest that toxins, foods or allergies cause children to develop JA. Some research points toward a genetic predisposition to JA may cause the onset of it when triggered by other factors.

Juvenile Arthritis Diagnosis
The most important step in properly treating JA is getting an accurate diagnosis. The diagnostic process can be long and detailed. There is no single blood test that confirms any type of JA. In children, the key to diagnosis is a careful physical exam, along with a thorough medical history.

Juvenile Arthritis Treatment
Early diagnosis and aggressive treatment, remission is possible. The goal of treatment is to relieve inflammation, control pain and improve the child’s quality of life. Most treatment plans involve a combination of medication, physical activity, eye care and healthy eating.

Sports Physicals
The Noble County Health Department is offering Sports Physicals on July 16 from 10:00am-3:30pm and July 22 from 1:00pm-5:30pm for a special price of $15. Paperwork can be picked up ahead of time at your respective school. Forms must be sign by parent or legal guardian. Please call in advance for an appointment. Vaccines will also be offered during these times, please bring insurance card. If you have any questions, please call the Health Department 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.

Fireworks Eye Safety
According to the U.S. Consumer Product Safety Commission’s most recent annual fireworks injury report, fireworks caused eight deaths and nearly 13,000 injuries in 2017. Two-thirds of the fireworks injuries treated in emergency rooms happened between mid-June and mid-July.

Facts About Eye Injuries
The most recent Consumer Product Safety Commission report found that 14% of fireworks injuries were eye injuries. Children and young adults are frequent victims. Children age 15 and under accounted for 36% of the total injuries, according to the report. Half of the injuries requiring an emergency room visit were to people age 20 or younger. Even sparklers can be dangerous, as they burn at more than 2,000 degrees Fahrenheit. Sparklers were responsible for 1,200 of the injuries in the latest report, and a sparkler mishap caused one of the fireworks deaths reported in 2017. The people injured by fireworks aren't necessarily handling the explosives themselves. In fact, 65% of people injured by fireworks were bystanders, according to another study. The statistics don't lie. Children and people not handling fireworks themselves are in as much danger as the people actually lighting fireworks.

What to Do for a Fireworks Eye Injury
Fireworks-related eye injuries can combine blunt force trauma, heat burns and chemical exposure. If an eye injury from fireworks occurs, it should be considered a medical emergency.

- Seek medical attention immediately.
- Do not rub your eyes.
- Do not rinse your eyes.
- Do not apply pressure.
- Do not remove any objects that are stuck in the eye.

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 (BCCP) may be able to help. To see if you qualify call 1-800-236-6253. The Ohio Health Mobile Mammography Unit will be at the Health Department on Friday, August 16, 2019. To schedule an appointment, call BCCP at 732-4958.
Breastfeeding is the mother’s domain and when fathers, partners, families, workplaces, and communities support her, breastfeeding improves.

We can all support this process, as breastfeeding is a team effort. To enable breastfeeding we all need to protect, promote and support it.

Breastfeeding Facts:
- Women who breastfeed their newborns within the two hour window after birth are more than twice as likely to still be breastfeeding at four months postpartum.
- The smell and taste of your breast milk changes depending on the foods you eat. Exposing your little one to more flavors during breastfeeding can lead them to be less picky eaters once you begin introducing solids.
- Your breast milk is constantly changing to meet the needs of your growing baby. From month-to-month, throughout the week, day-to-day, and even throughout a single feeding.
- Breast milk contains over 200 prebiotics that help protect baby’s tummy from unwanted bacteria and viruses!
- Breastmilk contains substances that promote sleep and calmness in babies. Breastfeeding also calms mama and helps her bond to baby.
- Breastfed infants are at lower risk for sudden infant death syndrome (SIDS)

Breastfeeding mom's usually don’t hear “Thank You” for giving their baby the best food for the first year of life.

The next time you see a nursing mother tell her how amazing she is for giving her time and her body to nourish her baby.

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

Interesting Fact
If you’re one of the millions of Americans who suffer from allergies, we’ve got bad news for you: Allergy season is getting longer and more intense each year, according to a 2019 study published in *The Lancet Planetary Health*. Likely another unfortunate result of climate change, scientists have found that pollen counts across the Northern Hemisphere have increased over the last 20 years and that pollen season is increasing 0.9 days a year worldwide.

Never cut what you can untie. Leave people better than you found them. And always try to exit better than you entered someone’s life.
August is National Immunization Month (NIAM). This annual observance highlights the importance of getting recommended vaccines throughout your life. You have the power to protect yourself and your family against serious diseases like whooping cough, cancers caused by HPV, and pneumonia with vaccines.

During NIAM, the Noble County Health Department encourages you to talk to your doctor, nurse or other healthcare professional to ensure you and your family are up to date on recommended vaccines.

We also encourage you to visit CDC’s Interactive Vaccine Guide, which provides information on the vaccines recommended during pregnancy and throughout your child’s life.

As your children head back to school this fall, make sure vaccination is at the top of your checklist. August is also a key time to make sure you are up to date on all the vaccines you need to stay healthy. Use CDC’s adult vaccine assessment tool to see which vaccines might be right for you.

August is Psoriasis Awareness month and is used as an opportunity to educate and inform on a range of topics varying from treatment, causes, and triggers. The cause of psoriasis is still unknown but specialists do know that it is largely affected by the immune system and genetics.

Affecting men and women, all races and all ages, the disease can display on a variety of body parts at any given time. Learning to successfully manage treatment can take a long period of time but there are many ways in which the disease can be controlled and treated.

Whether you chose to do this via medication, holistic, complementary and alternative approaches, dietary control or lifestyle choices is down to each individual but there is a huge amount of support and information available.

An often irritating and sometimes challenging disease, we hope you can find support to manage the symptoms successfully. The National Psoriasis Foundation website has lots of useful information to guide you.

As children spend more time tethered to screens, there is increasing concern about potential harm to their visual development. Ophthalmologists – physicians who specialize in medical eye care – are seeing a marked increase in children with dry eye and eye strain from too much screen time. The American Academy of Ophthalmology are arming parents with the facts, so they can make informed choices about their children’s eye health.

Here are 6 tips to help protect your child’s eyes from computer eyestrain:

1. Set a kitchen timer or a smart device timer to remind them to take a break from staring at a book, video game or computer screen.
2. Avoid using a computer outside or in brightly lit areas, as the glare on the screen can create strain.
3. Adjust the brightness and contrast of your computer screen so that it feels comfortable to you.
4. Use good posture when using a computer and when reading.
5. Encourage your child to hold digital media farther away, 18 to 24 inches is ideal.
6. Create a distraction that causes your child to look up every now and then. Remind them to blink when watching a screen.

To learn more ways to keep your eyes healthy, visit the American Academy of Ophthalmology’s EyeSmart website.
Creating your Family Emergency Communication Plan starts with one simple question: “What if?”

“What if something happens and I’m not with my family?” “Will I be able to reach them?” “How will I know they are safe?” “How can I let them know I’m OK?” During a disaster, you will need to send and receive information from your family. Communication networks, such as mobile phones and computers, could be unreliable during disasters, and electricity could be disrupted. Planning in advance will help ensure that all the members of your household—including children, people with disabilities and others with access and functional needs, as well as outside caregivers—know how to reach each other and where to meet up in an emergency. Planning starts with three easy steps:

1. COLLECT.
   Create a paper copy of the contact information for your family and other important people/offices, such as medical facilities, doctors, schools, or service providers.

2. SHARE.
   Make sure everyone carries a copy in his or her backpack, purse, or wallet. If you complete your Family Emergency Communication Plan online at ready.gov/make-a-plan, you can print it onto a wallet-sized card. You should also post a copy in a central location in your home, such as your refrigerator or family bulletin board.

3. PRACTICE.
   Have regular household meetings to review and practice your plan.

If you are using a mobile phone, a text message may get through when a phone call will not. This is because a text message requires far less bandwidth than a phone call. Text messages may also save and then send automatically as soon as capacity becomes available.

**Continued on page 3.

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

Drive-Thru Flu Shot Clinic
Sunday, September 22nd 9:30 - 2:00pm
at the
Noble County Health Department
If you miss us on Sunday, stop in our office for a flu shot: Mondays 8:00am - 6:00pm & Tuesday - Fridays 8:00am - 4:00pm.
For more information, call 740-732-4958

September 2019 Issue

Sept. 2nd – Labor Day
September 11th – Patriot Day
Sept. 23rd – Autumn Begins
10 Tips for Reinventing Yourself during September for Healthy Aging Month:

1. Do Not Act Your Age
   Do not act your age or at least what you think your current age should act like. What was your best year so far? 28? 40? Now? Picture yourself at that age and be it. Some people may say this is denial, but we say it's positive thinking and goes a long way toward feeling better about yourself.

2. Be Positive
   Be positive in your conversations and your actions every day. When you catch yourself complaining, change the conversation to something positive.

3. Ditch the Negativity
   Have negative friends who complain and talk about how awful everything is? Drop them. Surround yourself with energetic, happy, positive people of all ages and you will be happier too.

4. Walk Tall
   Walk like a vibrant, healthy person. Make a conscious effort to take big strides, walk with your heel first, and wear comfortable shoes.

5. Stand Tall
   Stand up straight! Look at yourself in the mirror. Hold in your stomach, have your shoulders back, chin up. Fix your stance and practice it every day, all day until it is natural.

6. How Are Your Pearly Whites?
   Research shows people who smile more often are happier. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being. Visit your dentist regularly.

7. Lonely?
   Stop brooding and complaining about having no friends or family. Do something about it now. Pick up the phone and make a call to do any of the following: volunteer your time, take a class, invite someone to meet for a meal or coffee.

8. Walk 10,000 Steps A Day
   Start walking not only for your health but to see the neighbors. Make it a goal to walk 10,000 steps a day. Want to lose some weight or belly fat? Make it 15,000. You can do it!

9. Get Those Annual Check-Ups
   Make this month the time to set up your annual physical and other health screenings.

10. Find your Inner Artist.
    Who says taking music or art lessons is for young school children? Sign up for fall art or music classes and discover your inner artist!

Interesting Fact
According to Reader's Digest, dates between September 9 and September 20 contain nine of the top 10 birthdays in America.

Need a Mammogram?
According to the Center for Disease Control (CDC) getting mammograms regularly can lower the risk of dying from breast cancer. 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, September 6, 2019. To schedule an appointment, call Tammy at 740-732-4958.

Car Seat Safety
Child Passenger Safety Week: Sept. 15-21

In cars, car seats reduce the risk of fatal injury by 71% for infants and by 54% for toddlers in cars and in trucks, the reductions were 58% and 59%, respectively. Most parents are confident that they have correctly installed their child’s car seat, but in most cases (59%) the seat has not been installed correctly. The Noble County Health Department partnerships 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.

Did you know the Noble County Health Department has a Facebook page? It has the latest alerts, information and any upcoming events. Check us out today and don’t forget to like and share our page.
Disasters can leave children and teens feeling frightened, confused and insecure. Kids’ responses can be quite varied. It’s important to not only recognize these reactions, but also help children cope with their emotions.

⇒ You are their biggest influence. When you can manage your own feelings, you can make disasters less traumatic for your kids.
⇒ Encourage dialogue. Listen to your kids. Ask them about their feelings. Validate their concerns.
⇒ Answer questions. Give just the amount of information you feel your child needs. Clarify misunderstandings about risk and danger.
⇒ Be calm, be reassuring. Discuss concrete plans for safety. Have children and teens contribute to the family’s recovery plan.
⇒ Shut off the TV! News coverage of disasters creates confusion and anxiety. Repeated images may lead younger kids to believe the event is recurring. If your children do watch TV or use the Internet, be with them to talk and answer questions.
⇒ Find support. Whether you turn to friends, family, community organizations or faith-based institutions, building support networks can help you cope, which will in turn help your children cope.

For many kids, reactions to disasters are brief. But some children can be at risk for more enduring psychological distress. Three risk factors for this longer-lasting response are:
- Direct exposure to the disaster such as being evacuated, observing injuries of others, or experiencing injury
- Loss/grief relating to the death or serious injury of family or friends
- On-going stress from secondary effects, such as temporary housing, loss of social networks, loss of personal property, or parent’s unemployment

Get your kids on your team and work together to build an emergency kit. Sit down as a family to talk about your communications plan and how a disaster may affect everyone. Practice and role-play what you would do during a disaster often, so when “what if something happens” turns in to something happening, you are prepared.

**Helpful Hints to Protect your Child**

Child Proofing your home is an important step in protecting your children from an injury. Before your child becomes mobile, you should get down on the floor and crawl around at their eye level to see the possible hazards that your child could get into, but you may not see at the adult standing level. Some unnoticed hazards include cords, sharp corners on tables and baseboards, base cabinets with cleaners or medicine stored and outlets. Keep medicine and cleaning supplies locked behind closed doors to prevent your child from getting into poisonous items.

Helpful Tip: If you have blinds on your windows, make sure you cut the pull strings to appropriate length so there isn’t excess string puddled on the floor for your child to get tangled up in. Another cord to be cautious of is electrical cords. If you have a cord hanging down that your child could reach, gather the cord up and zip tie the excess together, so the child is not able to get ahold of the cord and pull the lamp or television onto them.

These examples are just a few ways to protect your child from harm. There are several safety checklists online to help walk you through each room in your home to protect your child from household harms.

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**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.**”
October is National Breast Cancer Awareness Month

Breast Cancer is the most common cancer among women in the United States, accounting for 30 percent of newly diagnosed cancers. Although in the U.S. there are more than 3.8 million breast cancer survivors. Finding cancer early and getting treatment are the most important strategies to prevent deaths from breast cancer. Getting regular screening tests is the most reliable way to find breast cancer early before it causes symptoms (like a lump that can be felt). According to the Center for Disease Control (CDC) mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

The Southeastern Ohio Breast & Cervical Cancer Project (SEOBCCP) is a program housed at the Noble County Health Department. Did you know this is a program developed to assist eligible women in the promotion of early detection of breast and cervical cancers by providing FREE MAMMOGRAMS AND PAP TESTS! 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.

If you would like more information about the BCCP please call the Noble County Health Department BCCP office at 740-732-4958 or 1-800-236-6253.

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
740-732-4958
*We also offer the pneumonia shot*

Interesting Fact

In 1992 a cargo ship traveling from Hong Kong to the US accidentally lost a shipping crate in the Pacific Ocean. Inside that crate were 28,000 rubber ducks. The are still being found today. Some have made it all the way to the Atlantic Ocean, while others have been found frozen in Artic ice.

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

Expecting or caring for a baby? Take these steps to help baby sleep safely and reduce the risk of sleep-related infant deaths, including sudden infant death syndrome (SIDS).

Place your baby on their back for all sleep times—naps and at night. Some parents may be concerned that a baby who sleeps on his or her back will choke if they spit up during sleep. Babies’ anatomy and gag reflex will prevent them from choking while sleeping on their backs. Also, babies who sleep on their backs are much less likely to die of SIDS than babies who sleep on their sides or stomachs.

Use a firm, flat sleep surface, such as a mattress in a safety-approved crib, covered only by a fitted sheet. Some parents might feel they should place their baby on a soft surface to help them be more comfortable while sleeping. Soft surfaces can increase the risk of sleep-related death. A firm sleep surface helps reduce the risk of SIDS and suffocation.

Keep your baby’s sleep area (for example, a crib or bassinet) in the same room where you sleep until your baby is at least 6 months old, or ideally, until your baby is one year old. Some parents may feel they should share their bed with their baby to help them feel more connected. Accidental suffocation or strangulation can happen when a baby is sleeping in an adult bed or other unsafe sleep surfaces. Sharing a room with your baby is much safer than bed sharing and may decrease the risk of SIDS by as much as 50%. Also, placing the crib close to your bed so that the baby is within view and reach can also help make it easier to feed, comfort, and monitor your baby.

Keep soft bedding such as blankets, pillows, bumper pads, and soft toys out of your baby’s sleep area. Some parents may feel they should add sheets or blankets to their baby’s crib to help keep their baby warm and comfortable while sleeping. Sheets, comforters, and blankets can increase the risk of suffocation or overheat your baby. If you’re worried about your baby getting cold during sleep, you can dress her or him in sleep clothing, like a wearable blanket.

National Health Education Week
October 21-25, 2019

October 21-25, 2019 is National Health Education Week. This week, the Society for Public Health Education (SOPHE) celebrates health education specialists and highlights the work they do in their communities. Health education specialists offer knowledge, skills, and training that complement health care providers, policy makers, educational experts and many other professionals whose work impacts human health. Health equity and literacy are important determinants of health status. Health education specialists promote and improve health literacy and equity through research, education, and advocacy. There are many environments and professional settings where health education specialists work, but all health education specialists work toward one goal: creating healthier lives, in schools, worksites, and communities.

This week has various themes and each theme has a planned even that can be found at http://www.sophe.org/focus-areas/national-health-education-week/.

Have an upcoming event?
If you would like it in the monthly health monitor please email Samantha at Samantha.Hesson@noblecohd.org.
"HALL"-O-WEEN

@ The Noble County Health Department
44069 Marietta Rd.
Caldwell Ohio

Wednesday, October 16th
6–7pm

740.732.4958
For more information

Join us at the Noble County Health Dept.
for a "Safari Trick or Treat"
through the halls!
Come join us to hunt for some treats!

Bring Your Camera!!
Photo Opportunity Available

“This Institution is an Equal Opportunity Provider.”
Knowing is Not Enough—Act on Your Family Health History

Did you know that Thanksgiving is also National Family History Day? Even if you don’t have a parent or sibling with cancer or diabetes, you might be more likely to get a disease if other people in your family have or had the disease. However, having a family health history of a disease doesn’t mean that you will definitely get it. Knowing your family health history risk can help you—if you act on it. Collecting your family health history is an important first step. Whether you know a lot about your family health history or only a little, take time to talk to your family about their health histories at family gatherings this holiday season. It might not be easy. Your family members might not be used to talking about their diseases or might not want to talk. But starting the conversation is important. Remember, you’re asking not just for your own health, but for the health of everyone in your family.

Don’t know where to start? My Family Health Portrait can help! My Family Health Portrait is a free and easy to use online tool to help you collect your family health history information. You can share your information with your family members and doctor.

How to Collect Your Family Health History

• Talk to your family.
• Ask questions.
• Record the information and update it whenever you learn new family health history information.
• Share family health history information with your doctor and other family members.

Be sure to share this information with your younger relatives so that you may all benefit from knowing this family health history information.

Knowing about your family health history of a disease can motivate you to take steps to lower your chances of getting the disease. You can’t change your family health history, but you can change unhealthy behaviors, such as smoking, not exercising or being active, and poor eating habits. Talk with your doctor about steps that you can take, including whether you should consider early screening for the disease. If you have a family health history of disease, you may have the most to gain from lifestyle changes and screening tests.

Interesting Fact

Fall colors are caused by the amount of sugar in leaves. The more red in the leaf, the more sugar that leaf is storing. That is why Maple trees are so vibrant. Evergreens don’t change because their leaves have a thick wax covering that protects the chlorophyll (green) in the leaves.
Diabetes is a disease that affects how the body uses food for energy. Because the body’s cells cannot use food properly, the blood glucose (sugar) becomes high. The blood sugar becomes high either because the body lacks insulin or because it cannot use the insulin it makes. Insulin is a hormone that helps glucose get into the cells for energy. Diabetes is diagnosed when the fasting blood sugar is above 126 mg/dl when tested at least twice. There are three types of diabetes:

Type 1 diabetes usually occurs in children and young adults. It’s always treated with insulin. A healthy diet that controls starches and sugars (carbohydrates) is important. Regular exercise can reduce risk for heart disease and other complications. Symptoms include sudden weight loss, excessive thirst and hunger, frequent urination, nausea, vomiting, poor growth, and lack of energy.

Type 2 diabetes usually occurs in older adults. However, it is now becoming more common in children and teens. Those with type 2 diabetes are often overweight and unfit. They cannot make enough insulin to keep their blood sugar in control. A meal plan for weight control and regular exercise is often the first treatment tried. If diet and exercise are not enough, medicine may be required. Symptoms for type 2 diabetes usually are not obvious. In fact, people vary from merely feeling tired to having symptoms similar to type 1 diabetes.

Gestational diabetes only occurs with pregnancy. It is usually controlled with a special meal plan and exercise. If medicine is needed, only insulin can be used. Diabetes pills are not safe for the baby. Screening will be done around the 26th week of the pregnancy, or earlier if the woman is at high risk. As a woman gets older, she is more likely to get gestational diabetes. After delivery, the woman will be tested again for diabetes. Most women do not have diabetes then. However, having gestational diabetes greatly increases a woman’s risk for type 2 diabetes later in life.

World Prematurity Day is November 17th
World Prematurity Day acknowledges the journeys of preterm infants and their families as well as raises awareness of the challenges faced by children born preterm and their families. This is important as the incidence of preterm birth, worldwide, is increasing rapidly. According to the World Health Organization (WHO), every year an estimated 15 million infants worldwide are born preterm (over 3 weeks early). That is more than one in ten of all babies born around the world. Sadly, the complications of preterm birth are among the leading causes of death in children under five. All infants born preterm require immediate and significant medical care posing unexpected challenges - emotional and financial - to their parents and family system. Without a major push to reduce these deaths, we will not reach the global goal endorsed by 193 countries to end all preventable newborn and child death by 2030.

Pumpkin Chip Energy Bites
Energy Bites are great as a grab-n-go breakfast, perfect for lunch boxes and absolutely lovely along side a cup of coffee or tea and enjoyed as a morning or afternoon snack.

**INGREDIENTS**
- 1.5 cups gluten free rolled oats
- 1/2 cup pumpkin puree
- 1/2 cup natural peanut butter
- 1/3 cup maple syrup
- 1/4 teaspoon cinnamon
- 1/2 teaspoon pumpkin pie spice
- Pinch of kosher salt
- 2 tablespoons each of ground flax seeds, chia seeds & hemp seeds
- 1/3 cup mini chocolate chips

**INSTRUCTIONS**
Combine all of the ingredients in a large bowl and mix until well combined.
Scoop a heaping tablespoon of the dough into your hand a roll until you have formed a small ball. Place the ball into storage container to keep in the fridge for up to 10 days. Repeat until you have worked through all the dough.

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, December 4, 2019. 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.
Handwashing: A Healthy Habit in the Kitchen

Handwashing is one of the most important things you can do to prevent food poisoning when you are preparing food for yourself or loved ones. Washing your hands frequently with soap and water is an easy way to prevent germs from spreading around your kitchen and to other foods.

Wash your hands often when you cook to prevent the spread of germs. Your hands can spread germs in the kitchen, so wash your hands often to prevent cross-contamination. Here are some key times to wash in the kitchen:

- Before, during, and after preparing any food.
- After handling raw meat, poultry, seafood, and eggs.
- Before eating.
- After touching garbage.
- After wiping counters or cleaning other surfaces with chemicals.
- After touching pets, pet food, or pet treats.
- After coughing, sneezing, or blowing your nose.

Follow Five Steps to Wash Your Hands the Right Way

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. 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.

Interesting Fact

According to the National Christmas Tree Association, there are nearly 15,000 Christmas tree farms, and over 100,000 full or part-time jobs are created by the industry. The average growing time for a Christmas tree is seven years.

Need a Mammogram?

The James Mobile Mammography unit will be at the Noble County Health Department on December 4th. The Ohio Health Mammography van will be at the health department on December 19. To schedule an appointment, call Tammy at 732-4958.
Special considerations when preparing for winter weather

Ohio has already gotten a preview of winter weather this year. The Ohio Department of Aging and the Ohio Emergency Management Agency (EMA) reminds Ohioans and their families that preparation is key. Have a plan that will allow you to remain in place for at least three days should you be unable to leave your home due to weather conditions or other emergencies. Items to put in an emergency kit should include: a battery-operated radio, a flashlight, and extra batteries; a loud horn, whistle, or bell to signal for help; food you can open and prepare easily; one gallon of water per person, per day; extra blankets; and a first-aid kit. Similarly, have a bag packed with essential supplies in case you need to leave your home. A kit for leaving your home can fit into a backpack or duffel bag and should include: a radio, flashlight, and batteries; travel-size toiletries; baby wipes; a multipurpose tool with a knife and can opener; extra clothing and shoes; and light rain gear.

Older adults may want to consider other steps to ensure you have what you need in an emergency, such as:
- Add spare glasses and hearing aid batteries to your emergency kits;
- Include a backup supply of medications you take and copies of your prescriptions in your kits;
- Make sure your assistive equipment, like canes, walkers, oxygen tanks, etc., are easy to locate, and have non-powered options for equipment;
- Ask a reliable family member, friend or neighbor to visit or call you in an emergency to make sure you are okay and agree on a plan for what they should do if they are unable to reach you.

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.

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.

What is HIV and how can you get it or transmit it?

HIV (human immunodeficiency virus) is a virus that attacks cells that help the body fight infection, making a person more vulnerable to other infections and diseases. It is spread by direct contact with certain bodily fluids (blood, semen, rectal fluids, vaginal fluids and breast milk) of a person with HIV. For transmission to occur, the HIV in these fluids must get into the bloodstream of an HIV-negative person through a mucous membrane (found in the rectum, vagina, mouth, or tip of the penis); open cuts or sores; or by direct injection. Less common ways are from mother to child during pregnancy, birth, or breastfeeding. However, the use of HIV medicines and other strategies have helped lower the risk of mother-to-child transmission of HIV to 1% or less in the United States. Getting stuck with an HIV-contaminated needle or other sharp object is a risk mainly for health care workers. The risk is very low. If left untreated, HIV can lead to the disease AIDS (acquired immunodeficiency syndrome). The human body can’t get rid of HIV and no effective HIV cure exists. So, once you have HIV, you have it for life.

How Do I Know If I Have HIV?
The only way to know for sure if you have HIV is to get tested. Testing is relatively simple. You can ask your health care provider for an HIV test. Many medical clinics, substance abuse programs, community health centers, and hospitals offer them too. You can also buy a home testing kit at a pharmacy or online.