

# The Noble County Health Monitor

A monthly publication sponsored by the Noble County Health Department

## National Immunization Awareness Month

August Issue  
2024

All progress takes place outside the comfort zone.  
- Michael John Bobak

August is National Immunization Awareness Month. It is important to highlight vaccination at all ages to prevent disease. Prevention of diseases or viruses with immunization is the best way to stay healthiest especially with the winter months coming soon. The winter months often bring flu, pneumonia, RSV (Respiratory Syncytial Virus), and other illnesses. Vaccines work with your immune system to help your body develop protection from diseases. Vaccines are tested and monitored to make sure they are safe and effective, some side effects do occur. The most common side effects are soreness at the injection site, fever, aches, pains, and chills. These side effects typically go away in a day or so.

Everyone who is able, should be vaccinated to create "herd immunity." If the majority are vaccinated and an exposure happens, the spread of disease is limited. However, when more people do not get vaccinated, the spread of disease increases which makes more people sick. Some people cannot receive vaccines because of certain medical conditions. It is up to the rest of us to get vaccinated to prevent vaccine preventable outbreaks and disease. Children, pregnant women, older adults, and those who have certain medical conditions or low immune systems are more likely to get vaccine preventable illnesses.

### Child

- The immunization schedule provides protection before children are exposed to the disease or virus. Some vaccines need more than one dose spaced apart to provide the best protection.

### Adolescent

- Meningococcal vaccine to protect against meningitis and bloodstream infections. Meningitis can cause but not limited to blindness, deafness, loss of limb, and loss of life.
- HPV (Human Papillomavirus Virus) has been found to cause cervical, oral, throat, penile, anal cancers, and warts. It is important that preteens get vaccinated against HPV before exposure to the virus.
- Tdap vaccine to protect against tetanus, diphtheria and whooping cough.

### Maternal Vaccination

Tdap (Tetanus, Diphtheria, and Whooping Cough)

- Recommended with each pregnancy after 27- 36 weeks
- Getting a Tdap vaccine during pregnancy will give your baby some protection against whooping cough until they are old enough to receive their own vaccines at 2 months old.

### Flu

- Changes in the immune system, heart, and lungs during pregnancy make pregnant people at risk of severe illness from the flu. Infants who are younger than 6 months old cannot receive the flu shot. The best way to protect your baby is to get vaccinated at least 2 weeks before delivery.

### RSV

- Provides protection for infants born if the mother receives it at least 2 weeks before delivery. RSV is administered to pregnant mothers at least 32-36 weeks during the months of September through January.

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## Need a Mammogram?

The Center for Disease Control and Prevention advises that 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 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 State University Mammography mobile van will be at the Noble County Health Department on August 22nd and September 23rd. If you have questions or would like to schedule an appointment, call Tammy at 740-732-4958.

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

## Overwhelmed with Zucchini?

If you planted zucchini and other summer squash in your garden, you could end up with too much and it can be hard to use it all before it goes bad. You *can* preserve your zucchini (or any other summer squash) by freezing it. Follow these tips and tricks to achieve the best results.

### Can You Freeze Zucchini Raw?

If you freeze raw zucchini, it can get weepy and watery after thawing. The best way to freeze it is to cut it up and blanching it first. This helps set the texture and color and makes it last longer.

#### 1. Chop Zucchini for Freezing

Cut the zucchini in half then into thick slices — at least 1/2-inch thick.

#### 2. Blanch Zucchini for Freezing

Bring a large pot of water to a rapid boil. While the water comes to a boil, prepare an ice bath by filling a large bowl with ice and cold water. Also grab a colander and a slotted spoon and line a baking sheet or plate with a thick layer of paper towels. When the water boils, drop in the zucchini pieces in batches. Let the water return to a boil and cook until they are bright green and still firm, 1 to 3 minutes. Don't overcook. Transfer the zucchini to the ice bath using a slotted spoon. Gently stir the ice water to cool the vegetables, then drain well. Lay the zucchini in a single layer on the lined baking sheet and blot with more paper towels to dry well.

#### 3. How to Store Zucchini for Freezing

When your blanched zucchini is cool and dry, lay the slices in a single layer on a parchment-lined baking sheet and freeze until completely solid, about 2 to 4 hours. When the vegetables are frozen, transfer them to a freezer safe container. Label the bags and stash in the freezer for up to 6 months.



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### Adult Vaccination

- Adult vaccination is recommended to protect against whooping cough, flu, RSV, pneumonia, and shingles.
- RSV vaccine is recommended to receive 1 dose for those who are 75 years and up. Those who are 65-74 years old **and** have an immune compromising condition can receive 1 dose.
- Shingles vaccine is available for those who are 50 years and older. 2 doses are required 2-6 months apart.

Please check with your medical provider or call the Noble County Health Department to see if you are up to date with your immunizations.

### Have an upcoming event?

If you would like it in the monthly health monitor please contact Samantha Hesson at 740-732-4958 or [Samantha.Hesson@noblecohd.org](mailto:Samantha.Hesson@noblecohd.org)

“This Institution is an Equal Opportunity Provider.”

**Noble County WELLNESS COALITION** NOBLE CO. WELLNESS COALITION

**FREE EVENT** **WRAP UP TO SUMMER FAMILY FUN DAY**

**A Day of Fun and Adventure for the Whole Family!**

Get ready for a day of fun, games, and excitement at our *Wrap Up to Summer -Family Fun Day*. This event is perfect for families with children of all ages and is sure to provide hours of entertainment. FREE kayaking, fishing, yard games, lunch, FOAM PARTY and more!

**SATURDAY, AUG. 10TH** **11:00AM-2:00PM**

**CALDWELL LAKE**  
47044 CALDWELL LAKE RD  
CALDWELL, OH 43724

**JOIN US**

740-732-5681 for information

# SAVE THE DATE

## DRIVE THRU FLU SHOT CLINIC



**SUNDAY, OCTOBER 6**

**from 9am-1pm  
at the  
Noble County Health  
Department**

**Pneumonia and  
COVID-19 Vaccines Available!**



### Closing the Gap: Breastfeeding Support for All

Breastfeeding can act as an equalizer in our society and efforts must be made to ensure everyone has access to breastfeeding support and opportunities. It is essential that no-one is left behind, especially vulnerable mothers who may need additional support to reduce breastfeeding inequalities. The Warm Chain campaign places the mother-baby duo at the core. It strives to link different actors across the health, community and workplace sectors to provide a continuum of care during the first 1000 days. The objectives of the Warm Chain Campaign are:

- **Protect:** the warm chain by developing strategies for collaboration and conflict of interest safeguards.
- **Promote:** the warm chain approach and showcase good examples of linkages.
- **Support:** the warm chain by coordinating, training, technical support and research to enhance knowledge and skills



Scan the code to become a Link in the Warm Chain.

### 10 Tips to Care for Your Eyes

**1. Eat right to protect your sight.**

Eat a well-balanced diet, especially leafy greens like spinach, kale, and collard greens. Fish like salmon, tuna, and halibut have been shown to help your eyes, too.

**2. Get moving.**

Kids who exercise often have a healthier body weight than kids who don't. Being overweight or obese can put you at higher risk for diabetes and other conditions that can lead to vision problems.

**3. Speak up if your vision changes.**

Tell a parent or teacher if your eyes are bothering you or if you notice any changes in your vision.

**4. Wear your glasses.**

Your glasses help you see better, especially when they're clean and free of smudges.

**5. Keep the germs away.**

Always wash your hands before putting them close to your eyes, especially if you're putting in or taking out contact lenses.

**6. Gear up.**

Playing your favorite sport? Using chemicals during science class? Mowing the lawn? Wear the right protection to keep your eyes safe.

**7. Wear your shades.**

Choose sunglasses that block 99% or 100% of both UVA and UVB radiation from the sun. Remember, you should never look directly at the sun.

**8. Give your eyes a break.**

Staring at any one thing for too long can tire your eyes. Give your eyes a rest with the 20-20-20 rule: Every 20 minutes, look about 20 feet away for 20 seconds.

**9. Say no to smoking.**

Did you know that smoking is as bad for your eyes as it is the rest of your body? Smoking can put you at risk for some pretty serious eye issues, which can lead to blindness.

**10. Talk about it.**

Does anyone in your family have issues with their eyes? Not sure? Ask!