

Cambridge-Guernsey County
Health Department



Cambridge-Guernsey County Health Department

NEWSLETTER



Fall 2018

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Contact Us . . .

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Hours: Monday: 8 A.M.—5:30 P.M. & Tuesday—
Friday: 8 A.M.—4:30 P.M.

Have you visited recently? Tell us about your experience through our survey posted on our website.

Upcoming Events:

Flu shots will be available during our Immunization Clinic hours.
Monday: 2-5 P.M. &
Friday: 8 A.M. - 4 P.M.

About Us . . .



Our health department offers a variety of services available to the community. Below you will find descriptions of our departments and services provided.

General Medical Clinic:

The health department offers a General Medical Clinic for residents of Guernsey County who do not have a primary care physician and who are unable to pay the full cost to see a primary care physician. The clinic is held every Wednesday afternoon. Dr. Edward Colby, Medical Director/Health Commissioner for the health department, serves patients by appointment.

Sick patients are scheduled, as well as, those seeking physicals for work, school, etc. The cost is \$10.00 for sick appointments and \$20.00 for physicals.

Vital Statistics

Vital Statistics is one of the essential public health roles which provides the issuance of birth and death certificates.

In addition to the issuance of these certificates, burial and cremation permits are issued, certificates are filed and data is collected. Environmental Health program license and registration fees are processed in the front business office along with all state fee remittance transmittals.

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Continued from “About Us” page 1.

Immunizations

The Cambridge-Guernsey County Health Department Immunization program provides services to prevent and protect the public against vaccine preventable disease. Walk-in immunization hours are 2:00PM to 5:00PM on Mondays and 8:00AM to 4:00PM on Fridays.

Communicable Disease

The health department monitors and provides follow-up for communicable diseases as defined in Ohio Administrative Code 3701-03. The purpose of infectious disease surveillance is the management and control of communicable disease to limit exposure to the community. Additionally, skin testing for tuberculosis and checks for head lice (pediculosis) are available daily from 8:00-9:30am and 3:00-4:00pm.

Reproductive Health and Wellness

The Reproductive Health and Wellness program clinic provides women’s health exams. This may include pap tests, sexually transmitted disease (STD) testing and treatment, clinical breast and pelvic exams, routine lab testing, family planning supplies, education, counseling, and referral services. Men’s health services include STD testing and treatment, treatment for HPV, education, referral services and issuing supplies. Services are available to all presenting to the clinic and the cost is based on a sliding fee scale.

Environmental Health

The health department is committed to protecting the health and safety of our citizens. Through inspections, education, and testing conducted by our registered sanitarians, the Environmental Health division of the health department helps ensure that the food, plumbing, private water, schools, swimming pools, campgrounds, tattoo parlors, and sewage systems are safe. We also conduct investigations of animal bites and nuisance complaints to help protect the community from unsanitary conditions and disease. This department licenses and inspects solid waste haulers, sewage haulers, water haulers, campgrounds and commercial and residential plumbing.

Children with Medical Handicaps (CMH)

This program is a health care program of the Ohio Department of Health. CMH links families of children with special health care needs to a network of quality providers and helps families obtain payment for the services their children need. The health department employs two registered public health nurses to make home visits to families of children with special health care needs and assist with referrals to physicians and other medical care providers. They also help provide families with information on area resources and support families that have children with special health care needs. CMH will pay for diagnostic services for children, regardless of family income.

Health Education

Health education and outreach services are available through the agency’s health educator. The health department’s health educator, as well as nursing and environmental health staff, provide education throughout the community by participating in community health fairs, speaking at meetings and events, and collaborating with local schools. Speakers are available by calling 740-439-3577.

Women Infants and Children (WIC)

This program is a health and nutrition program, which is successful in improving the diet of infants, children and pregnant, postpartum and breastfeeding women, who are at risk for nutrition-related illness. The focus of WIC is educating mothers, fathers, or caregivers about proper nutrition.

Are you eligible? Pregnant, postpartum, and breastfeeding women, infants and children up to age 5 who meet guidelines and live in Ohio may be eligible. Additionally, the applicant must be individually determined to be at "nutrition risk" by a health professional. What does WIC provide? The foods provided through the WIC Program are designed to supplement participants' diets with specific nutrients. WIC offers foods from the 5 food groups: dairy, protein, grains, fruits, and vegetables. For infants of women who do not fully breastfeed, WIC provides iron-fortified infant formula.

WIC Continued. . .

Special infant formulas and nutritional supplements may also be provided if medically indicated.

Chronic Disease in Guernsey County

The Cambridge-Guernsey County Health Department Community Health Assessment (CHA) has identified chronic disease as a concern especially in the areas of obesity, diabetes and heart disease. Types of chronic diseases are heart disease, obesity, arthritis, type 2 diabetes, stroke, and cancer. Most chronic diseases are preventable through changes in our lifestyles. According to the Centers for Disease Control and Prevention's (CDC) website, most chronic diseases are caused by risk behaviors such as tobacco use and exposure to secondhand smoke, poor nutrition, including diets low in fruits and vegetables, lack of physical activity, and excessive alcohol use. Let's take a look at the Cambridge-Guernsey County Health Department's Community Health Assessment findings for risk behaviors in Guernsey County.

In total, 572 Guernsey County residents completed our health survey. In addition to the primary data collected from our surveys, secondary data contributed to our assessment findings for our county. Key findings that were among our county's behavioral risk factors are as follows. About a fifth of Guernsey County residents are currently smokers, and roughly a third report binge drinking in the past month. To continue our findings, 45% of adult residents are considered obese. Those in Guernsey County only report eating at least one serving of fruits and vegetables a day. Guernsey County residents also report participating in physical activity about 4 times in the previous month, for a total of an hour or less. These behavioral risk factors contribute to our concern for chronic disease in our community.

How can you lower your risk for developing these chronic diseases? Lifestyle changes can greatly reduce your risk for obesity, diabetes, and heart disease. Obesity can be prevented with even modest weight loss. By improving your diet and nutrition, and increasing your physical activity levels you can decrease your

risk for obesity. By reducing your risk for obesity you also reduce your risk for heart disease, cancers, stroke, high cholesterol, and type 2 diabetes to name a few. Heart disease can be prevented by doing the following: quitting smoking, avoiding breathing in secondhand smoke, exercising regularly, limiting alcohol, and eating a healthy diet full of fruits and vegetables. Type 2 diabetes can be prevented through regular physical activity, eating healthier, and losing weight if you are overweight.

How are we focusing efforts to address chronic disease in our community? Through the Cambridge-Guernsey County Health Department Community Health Improvement Plan (CHIP) we have set goals and objectives to aid the community in the areas of drug dependency, chronic disease, and mental health. Our chronic disease group aims to promote physical activity and wellness within our community to help residents lead a healthier lifestyle. To learn more on how you can make lifestyle choices to reduce your risk for chronic disease, visit the following link to the CDC's website below. To view the complete version of the CHA and CHIP, visit the link to our health department website below. Keep up to date with health department events by following us on Facebook.

CDC's website: www.cdc.gov/chronicdisease/index.htm

CGCHD website: www.guernseycountyhealthdepartment.org/archive/
Facebook page: @guernseycountyhealthdepartment

Have You Heard About Hepatitis A, B, and C?

Hepatitis is a disease that damages the liver. It's caused by a virus. Hepatitis A, B and C are the most common. Symptoms can include feeling very tired, fever, joint pain, yellow skin or eyes, no appetite, dark urine, light-colored stools, nausea, stomach pain and diarrhea.

Hepatitis A is passed in human feces. In almost all cases, the virus enters the body through the mouth. If someone eats contaminated food or puts a contaminated object in his or her mouth, they can get hepatitis A. **Continue on page 4.**



Hepatitis Continued. . .

Hepatitis A can be serious, but there is no chronic form. A vaccine is available for Hepatitis A. It is recommended for all children one year and older. There is no treatment for Hepatitis A, but it usually goes away by itself in 2-6 months.

Hepatitis B is passed in blood, semen or vaginal fluids. It can happen during sex or when sharing needles for any reason. It can be spread from mother to child during birth. Hepatitis B is serious and can become chronic. People who have chronic hepatitis B may develop scarring of the liver or liver cancer. The hepatitis B vaccine is available and should be started at birth, but can be started at any age. There is treatment for Hepatitis B, but it isn't always successful.

Hepatitis C is passed in blood. It can happen when people share needles for any reason and from mother to child during birth. It is uncommon to be passed during sex. Hepatitis C is serious. Most people get the chronic form and may develop scarring of the liver or liver cancer. No vaccine is available for Hepatitis C. There is treatment for Hepatitis C and it is usually successful.

Red Ribbon Week

We're celebrating Red Ribbon Week from October 23rd – October 31st. The 2018 National Red Ribbon Week theme is: Life Is Your Journey, Travel Drug Free.

It is an ideal way for people and communities to unite and take a visible stand against drugs. Show your personal commitment to a drug-free lifestyle through the symbol of the red ribbon.

According to GetSmartAboutDrugs.com, research shows that children are less likely to use alcohol and other drugs when parents and other role models are clear and consistent in their opposition to substance use and abuse.

Since 1988, the red ribbon has symbolized a continuing commitment to reducing the demand for illicit drugs and drug free lifestyle in

our communities.

If you would like to take a visible stand against drugs you may sign the drug free pledge or pin on a red ribbon from the front lobby during Red Ribbon Week October 23rd – 31st.



Food Safety Through the Holidays!

Each year millions of people get sick from foodborne illnesses, like salmonella and E.coli, during the holiday season. Foodborne illnesses can also cause serious health problems, even death. Follow these four basic steps to help keep you and your family safe.

Clean

Always wash your food, hands, counters and cooking tools. Wash your hands in warm soapy water for at least 20 seconds, before and after touching food. Wash utensils and counter tops with hot soapy water, do this after working with each food item. Rinse fruits and veggies before cutting and clean the lids on canned goods before opening.

Separate

Keep raw foods to themselves. Germs can spread from one food to another. Keep raw meat, poultry, seafood, and eggs away from other foods (do this in your shopping cart, bags, and fridge). Do not reuse marinade used on raw foods and use a special cutting board for raw foods only.

Cook

Foods need to get hot and stay hot. Heat kills germs. Cook meat to safe temperatures (beef, pork, lamb, fish 145°F, ground beef, pork, lamb 160°F, turkey, chicken, duck 165°F). Use a food thermometer to make sure that food is done, you can't always tell by looking.

Chill

Put food in the fridge right away.



Food Safety Continued. . .

Put food in the fridge or freezer within 2 hours after cooking or buying from the store. NEVER thaw food by simply taking it out of the fridge. Thaw food in the fridge, under cold water, or in the microwave. Marinate foods in the fridge.

Think you have a foodborne illness? Call your doctor and get medical care right away. Anyone can get sick from eating spoiled food. Pregnant women, older adults, and people with certain health conditions like cancer, HIV/AIDS, diabetes and kidney disease are more likely to get sick from foodborne illnesses. Some foods are more risky for these people. Talk to your doctor or other health provider about which foods are safe for you to eat.



October is Breast Cancer Month



Breast cancer is one of the most frequently diagnosed cancers in women. Early detection of breast cancer can save lives and increase treatment options for all women. Monthly self-breast exams are an important step in identifying a concern. Women should be familiar with how their breasts normally look and feel so they can quickly notice any changes. Clinical breast exams performed by a health care professional and regular mammogram screenings are also important tools that can detect breast cancer early.

It is recommended for women age 40 and older to receive a mammogram every 1-2 years. Women who are younger than 40 and have certain risk factors for breast cancer should talk with a healthcare professional to determine whether a mammogram should be completed and how often. Even women who do not have any symptoms or risk factors should have regularly scheduled mammograms.

There are several local resources that can assist you with obtaining a mammogram.

BCCP (Breast and Cervical Cancer Project)- This program assists patients without any form of health insurance that meet financial and age guidelines obtain a mammogram. Call 1-800-236-6253 to see if you qualify.

OSU Mammo Van – This van travels to the Cambridge-Guernsey County Health Department twice a year to provide mammogram services. Call 740-439-3577 for more information.

SEORMC (Southeastern Ohio Regional Medical Center) offers clinical breast exams by a local physician and screening mammograms three times a year to uninsured and underinsured patients. Call 740-432-5465 for more information.

Remember the best protection is early detection!!

According to the Centers for Disease Control and Prevention, Guernsey County had **115 new cases** of female breast cancer from 2011-2015.

Winter Preparedness

Winter comes as no surprise and many of us are not ready for its arrival. If you are prepared for the hazards of winter, you will be more likely to stay safe and healthy when temperatures start to fall. Winter storms and cold temperature can be dangerous. Stay safe and healthy by planning ahead.

Winterize your home to keep it safe by...

- Installing weather stripping, insulation and storm windows.
- Insulating water lines on exterior walls.
- Servicing your heating systems.
- Inspecting and cleaning fireplaces and chimneys.
- Installing smoke and carbon monoxide detectors, testing batteries monthly, and replacing batteries every six months.

Take these steps to prepare your car...

- Service the radiator and maintain antifreeze level;
- Check tire tread and or replace with all weather or snow tires;
- Keep your gas tank full to avoid ice in the tank and fuel lines;
- Use winter fluid in your windshield washer.



Winter Preparedness Continued. . .

Prepare a winter emergency kit to keep in your car with the following. . .

- Windshield brush and ice scraper
- Booster cables, flares, and tire pump
- Sand /cat litter
- First aid kit
- Blankets and warm clothing
- Small shovel
- Non-perishable food and bottled water
- Flash light, battery-powered radio and extra batteries
- Plastic bags (for sanitation)

The following is a check list of items to have on hand in your home. . .

Drinking water	Nonperishable /canned food
Blankets	Toiletries
First aid supplies	Prescriptions
Baby supplies	Pet supplies
Flashlights	Extra batteries
Battery operated radio	Battery operated clock
Phone	Cash and credit card

Above all, be ready to check on family and neighbors who are especially at risk from cold weather hazards: young children, older adults and chronically ill. If you have pets, bring them inside. If you cannot bring them inside, provide adequate, warm shelter and unfrozen water to drink.

No one can stop the onset of winter. However, if you follow these suggestions, you will be ready for it when it comes.

According to the Centers for Disease Control and Prevention, those 65 and older are at high risk for serious flu illness. Get your shot. Wash your hands. Take Tamiflu if prescribed.

Seasonal Influenza (Flu) Prevention

Did you know that a person infected with the flu virus can spread it to others up to 26 feet away from them? The flu is a respiratory illness, most often spread by droplets released into the air.



Infected persons can sneeze, cough or even talk and release droplets of mucus directly into the eyes, nose or mouth of another person.

- Someone inhales the droplets produced by an infected person who is coughing, sneezing or spitting.
- Transfer of droplets occur by hand to eye, nose, or mouth contact.

People who are infected with the flu virus can be contagious the day before they show any signs or symptoms of the flu such as fever, sore throat, runny nose, achy joints and muscles, headache or fatigue. A person can remain contagious up to 7 days after the onset of symptoms. People who are older or have concerns with their immune systems can become ill enough to require hospitalization if infected with the flu virus. If you feel that you have the flu or become ill after contact with someone who has the flu, please contact your physician as soon as possible so that they can determine if Tamiflu is right for you.

These simple tips can help you and your family, avoid getting the flu or prevent spreading it to others if a person is ill.

Get vaccinated! The flu vaccine is a deactivated version of the flu viruses (usually 4 strains) that is given to infants, children and adults to cause the immune system to create antibodies to those flu strains. This helps the body to release these antibodies much faster if a person comes into contact with the flu. This can help you to fight off the flu or to reduce the impact of the illness to yourself and others.

Cover all coughs and sneezes completely to help reduce the transmission of droplets carrying the virus. Do not talk directly into the face of others to minimize the spread.

Avoid touching your eyes, nose, and mouth with your hands or fingertips so that you don't transfer the virus that has been coughed or sneezed in mucus droplets on a surface.

Wash your hands often. Good and diligent handwashing can reduce the spread of many bacteria and viruses, not just the flu.

Influenza Continued. . .

Limit contact (if possible) with someone who is known to be ill with the flu.

Clean your home. If someone in the home is ill with the flu, make sure that hard surfaces in bathrooms and kitchens, infected trash (tissues, towels etc.) are kept clean and picked up to minimize the spread within the household.

Flu vaccine is available for infants, children, and adults at the Cambridge-Guernsey County Health Department.

Smoking Cessation

Cigarette smoking is the leading cause of preventable death in the United States. Smoking cigarettes diminishes an individual's overall health. Smoking increases the risk:

For coronary heart disease by 2 to 4 times

For stroke by 2 to 4 times

Of men developing lung cancer by 25 times

Of women developing lung cancer by 25.7 times

Smoking and Cardiovascular Disease

Smokers are at greater risk for diseases that affect their heart and blood vessels.

Smoking causes stroke and coronary heart disease, which are among leading causes of death in the United States.

Smoking damages blood vessels and can make them thicken and grow narrower. This makes your heart beat faster and your blood pressure to go up.

Blockages caused by smoking can also reduce blood flow to your legs and skin.

Smoking and Respiratory Disease

Smoking can cause lung disease by damaging your airways and the small air sacs (alveoli) found in your lungs.

Lung diseases caused by smoking include COPD, which includes emphysema and chronic bronchitis.

Cigarette smoking causes most cases of lung cancer. Smokers are 12 to 13 times more likely to die from COPD than nonsmokers.

Smoking and Other Health Risks

Smoking harms nearly every organ in the body and affects a person's overall health.

Smoking can make it harder for a woman to get pregnant and can also affect the baby. Smoking can increase risk for preterm (early) delivery, stillbirth (death of baby before birth), low birth weight, and sudden infant death syndrome (known as SIDS or crib death).

Smoking can affect your teeth and gums and could even result in tooth loss.

Smoking can increase your risk for cataracts.

For more information on the harmful effects of cigarette smoking, visit www.cdc.gov/tobacco

Tips to Quit Smoking

Make a Plan. Make a plan to help keep you motivated and on track. Explore different quit methods and make a plan that works for you.

Stay busy. Keeping busy distracts you from your cravings. Trying activities like exercise, chewing gum or hard candy, keeping hands busy with pen or toothpick, drinking lots of water, relaxing with deep breathing, or spending time with non-smoking friends are all good ways to stay busy.

Avoid smoking triggers. Avoid places, things and situations that trigger your urge to smoke. Throw away ash trays and lighters. Avoid caffeine and try drinking water instead. Spend time with non-smokers in places where smoking is not allowed. Get plenty of rest and eat healthy. Change your routine to avoid things that you might associate with smoking.

Stay positive. Quitting is difficult, but take one day at a time and stay positive. Reward yourself for being smoke free.

Ask for help. Ask for support from friends and family. Let them know exactly how they can support you, don't assume that they already know.

For more information on tips to quit smoking, visit smokefree.gov and www.odh.ohio.gov/tobacco



The Cambridge Guernsey County Health Department is a non-profit agency and complies with Title VI and VII of the Civil Rights Act of 1973 and section 504 of the Rehabilitation Act of 1973.

This agency is an equal opportunity provider.

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