

The Noble County Health Monitor

A monthly publication sponsored by the Noble County Health Department

OhioHealth Wellness on Wheels

Prenatal Care Coming to You!

OhioHealth Wellness on Wheels works just like a normal doctor's office, delivering prenatal care, regardless of your ability to pay. All services are strictly private and confidential. On this mobile unit they have a team of professionals working one-on-one with clients providing prenatal services including ultrasounds and lab work. Confidential social services counseling and resources and referrals will also be available. They offer health insurance and prescription assistance, interpreter services and transportation assistance. This is a great partnership with the Noble County Health Department to provide a much needed service to those in the community who would otherwise have to travel outside the county for care.

Call to schedule your appointment at 740-331-7373. Scan the QR code for more information. The mobile unit will be parked at the Noble County Health Department at 44069 Marietta Road in Caldwell.



Autism Awareness Month

Every April, we celebrate Autism Awareness Month to help people learn about autism and support those with it. Autism, or autism spectrum disorder (ASD), affects how a person thinks, feels, and interacts with others. It's a "spectrum" because it affects people in different ways and to different degrees. Autism is a condition that affects communication, social skills, and behavior. People with autism might have trouble talking with others, understanding social cues, or following routines. Everyone with autism is unique, and some may need more help than others. Autism Awareness Month helps us understand and support people with autism. By learning about autism, we can make sure everyone is treated with kindness and respect. Be patient with people that have autism, they may need more time to communicate or adjust. Invite kids with autism to play and be kind to them. People with autism often have amazing talents, celebrate everyone's differences and the talents they have. Take the time to learn, the more we understand autism, the better we can support people with it.



April Issue
2025

April 15- Tax Day

April 22 - Earth Day

*If you have
the power
to make
someone happy
today, do it.
The world needs
more of that.*

In this Issue:

Wellness on Wheels	1
Autism Month	1
Child Abuse Prevention	2
Run/Walk Event	2
Stress Management	2
Baby Shower	3
Measles	4

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

Child Abuse Prevention Month: A Time to Protect Children

Every April, we observe child abuse prevention month period. This is a time for everyone to learn how to keep children safe and understand how to prevent abuse. Child abuse is when someone hurts or treats a child in a way that causes harm. This could be physical harm, emotional harm, or neglect, where a child's basic needs are not being met. Child abuse can happen in different ways:

Physical Abuse: When a child is hurt on purpose, like being hit or kicked.

Emotional Abuse: When a child is made to feel worthless, scared, or unloved.

Sexual Abuse: When an adult or older person touches a child inappropriately.

Neglect: When a child's basic needs-like food, clothing and shelter-are not provided.

Child abuse affects many children, and it can cause lasting problems. That's why it's so important to work together to prevent it. By raising awareness, supporting families, and educating the community, we can help protect children and stop abuse before it happens.

How Can We Help?

Know the Signs: Some signs include unexplained injuries, a child being afraid of certain people, or showing signs of depression or anxiety.

Be a Good Listener: Children should feel comfortable talking to trusted adults. Listening to children and believing them is one of the best ways to keep them safe.

Support Families: Strong families are important for children to grow up happy and healthy. Offering support to families in need, like helping with childcare or giving advice, can help prevent situations of abuse.

Speak Up: If you see something that doesn't seem right, speak up. Telling a teacher, counselor, or another trusted adult can make a big difference. It's important to keep children safe.

How Can Communities Make a Difference? Communities can work together to make sure that children have a safe place to grow up. Schools, churches, and local organizations can offer programs that teach kids and adults how to recognize and report abuse. By spreading awareness and supporting one another, we can create a safer environment for everyone.

To report child abuse or neglect, please contact Childhelp USA at 1.800.4 A Child



Join Noble County in raising awareness about child abuse and neglect on

4-26-25

At the Noble County Walking Trail

All events and activities are FREE for families!*

Run/Walk - Going the Distance for Kids

Registration begins at 10:30 AM, run/walk begins at 11 AM

To Pre-Register and order a commemorative T-Shirt please contact Sami Hull at (740) 732 - 5681, Hull.388@osu.edu or <https://go.osu.edu/funrunwalk>

Honor Walk

To honor victims of child abuse and neglect
Immediately Following Run/Walk

After Party

Immediately Following Run/Walk
Food!

Free Activities and Treats!

Meet local agencies who care about children!

Email Kelli.clark@jfs.ohio.gov to Register as a vendor

*Some food items and race T-shirts excluded

Stress Management

April is recognized as National Stress Awareness Month and this year we are focusing on how to manage stress. Stress is a normal part of life, but it can become overwhelming if we don't manage it. Here are a few simple ways to deal with stress and feel better:

1. **Take Deep Breaths:** Deep breathing helps calm your body and mind. Try taking slow, deep breaths for a few minutes when you're feeling stressed.
2. **Exercise:** Physical activity can help reduce stress. Even a short walk or some stretching can help you feel better.
3. **Talk to Someone:** Sharing your feelings with a friend or family member can help you feel supported and less stressed.
4. **Take Breaks:** Don't be afraid to take breaks during the day. A few minutes away from a task can help you recharge and reduce stress.
5. **Practice Relaxation:** Activities like listening to music, reading, or doing something creative can help you relax and clear your mind.

Remember, it's okay to feel stressed sometimes, but by using these simple tips, you can manage it and feel more in control.

2025 NOBLE COUNTY COMMUNITY BABY SHOWER



MUST LIVE IN NOBLE COUNTY AND BE PREGNANT
OR POST-PARTUM UP TO 6 MONTHS



*Register
Now*

SCAN



**Thursday,
April 24, 2025**



6 - 8 PM



**Noble County
Community Center**



**Call 740-732-4958
with questions**

Come and be showered with the education you need to raise a happy, healthy, and safe child! This FREE event offers parents a chance to learn from local vendors about the services in our area and learn more about growth, development, and child health.

If your business is interested in donating, please contact us by phone or email at rebecca.mobley@noblecohd.org.

Sponsored by:



- Giveaways
- Door Prizes
- Refreshments
- Community Resources

"This Institution is an Equal Opportunity Provider"

Measles: Don't Let It Spread

Measles is a highly contagious viral infection that can lead to serious health complications. It spreads through coughing and sneezing, and symptoms include a high fever, cough, runny nose, red eyes, and a characteristic red, blotchy skin rash. Before the introduction of the measles vaccine, many children suffered from this disease, but widespread vaccination led to its near elimination in the United States.

In March 2025, Ohio reported its first case of measles in over a year. An unvaccinated adult from Ashtabula County contracted the disease after contact with someone who had recently traveled internationally. This case is particularly concerning given the state's declining vaccination rates. The percentage of Ohio kindergarteners who are up to date on all recommended vaccines is 85.4% for the 2024-25 school year, down from 86.2% in the previous year. The percentage of Ohio students who were up-to-date on the measles, mumps and rubella (MMR) vaccine dropped from 89.2% in the 2023-24 school year to 88.3% in this most recent school year.

Vaccination remains the most effective defense against measles. The MMR vaccine is highly safe and effective providing 97% protection against measles after 2 doses. Health officials strongly recommend that all children receive their vaccination to prevent outbreaks.

To safeguard our communities, it's essential to maintain high vaccination coverage. This helps prevent outbreaks and protects those who cannot be vaccinated due to age or medical conditions. For more information on measles and vaccination visit noblecohd.org or call the Noble County Health Department 740-732-4958. Information on measles can also be found on the Center for Disease Control and Prevention (CDC) at <https://www.cdc.gov/measles/about/>. The risk of measles remains low for most of the United States due to high immunization coverage, rapid case identification, and response efforts. MMR vaccination remains the best protection against measles.

Measles Fast Facts



Measles can spread to others from **four days before through four days after** the rash appears.

Measles virus can live for **up to two hours in the air** after an infected person leaves an area.



Measles Fast Facts



Adults should also be protected with at least one dose of MMR vaccine.

If you have questions about your measles protection, talk to your healthcare provider.

