



WARREN COUNTY COMBINED HEALTH DISTRICT

Prevent-Promote-Protect



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NEWS & INFORMATION

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www.wcchd.com

Warren County Combined Health District Newsletter

If you would like an electronic version of this newsletter emailed to your home or business please email:

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The monthly newsletter is also available on our website at www.wcchd.com.

Flu Prevention

It's that time of the year, flu season. The good news is there are steps you can take to help keep you and your family healthy. Follow these steps to help prevent the flu:

Get Vaccinated

The single best way to prevent the flu is to get a flu vaccine each season. The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season. To schedule an appointment for a flu shot at WCCHD call 513-695-1229.

Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to

protect them from getting sick too.

Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

Clean your hands.

Washing your hands often will help protect you from germs.

Avoid touching your eyes, nose or mouth.

Most experts believe that flu

viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. A person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or nose.

Clean and disinfect surfaces or objects.

Cleaning and disinfecting surfaces and objects that may be contaminated with germs like the flu can help slow the spread of influenza.

For more information on the flu or for more flu prevention information visit www.cdc.gov/flu or www.flu.gov.



Free Nutrition and Weight Loss Class

When it comes to weight loss, there's no lack of fad diets promising fast results. But such diets limit your nutritional intake, can be unhealthy, and tend to fail in the long run.

The key to achieving and maintaining a healthy weight isn't about short-term dietary changes. It's about a lifestyle that includes healthy eating, regular physical activity, and balancing the number of calories you consume with

the number of calories your body uses.

If you're worried you may have put on a few extra pounds this holiday season then consider joining the Weight Management Class at the Warren County Combined Health District. The class is free and is held Monday eve-



nings from 4:00 p.m. - 6:00 p.m. at the health department located

at 416 S. East St. in Lebanon. Kathy Dickey, Licensed Dietician at the health department, provides helpful tips each week to help you lose and maintain your weight loss.

For more information call 513-695-1477.

The offices of the Warren County Combined Health District will be closed Monday, January 16th in observance of Martin Luther King Day.

ABC's of Infant Safe Sleep

In Ohio, 3 babies die each week in unsafe sleep environments. Parents and caregivers can reduce the risk of these sudden, unexpected deaths by following the ABCs of infant safe sleep:

Always place a baby to sleep for both naps and at night:

Alone, on their Back, in a Crib

ALONE: Do not sleep with a baby—ever. Do not share sleeping spaces – even with siblings.



On BACK: Placing a baby to sleep on their back greatly reduces infant deaths.

In a CRIB: Use a firm crib mattress covered by a fitted sheet. Do not put a baby to sleep on a bed or a couch. Keep pillows, stuffed animals, bumper padding and other soft items out of the baby's sleeping area. Also, refrain from using car seats, swings or strollers for routine sleep.

Safe Sleep for babies also includes

a smoke-free environment, a pacifier and breastfeeding. And do not over-heat a baby by keeping the warm temperature too high or adding too much extra clothing to baby during sleep.

The Warren County Combined Health District offers the Cribs for Kids program to eligible families who do not have a safe crib for their infant to sleep. Eligible families are provided with education and a pack-n-play for their infant. For more information and eligibility guidelines, please call 513-695-2475.

January: National Birth Defects Prevention Month

Birth defects are common, costly, and critical. Every 4½ minutes, a baby is born with a major birth defect in the United States. Become an active participant in National Birth Defects Prevention Month by joining the nationwide effort to raise awareness of birth defects, their causes, and their impact. Infections during pregnancy can hurt both mothers and their babies. We encourage all women to make healthy choices and learn different strategies to prevent infections during pregnancy to help lower their risk of having a baby born with a birth defect. This year we are encouraging all women to **prevent infections to protect their babies** by observing the following guidelines:

Properly prepare food.

- Wash your hands before and after preparing food.
- Do not eat raw or runny eggs or

raw sprouts.

—Avoid unpasteurized (raw) milk and cheese, and other foods made from them.

Talk to your healthcare provider.

—Talk to your healthcare provider about

what you can do to prevent infections such as Zika virus.

—Make sure that you are up-to-date with vaccinations (shots) before getting pregnant.

—Talk to your healthcare provider about vaccinations

that you should receive during pregnancy.

Protect yourself from animals and insects known to carry diseases such as Zika virus.

—Stay away from wild or pet rodents, live poultry, lizards and turtles, and do not clean cat litter boxes while pregnant.

—When mosquitoes and ticks are active, wear long-sleeved shirts and long pants

when outside.

—Use Environmental Protection Agency (EPA) registered insect repellents with one of the following active ingredients: DEET, picaridin, IR3535, or oil of lemon eucalyptus (para-menthane-3,8-diol).

Maintain good hygiene.

—Wash your hands often with soap and water, especially

—Before preparing or eating foods,

—After handling raw meat, raw eggs, or unwashed vegetables,

—After being around or touching pets and other animals,

—After changing diapers or wiping runny noses.

—Do not put a young child's food, utensils, drinking cups, or pacifiers in your mouth.

Women and their loved ones can participate in these strategies and take these important steps toward a healthy pregnancy. Learn more at www.nbdpn.org.

