

# The Noble County Health Monitor

A monthly publication sponsored by the Noble County Health Department

## National Child Abuse Prevention Month

Every April, the Children's Bureau observes National Child Abuse Prevention Month to raise public awareness of child abuse and neglect. To prevent child sexual abuse, it is important to focus on adult responsibility while teaching children skills to help them protect themselves. Consider the following tips:

- Learn about your child's activities and people with whom they are involved with.
- Make sure your children know that they can talk to you about anything.
- Teach children accurate names of private body parts and the difference between touches that are "okay" and "not okay." Also teach children to take care of their own bodies.
- Empower children to make decisions about their bodies by allowing them age-appropriate privacy and promoting them to say "no" when they do not want to touch or be touched by others—even in nonsexual ways.
- Educate children about the difference between good secrets (such as birthday surprises) and bad secrets (those that make the child feel unsafe or uncomfortable).
- Monitor children's use of technology, including cell phones, social networking sites, and messaging, review their friends lists and pictures regularly.
- If a child tells you that he or she has been abused, stay calm, listen carefully, and never blame the child. Thank the child for telling you and report the abuse right away.

To report child abuse or neglect, contact Childhelp USA at 1.800.4 A Child (1.800.422.4453).



April Issue  
2022

April 1 - April Fools Day

April 7 - World Health Day

April 17—Easter

April 22 - Earth Day

Let someone  
under your  
umbrella this  
week.

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For more health information contact:  
**NOBLE COUNTY HEALTH DEPARTMENT**  
740-732-4958  
[www.noblecohd.org](http://www.noblecohd.org)

## EVERY KID HEALTHY WEEK

Every Kid Healthy Week is observed the last week of April every year. Eating healthy is an important part to developing a strong body and living a healthy lifestyle for years to come. Do a healthy food taste-test with kids to find foods they like that are also healthy. Take your kids on a smell safari at a produce store to see what healthy foods they can identify. For younger kids, use grapes, blueberries, or a fruit/veggie of your choice to help your child count their way through homework.

## Good Sleep for Good Health

Sleep is important for good health, it improves your brain performance, mood, and health. Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

### Amount of Sleep

How much sleep you need changes with age. Experts recommend school-age children get at least nine hours a night and teens get between eight and 10. Most adults need at least seven hours or more of sleep each night. Sleep quality can get worse as you age, older adults are also more likely to take medications that interfere with sleep.

### Getting Better Sleep

Simple things can improve your odds of a good night's sleep. Treatments are available for many common sleep disorders.

Many people with sleep apnea benefit from using a device called a CPAP machine. Other treatments can include special mouthguards, nightly routines, and lifestyle changes.



## STD Awareness Week April 10-16, 2022

If you are sexually active, or thinking of becoming sexually active, it is important that you **Talk. Test. Treat.** to protect your health. These three small actions can have a big impact on your sexual health!

### TALK

- Talk openly and honestly to your partner(s) and your healthcare provider about sexual health and Sexually Transmitted Diseases (STD)
- Talk with your partner(s) BEFORE having sex.
- Talk with your healthcare provider about your sex life, and ask what STD tests you should be getting and how often.
- Not all medical checkups include STD testing, so don't assume that you've been tested unless you discuss it with your provider.
- Ask your healthcare provider whether certain vaccines, like the hepatitis B vaccine or the HPV vaccine are right for you.

### TEST

- Get tested. It's the only way to know for sure if you have an STD.
- Many STDs don't cause any symptoms, so you could have one and not know. If you're having sex, getting tested is one of the most important things you can do to protect your health.
- Even if you're pregnant, you can still get an STD. If you're having sex, you're still at risk.

### TREAT

- If you test positive for an STD, work with your healthcare provider to get the correct treatment.
- Some STDs can be cured with the right medicine.
- Take all of the medication your healthcare provider prescribes, even if you start feeling better or your symptoms go away.
- Avoid having sex again until you and your sex partner(s) have all completed treatment.

During the COVID-19 outbreak you can receive a dozen free condoms a month delivered to your door. For more information go to [OHIV.org](https://www.OHIV.org) or call 1-800-332-2437.

## Stress Awareness Month

We all experience stress, – yet we may experience it in very different ways. There is no single definition for stress, but the most common explanation is a physical, mental, or emotional strain or tension. Stress is a reaction to a situation where a person feels anxious or threatened. Learning healthy ways to cope and getting the proper care and support can help reduce stressful feelings and symptoms. Try to:

- Identify when you don't have control, and try to let it go.
- Avoid getting anxious about things that you cannot change.
- Take control of your reactions and focus your mind on something that makes you feel calm and in control.
- Develop a vision for healthy living, wellness, and personal growth, and set realistic goals to help you realize your vision.



We all have different ways to cope with stress. It is important that we choose healthy ways to cope like:

- Take care of yourself – eat healthy, exercise regularly, get plenty of sleep, give yourself a break if you feel stressed.
- Share your problems and how you are feeling and coping with someone else.
- Avoid drugs and alcohol. These can create additional problems and increase the stress you are already feeling.
- Learning to cope with our stress and finding healthy ways to deal with these situations can go a long way in living a healthy and positive life.

A G J W Y H E U S O W G O L X U M P R F  
 U X E N U X J Q R A M I N A H T E F U N  
 R G I E A A J C S P U R T I Q U W E T Y  
 M A A A G A Q N Y E K R G B W T P Q R Z  
 R O Q O A E F N L U A N N Q O O G N V T  
 S C T F D K N V M S Y B U T T E R F L Y  
 N H X I J U E J P O G B B Z E W V G Y Y  
 H I H R B O R L R R L N G Y Z N Q F C H  
 S C E E T H R Y S O Q F I K Q U L D J Z  
 Y K D T Y M J N O E X A D L G B R R C G  
 U S K S D X S M G E Y T P H K L T Y D K  
 Y M L A V U S G W J D C X C C C K W D R  
 U M B E M Z S G J Z Y A A Q H P U J D R  
 P U Q R K S Q O N X G M Y P I L Q D Y R  
 J X I B E P I U B H D J R L R I D A A K  
 Y N N U S L U F O C I L S A P I L Z D T  
 R L N O W F L O S P R I N G I U L C B U  
 B M L D U U J A P Y I P G Z N P L S N Q  
 X N P O W S N Q W P X I R M G K K F F Q  
 G D M A U M O S S O L B Q H B E U J K D

April

Blooms

Blossom

Bunny

Butterfly

Chicks

Chirping

Ducklings

Easter

Eggs

Growing

Rainy

Spring

Sunny

Umbrella

### Spring Crossword Puzzle

Words can go in any direction.  
 Words can share letters as they cross  
 over each other.