

The Noble County Health Monitor

A monthly publication sponsored by the Noble County Health Department

Why Vaccines Matter: National Immunization Awareness Month

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August is National Immunization Awareness Month (NIAM). This month is dedicated to raising awareness about the importance of vaccinations and staying up-to-date on recommended immunizations. Immunizations are crucial for protecting individuals and communities from preventable diseases. For example, vaccines help protect you from: *Measles * Mumps * Chickenpox * Flu (influenza) * COVID-19 * Whooping cough

Why Do We Need Vaccines?

Vaccines don't just protect you—they also help protect the people around you. When lots of people get vaccinated, it's harder for diseases to spread. This is called community immunity, also known as herd immunity. Thanks to vaccines, we don't see some dangerous diseases as much anymore. In fact, vaccines have helped save millions of lives around the world according to the World Health Organization.

Who Should Get Vaccines?

Everyone! Babies, kids, teens, and even adults need vaccines at different times in their lives. Doctors follow a vaccine schedule that helps people know when to get each shot, which can be found on the Center for Disease Control and Prevention website. Some vaccines are given in early childhood, while others are needed before school or even during adulthood. If you're getting ready to go back to school, August is a perfect time to check if you're up to date on your shots.

How Can You Stay Protected?

Here are some simple steps you can take:

- Ask your parent or guardian to check with your doctor about your vaccines.
- Wash your hands often to stop the spread of germs.
- Talk to your friends and family about how vaccines keep everyone safe.
- Thank your doctors and nurses for helping keep people healthy.

Vaccines Help Us All

Vaccines are one of the best ways to keep from getting sick. They help protect schools, families, and communities. During National Immunization Awareness Month, take a moment to thank science, and your local doctor, and your local health department for helping everyone stay healthy!

*Celebrate
the hard
work that
made this
summer
possible.*

In this Issue:

Immunization	1
Mammograms	1
Breastfeeding	2
Be Kind	2
Fajita Day	3
Zucchini	3
Eye Safety	3

Need a Mammogram?

According to the Center for Disease Control and Prevention (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 State University Mammography mobile van will be at the Noble County Health Department on August 25th and September 29th. 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**

Celebrating National Breastfeeding Month

Every August, we recognize National Breastfeeding Month in the United States. This month is all about raising awareness and sharing information on the benefits of breastfeeding for babies, mothers, and families. Breast milk is specially made by the woman's body to give the baby everything they need to grow strong and healthy. It's full of important nutrients, antibodies, and enzymes that protect babies from illness. For the best health outcomes, the American Academy of Pediatrics (AAP) recommends exclusive breastfeeding for approximately 6 months followed by continued breastfeeding with complementary foods for at least 2 years and beyond as mutually desired.

Breastfeeding is helpful for both babies and mothers. Here's how:

For Babies:

- * Provides perfect nutrition
- * Helps protect against infections and illnesses
- * Lowers the risk of asthma, obesity, and type 2 diabetes later in life
- * Promotes brain development

For Mothers:

- * Helps the body recover after childbirth
- * Lowers the risk of breast and ovarian cancer
- * Can reduce stress and strengthen the bond with the baby

How Can We Support Breastfeeding?

Even though breastfeeding has many benefits, some mothers face challenges. That's why it's important for communities to support breastfeeding moms. Here's how we can help: give mothers time and space to breastfeed or pump milk, make sure workplaces offer breaks and private areas for breastfeeding, share positive messages about breastfeeding and support family members or friends who choose to breastfeed.

National Breastfeeding Month is a time to educate people about the science and benefits of breastfeeding, support mothers with facts, resources, and kindness and encourage hospitals, schools, and workplaces to be breastfeeding-friendly.

Be Kind to Humankind Week

Being kind is always a good idea — and there's a whole week to celebrate it! National Be Kind to Humankind Week is held every year from August 25th to August 31st. During this week, people are encouraged to treat others with kindness, respect, and care. Kindness can be big or small. It could be something as simple as holding the door open or saying something nice. This week reminds us how one kind act can make the world a better place! Kindness doesn't cost anything, but it means everything. Let's all do our part during National Be Kind to Humankind Week — and every day!



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

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A Flavorful Fiesta

Do you enjoy sizzling food full of flavor? Then you'll love National Fajita Day! Every year on August 18th, people across the country celebrate this tasty dish that started in Texas around the 1930's by ranch workers.

What Is a Fajita?

A fajita is a dish made with grilled meat, usually chicken, beef, or shrimp, along with peppers and onions. It's all served in a warm tortilla. Fajitas are special because they're served hot and sizzling — sometimes right on a hot plate at a restaurant! You can add toppings like cheese, sour cream, salsa, guacamole, lettuce or tomatoes. Fajitas are fun to eat because you can build your own just the way you like it.



Want to join the fun?

1. Make Your Own Fajitas-Ask an adult to help you grill chicken or veggies. Then build your own fajita with your favorite toppings.
2. Have a Fajita Party-Invite friends or family and make a fajita bar. Try something new like veggie fajitas or use tofu.

Crispy Zucchini Pizza Bites

These zucchini pizza bites are not just a healthier alternative; they're also bursting with flavor.

Ingredients

- 2 medium zucchinis sliced into 1/4-inch rounds
- 1 cup marinara sauce
- 1 cup shredded mozzarella cheese
- 1/2 cup pepperoni slices or your favorite toppings
- 1 teaspoon Italian seasoning
- Salt and pepper to taste
- Olive oil spray

Instructions

1. Preheat your oven to 400°F and line a baking sheet with parchment paper.
2. Arrange the zucchini slices on the baking sheet. Lightly spray with olive oil and season with salt, pepper, and Italian seasoning.
3. Bake in the preheated oven for about 10 minutes until slightly tender.
4. Remove the baking sheet from the oven and spoon a small amount of marinara sauce onto each zucchini slice. Top with shredded mozzarella cheese and your choice of toppings.
5. Return the baking sheet to the oven and bake for an additional 10-12 minutes, or until the cheese is melted and bubbly.
6. Allow to cool slightly before serving. Enjoy your zucchini pizza bites warm!

Children's Eye Health

August is National Children's Eye Health and Safety Month, a great time to invest in learning about your children's eye health. Teaching children why it's important to have a yearly eye exam and what to expect during optometrist appointments can help them feel more at ease. It's also important to teach your children how to best protect their eyes when handling common household items, cleaning supplies, science experiments, and more. Skills you introduce to them today may very well protect their eyes tomorrow.

Some of the most common pediatric eye conditions include:

- Astigmatism
- Myopia (nearsightedness)
- Hyperopia (farsightedness)
- Ptosis (droopy eyelids)
- Conjunctivitis (pinkeye)
- Styes
- Double vision
- Nystagmus
- Epiphora (excessive tearing)
- Blocked tear ducts

Eye exams check the way eyes react to shifts in lighting and darkness, eye movement and reactions to stimuli, like a moving finger, eye structure, clouding, redness and teariness. These tests make it possible to diagnose some of the most common eye issues. Depending on the age of the child the exam could include identifying shapes, colors, or letters on a chart, lights being shined into the eyes, which may be uncomfortable but will not cause damage or harm, touching near or around the eyes, but almost never touching the eyeball itself, dilation, and an air puff test. Depending on the results of your kid's tests, you may have to consult the expertise of a pediatric ophthalmologist or an eye surgeon.

