

The Noble County Health Monitor

A monthly publication sponsored by the Noble County Health Department

Autism Acceptance Month

Autism Acceptance Month takes place every April and encourages people to learn more about autism and support those who have it. This is a good time to not only understand autism better, but also take simple, meaningful actions to make your school and community more inclusive. Autism, or autism spectrum disorder, is a condition that affects how a person communicates, behaves, and experiences the world. According to the Centers for Disease Control and Prevention, people with autism may have different ways of speaking, learning, or interacting with others. Some may enjoy routines and feel uncomfortable with sudden changes, while others may have strong interests in specific topics.

It is important to understand that autism is not an illness that needs to be cured. Instead, it is a different way of thinking and processing information. The National Institute of Mental Health 2022 explains that autism is called a spectrum because each person has different strengths and challenges. For example, some people with autism are very skilled in math, art, or memory, while others may need extra help with communication or social skills.

During Autism Acceptance Month, you can take action in ways that make a real difference. One important step is learning more about autism from trusted sources. When you understand why someone may act differently, it becomes easier to respond with patience and respect.

Another helpful action is practicing inclusive behavior. This means being kind, giving others time to express themselves, and using clear and simple communication. The organization



Autism Speaks highlights that small actions, like inviting someone to join a group activity or being mindful of sensory sensitivities, can help people with autism feel more comfortable and accepted. You can also support a more inclusive environment by paying attention to others needs. Some people with autism may be sensitive to loud noises, bright lights, or too much physical contact. Respecting these needs shows empathy and awareness.

Autism Acceptance Month is not just about learning facts. It is about turning understanding into action. By taking small steps each day, you can help create a community where everyone feels valued and included.

Lower Your Stress

Stress Awareness Month happens every year in April, and it is a great time to check in with how you feel right now. Life can get busy with school, activities, and responsibilities. This month is a reminder to slow down and take care of your mind and body. Stress is how your body reacts when something feels hard or worrying. A little stress can help you stay focused, like before a test. But too much stress can make you feel tired, upset, or overwhelmed according to the Centers for Disease Control and Prevention. The National Institute of Mental Health suggests some of these easy things you can do today to feel better:

- Take a few slow, deep breaths. Try breathing in for four seconds and out for four seconds.
- Talk to someone you trust. This could be a parent, teacher, or friend.
- Take a short break. Go outside, stretch, or move your body.
- Make a simple plan. If you have a lot to do, write down one or two things to finish first.
- Do something you enjoy. Read, draw, play a game, or listen to music.
- Small actions can make a big difference. Even five minutes of relaxing can help your body calm down.

Stress Awareness Month is not just about learning. It is about taking action. Start with one small step today. When you take care of your stress, you help your mind and body stay strong and healthy.

April Issue
2026

April 15- Tax Day
April 22 - Earth Day

*Be somebody
who makes
everybody
feel like a
somebody.*

In this Issue:

Autism Month	1
Stress Awareness	1
Child Abuse Prevention	2
STI Awareness	2
Protect Your Information	2
Foot Health	3
Measles	4
Community Flyers	4-5

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

Child Abuse Prevention Month

Child Abuse Prevention Month takes place every April. It's a time to focus on keeping children safe and supporting families. One of the most important parts of this month is taking action in simple, everyday ways. Child abuse includes physical harm, emotional harm, and neglect. Neglect means not meeting a child's basic needs like food, safety, and care. According to the Centers for Disease Control and Prevention, abuse and neglect can have long lasting effects on a child's health and development. Here are clear actions you can take right now:

- Pay attention to warning signs. Notice if a child seems very withdrawn, scared, or often hurt without explanation.
- Speak up. If something does not seem right, tell a trusted adult like a teacher, school counselor, or parent.
- Support your friends. Listen if someone shares a problem and encourage them to get help from an adult.
- Be a positive role model. Treat others with kindness and respect, both in person and online.
- Check in with others. Ask friends how they are doing and let them know they are not alone.
- Learn and share. Talk about child safety with your family or classmates so more people understand how to help.
- Take care of yourself. Managing your own stress in healthy ways helps you respond better to others.

Child Abuse Prevention Month is about turning awareness into action. As noted by the Centers for Disease Control and Prevention, strong, caring communities help children stay safe. Even small actions, like speaking up or showing kindness, can protect someone and make a lasting difference

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



STI Awareness

April is Sexually Transmitted Infection (STI) Awareness Month. This month highlights the importance of staying healthy, protecting yourself and others, reducing stigma, fear, and discrimination while promoting testing and education. STIs are infections that can spread from one person to another, usually through close physical contact.



STIs can affect anyone, and some people may not know they have one. According to the Centers for Disease Control and Prevention (CDC), many STIs do not show clear signs, which is why testing is so important. Getting tested helps you know your status and get treatment if needed.

There are simple actions you can take to stay safe. Learn the facts about STIs so you can make healthy choices. Some great information can be found at ashsexualhealth.org, plannedparenthood.org and the cdc.org. Talk to a trusted adult or healthcare provider if you have questions. Using protection and making informed decisions can help reduce the risk of infection. One of the most important steps you can take this month is getting tested. The CDC explains that regular testing helps prevent the spread of STIs and keeps people healthy. Testing is quick, simple, and often free or low cost. You can get STI testing at the Noble County Health Department. This is a safe and trusted place where trained staff can answer questions and provide care. If you are unsure, you can call ahead or visit to learn more.

STI Awareness Month is about taking action to protect your health. By learning, asking questions, and getting tested, you can take control of your

Protect Your Information

Records and Information Management Month takes place every April. It is a time to learn how to keep important information safe, organized, and easy to find. This is important at school, at home, and in the workplace. Records are pieces of information that we need to keep, like school papers, forms, or files on a computer. Good record keeping helps people find what they need quickly and keeps information from getting lost.

There are simple actions you can take right now to manage your information better. Start by organizing your papers and files. Put them in folders with clear names so you can find them later. You can also clean up your digital files. Delete things you no longer need and keep important documents in one safe place. Another helpful step is to protect your information. Do not share personal details with people you do not trust. Use strong passwords and keep them private. It is also a good idea to build a habit. Set aside a few minutes each week to organize your papers or files. Small steps can make a big difference over time.

Records and Information Management Month is a great time to start these habits. Good record keeping helps people stay prepared and in control. By taking action now, you can keep your information safe, organized, and easy to use.

Foot Health

Foot Health Awareness Month takes place in April, it is a time to learn how to take care of your feet and keep them healthy. Your feet help you walk, run, and play every day, so it is important to take care of them. Your feet have many bones, muscles, and skin that need to stay strong and clean. According to the American Podiatric Medical Association, taking care of your feet can help prevent pain, injuries, and infections.

There are simple things you can do right now to keep your feet healthy.

- Wash your feet every day with soap and water, and dry them well, especially between your toes. This helps stop germs from growing.
- Wear shoes that fit well and support your feet. Shoes that are too tight or too loose can cause blisters or pain. The Centers for Disease Control and Prevention recommends wearing proper footwear to help prevent foot problems.
- You can also check your feet often. Look for cuts, redness, or swelling. If something does not look right, contact your primary care provider.
- Keep your toenails trimmed straight across to help prevent problems like ingrown nails. Change your socks daily to keep your feet clean and dry.

Foot Health Awareness Month is a great time to build healthy habits. As noted by the American Podiatric Medical Association, simple daily care can keep your feet strong and pain free. Taking small steps now can help you stay active and healthy every day.

Spring Word Search

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

APRIL
BLOSSOM
BREEZE
BUTTERFLY
CHIRP
DAFFODIL
DAISY
DEWDROP
DUCKLING
EASTER
GREEN
HUMMINGBIRD
IRIS
KITE
LADYBUG
LAMB
LILY
NEST
PETAL
PICNIC
PUDDLE
RAINBOW
ROBIN
SUNSHINE
TULIP
UMBRELLA

2026

NOBLE COUNTY COMMUNITY BABY SHOWER

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



*Register
Now*

SCAN



**Thursday
May 7, 2026**



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



NOBLE COUNTY
CHAMBER

5K RUN

& WALK

A fun, family-
friendly event
for all fitness
levels!

SUNDAY APRIL 26
NOBLE LOCAL 12:00PM
REGISTRATION. RACE STARTS
AT 1:00

*Donation is being made to
Shenandoah cross country
team for helping and keeping
official time.*

Register now at

[HTTPS://RUNSIGNUP.COM/RACE/
OH/SARAHVILLE/NOBLECOUNTY
CHAMBER5K](https://runsignup.com/race/oh/sarahsville/noblecounty-chamber5k)

For more information:

CALL COURTNEE 740-732-7715