

# The Noble County Health Monitor

A monthly publication sponsored by the Noble County Health Department

## Staying Healthy During Flu Season

The flu is a sickness that can make people feel very bad. It can even send people to the hospital, and sometimes it can be deadly. Every year, millions of people get the flu, and thousands end up in the hospital because of it. The Center for Disease Control and Prevention along with doctors say everyone 6 months and older should get a flu vaccine every year. Getting the flu shot helps lower your chance of getting sick, going to the hospital, or dying from the flu.

### How the Flu Shot Helps You

After you get your flu shot, your body builds special helpers called antibodies. These help your body fight off the flu. This protection grows over about two weeks.

### Can You Still Get Sick After the Flu Shot?

Yes, it's possible—but the vaccine still helps! You might get sick before the vaccine starts working, or you might catch a flu virus not included in the vaccine. Even then, people who get the flu after being vaccinated usually get less sick.

### Side Effects of the Flu Vaccine

The flu shot cannot give you the flu. Some people may have mild side effects, such as:

- Soreness in the arm
- Headache
- Tiredness
- Low fever

### Where to Get Your Flu Shot

You can get a flu vaccine at:

- Health Departments
- Doctor's offices
- Pharmacies
- Some schools or workplaces



Getting your flu shot is one of the best ways to protect yourself, your family, and your community. The Noble County Health Department has the flu vaccine available to walk-in or call ahead appointments, Monday's 7am-6pm and Tuesday-Friday 7am-4pm. Call the Health Department with any questions at 740-732-4958. For more information on the flu vaccine visit, [www.cdc.gov/flu/vaccines/index.html](http://www.cdc.gov/flu/vaccines/index.html).

**December  
2025**

**December 7—**  
Pearl Harbor  
Remembrance Day

**December 21—**  
Winter Begins

**December 25—**  
Christmas Day

*If you don't like  
the road you're  
walking, start  
paving another  
one.*

*-Dolly Parton*

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

The American Red Cross  
Bloodmobile will be at the  
Noble County Community  
Center on Wednesday,  
January 14th from 11 am to  
4pm. Please consider  
donating.

**SAVE A LIFE**  
  
**GIVE BLOOD**

## Holiday Toy Safety

The holiday season is a joyful time for sharing gifts especially toys but it's also important to make sure those toys are safe. Here are simple, important tips to help keep children safe when giving and playing with toys this holiday season.

### Why Toy Safety Matters

The U.S. Consumer Product Safety Commission (CPSC) reports that in 2023, about 154,700 children age 12 or younger were treated in emergency rooms for toy-related injuries — and 10 children died due to toy-related incidents. Many of those injuries happen because of small parts that children can choke on, toys with sharp edges or points, or unsafe batteries or magnets. Even toys that seem harmless can be dangerous for young children if they don't match their age or developmental level.

### How to Choose Safer Toys

When shopping for toys, follow these trusted guidelines — from parents, doctors, and safety experts at HopkinsMedicine.org, U.S Consumer Product Safety Commission and toyassociation.org:

- Check the age label: Always read the age recommendation on the toy box. Don't give toys with small parts to children under 3 years old.
- Avoid small parts, magnets, and button batteries: These can be choking hazards or cause serious harm if swallowed.
- Skip toys with sharp edges or long strings/cords: Sharp corners can cut, and long strings or cords (longer than 7 inches) can be strangulation hazards.
- Pick sturdy, well-made toys: Check that toys are built well, with strong parts and no loose pieces — especially useful if siblings of different ages will share them.
- Use safety gear for ride-on toys: If giving scooters, skateboards, or bikes — make sure children get helmets and any other needed protective gear.
- Be extra careful with used or very cheap toys: Older or cheaply made toys may have unsafe paint (like lead), non-secure parts, or missing safety warnings.

This holiday, you can help make sure gifts bring joy — not trips to the hospital. With a little care and smart choices, toys can be fun and safe.

## HOLIDAY CLOSURES

The Noble County Health Department  
will be closed:

December

25 & 26, 2025

January

1 & 2, 2026

## National Impaired Driving Prevention Month

Impaired driving means getting behind the wheel after drinking alcohol or using drugs. Alcohol or drugs make it harder for a driver to think clearly, react fast, and stay in control. That makes crashes more likely according to the National Highway Traffic Safety Administration.

### Why December Is Important

December is recognized as National Impaired Driving Prevention Month. During this time of holidays and celebrations, more people drive after drinking and more crashes happen. Before taking that first drink, have a plan that includes a designated driver, a taxi or ride share, or an overnight stay at a friend's home. Just a single drink can cause a decline in visual function, mental judgment and motor skills, resulting in driver impairment. Drugs, including opioids, marijuana and some over-the-counter medicines, can impair driving by causing drowsiness, altering visual functions and affecting mental judgment and motor skills. Even other factors, such as fatigue and stress, can impair your ability to drive.

Drivers should avoid driving while impaired by any of these factors, just as they would if they consumed alcohol. To learn more about the many causes of impairment, visit [nsc.org/impairment](https://nsc.org/impairment).

# Food Box Giveaway

## INCLUDES ITEMS SUCH AS:

- OATMEAL PACKETS
- APPLESAUCE
- PEANUT BUTTER/JELLY
- GRANOLA BARS
- PASTA
- MARINARA SAUCE
- ALFREDO SAUCE
- STUFFING
- COOKING OIL
- PIZZA CRUST
- PIZZA SAUCE
- PARMESAN CHEESE
- PANCAKE MIX
- CANNED TUNA/CHICKEN
- RAMEN NOODLES
- CANNED FRUIT
- CANNED VEGETABLES
- BEANS
- GRAVY PACKETS
- FRUIT JUICE
- CEREAL
- RICE
- CANNED SOUP
- CANNED CHILI

ITEMS MAY VARY DEPENDING UPON AVAILABILITY

**Applications begin 11/20/25**

(while supplies last)

**Please call:**

(740) 732-2388 (Noble)  
(740) 685-2422 (Guernsey)  
(740) 472-0828 (Monroe)

Eligibility at or below 200%  
of Federal Poverty  
Guidelines & 90 days of  
income

Sponsored by:  
**GMN Tri-County CAC, Inc.**  
**CSBG Program**



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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Health Department –  
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