

# The Noble County Health Monitor

A monthly publication sponsored by the Noble County Health Department

## Pneumonia Awareness

World Pneumonia Day is observed annually on November 12 to raise awareness about pneumonia and encourage action to prevent and treat the disease. Here are some facts about pneumonia and World Pneumonia Day:

### What is pneumonia?

A lung infection caused by bacteria, viruses, or fungi that can be life-threatening, especially for children and the elderly. The most common type of bacterial pneumonia is pneumococcal pneumonia. If you are 65 or older, your risk of being hospitalized after getting pneumococcal pneumonia is 13 times greater than younger adults aged 18 to 49, and for those requiring hospitalization, an average hospital stay of six days. In severe cases, it can lead to death. Symptoms typically have a quick onset and may include difficulty breathing, shortness of breath, chest pain, high fever, excessive sweating and shaking chills and coughing. Certain symptoms of pneumococcal pneumonia including cough and fatigue may last for weeks, or longer.

### How to prevent pneumonia

Vaccines can help prevent pneumonia, and are recommended for young children, older adults, and people with certain chronic health conditions. Other ways to prevent pneumonia include adequate nutrition, addressing environmental factors like indoor air pollution, and proper ventilation.

### Who is at risk for pneumonia?

Anyone can get pneumonia, but some people are at higher risk, including young children, older adults, and people with certain chronic health conditions.

The pneumonia vaccine is available at the Noble County Health Department. No appointment necessary. Call the Health Department at 740-732-4958 with any questions.

November 2024

November 11–  
*Veterans Day*

November 28–  
*Thanksgiving*

Don't wait until the fourth Thursday in November, to sit with family and friends to give thanks. Make every day a day of Thanksgiving!

## Bladder Health Month: 5 Tips to Stay Healthy

Bladder Health Month in November aims to raise awareness about various bladder-related conditions, promote bladder health, and educate people about ways to maintain a healthy bladder. Many people do not talk with their doctor about their bladder health symptoms because they are embarrassed or do not know they could identify a health issue. Raising bladder health awareness and encouraging people to talk to their health professional about their bladder health symptoms is the first step in eliminating the stigma associated with bladder-related conditions and disease. To keep things simple, here are five tips for staying in control of your bladder health.

### Drink up!

Staying hydrated is vital to maintaining a healthy urinary system. The amount a person should drink varies, but drinking enough fluids so that you need to urinate every few hours is an excellent rule of thumb. Some drinks, like alcohol or citrus juices, can worsen symptoms for some bladder health conditions.

### Watch When You Wee

Tracking how often you urinate, how urgently the need to urinate comes on, and whether you experience other symptoms with urination, such as pain or bleeding, are all valuable data for your doctor when discussing bladder health.

### Move It!

Regular exercise can relieve symptoms of bladder inflammation and bladder pain syndrome, and kegel exercises can help improve incontinence. Many first-line treatments for bladder health conditions include physical therapy and exercise.

### Know Your Meds

Pay attention to whether certain medications correlate with worsening bladder symptoms and discuss the changes with your healthcare provider.

### Talk To Your Doc

The better your healthcare provider knows the level and impact of your symptoms on your quality of life, the better they can help you manage them.



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For more health information contact:  
Noble County Health Department  
740-732-4958  
[www.noblecohd.org](http://www.noblecohd.org)

## Books & Young Readers

Youngsters need to read, and Young Readers Week is the perfect opportunity to introduce your young ones to the incredible world of books. This is celebrated during the second week in November. Young Readers Week raises awareness about the importance of reading, and it is a great time to help your kids develop a fiery passion for reading. Celebrate Young Readers Week by teaching your children all about the joys of books and literacy. It is a lesson that will follow and help them throughout their lives. Books are also a great gift to give all year round!

If you haven't registered your child yet, now is the time! Dolly Parton's Imagination Library of Ohio mails kids one free book each month until their 5th birthday! Any child in Ohio between birth and 5 years old can enroll. Enroll at <https://ohioimaginationlibrary.org/>.

Don't forget the Caldwell Public Library is a great resource for all levels of reading. From November 18-27th, the library is having a fall books and more sale. Stock up on books and movies to get you through the cold winter months! The sale is in the library during normal library hours. Library hours:  
Mon.-Wed from 8:30am-7pm,  
Thursday - Closed,  
Fri. 8:30am-5pm,  
Sat. 8:30am-2pm,  
Sunday - Closed.



If you have any questions, call the library at 740-732-4506.



**CarFit is a free, educational program designed to help drivers improve the "fit" of their vehicles for comfort and safety.**

**A FREE 20-minute, 1-on-1 check-up** with a Trained CarFit Technician will help you better understand:

- Proper safety belt use and fit
- Safe distance between you and your airbag
- Clear line of sight above the steering wheel
- Mirror positioning to minimize blind spots
- State and local resources

*CarFit is NOT an evaluation or test of driving ability.*

**CarFit is presented in partnership with:**



### Find your Perfect Fit

**When:**  
Thursday, November 14, 2024  
4:00 pm – 6:00 pm

**Where:**  
Noble County Health Department  
44069 Marietta Rd  
Caldwell, OH 45750

**Register:**

Rebecca Mobley  
740-732-4958  
[Rebecca.mobley@noblecohd.org](mailto:Rebecca.mobley@noblecohd.org)



**For more information visit [car-fit.org](http://car-fit.org)**

CarFit is a national program developed by AAA, AARP and the American Occupational Therapy Association and is designed to give a quick, yet comprehensive check on how well an older driver and their vehicle work together.

## What's that in your fridge?

Celebrate National Clean Out Your Refrigerator Day on November 15! It's not necessarily the most fun of chores to do but it is one that should be done to prevent consuming expired or spoiled food and get rid of the science experiments you didn't know you were growing in the back of your fridge. Check out some of these tips that can help make the job quicker and easier:

- Empty all of the food from the inside of the fridge shelves and door in stages so nothing sits out on the counter too long. Throw away anything past the expiration date.
- If the shelves and drawers come out, remove them for cleaning purposes. Then, wipe down everything with a warm soapy cloth, wipe with clean water to rinse off the soap, and then dry with a clean cloth. Some people prefer to sanitize their refrigerator by using a solution of water with white vinegar or baking soda.
- Wipe down all bottles of sauces and other items before placing them back in the clean refrigerator.
- To prevent future smells in the fridge leave an open container of baking soda to absorb odors.
- Don't forget about the freezer! Spoon out the bottom of those ice cream containers, cook up some pizza rolls and finish off the rest of those mixed vegetables. This can be a smorgasbord of fun and delight while accomplishing the task of emptying out and starting fresh!

Completing these task will also help with making room for all the food that will be coming in and out of your fridge/freezer this holiday season!

### 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/Employer."**



# FREE CAR SEAT SAFETY CHECK!

The Noble County Health Department is hosting a FREE in-person car seat check up event!

If you have a child that rides in your car, our Nationally Certified Child Passenger Safety Technicians can help make sure your child's car seat is the right seat for them and that it's installed properly.

We will have a limited number of free convertible seats and booster seats available for eligible families whose seats are expired or otherwise deemed unsafe.

## 11.14.2024

4 PM - 6 PM | Thursday



44069 MARIETTA ROAD  
CALDWELL, OH 43724

For more information contact us!

740-732-4958  
noblecohd.org



## Thanksgiving Word Search

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

Cranberries - Feast - Gracy - Maize  
 Pilgrims - Puritans - Stuffing - Turkey  
 Yams - Colony - Fall - Gobble - Harvest  
 Mayflower - November - Plymouth  
 Squash - Thanksgiving - Wampanoag  
 Cornucopia - Family - Gratitude  
 Holiday - Pie - Pumpkin - Standish -  
 Thursday

### Coats for Kids

Calling all parents! Is your child in need of a winter coat? The Noble County Health Department has partnered with the Knights of Columbus to distribute coats to children in need. No income requirements! If you have any questions or would like to register call the Health Department at 740-732-4958.



### National Seat Belt Day

National Seat Belt Day on November 14th encourages everyone to buckle up to save lives. No matter where you sit in a vehicle, wearing a seat belt is proven to save lives. Just over 90 percent of Americans buckle up, saving an estimated 15,000 lives each year. However, according to the National Highway Traffic Safety Administration (NHTSA), 47 percent of passenger fatalities in 2017 were not restrained. Seat belts are proven to reduce the risk of serious injury and save lives. It's been 60 years since the invention of the three-point seat belt, and this restraint has saved hundreds of thousands of lives. Since then, the industry has added advanced safety devices to automobiles. However, alone, many of these advancements may not save a life unless a seat belt restrains the driver and passengers. Airbags, for example, work most effectively when paired with proper seat belt use. On its own, the force with which an airbag deploys can be fatal without the restraining hold of a seat belt. During this holiday travel season and every season, be sure everyone buckles up. Everyone safely arriving will be worth celebrating!

# We want to hear from you!

The Southeastern Ohio Health Improvement Collaborative (SOHIC) which includes Noble County is conducting a short (20 minute or less!) survey to better understand health needs in the community. We want to make our community a healthier place to live, work, and play!

## Community Health Assessment Survey

**The Community Health  
Assessment Team  
invites you to become  
part of creating a  
healthier Noble County!**

### To Complete the Survey:

Scan the QR Code or visit:  
<https://www.surveymonkey.com/r/SOHIC>



Paper copies are also available at the  
Health Department



Promoting wellness, disease prevention, and helping plan a healthy future for our community.