

Cambridge-Guernsey County  
Health Department



# Cambridge-Guernsey County Health Department

# NEWSLETTER

Spring 2019

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

Visit our website to take our customer satisfaction survey!

## Get Your Plate in Shape!



National Nutrition Month is an annual nutrition education and information campaign. Each year, in March, the campaign focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

Get your plate in shape. All food and beverage choices matter. Make half your plate colorful fruits and vegetables. Focus on whole fruits and vary your veggies. Move to low-fat or fat-free milk or yogurt. Eating and drinking fewer calories from foods high in saturated fat and added sugars can help you manage your calories. Vary your protein routine. Eat different sources of protein: eggs, peanut butter, nuts and seeds, beans and peas, fish, and lean meats and poultry. Make half your grains whole grains. Look for whole grains listed first or second on the ingredient list – try oatmeal, whole-grain bread and brown rice.

Make small changes to create a healthier eating style. Think of each change as a personal “win” on your path to living healthier. Replace high-calorie and sugary packaged snacks with fruits and vegetables. Display a fruit bowl filled with apples, bananas and oranges on your kitchen table or counter. Have a variety of produce available in your refrigerator, freezer and pantry. Better choices are often made when healthy foods are readily available. Some must have items to keep in stock include:

- Refrigerator - Baby carrots, lettuce, cucumbers, celery, berries, cilantro and chopped onion.

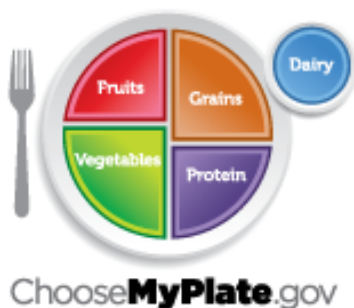
**Continued on page 2.**

## Continued from page 1.

-Freezer - Mixed vegetables, sliced bell peppers, artichoke hearts, broccoli, green beans, sweet peas, sliced peaches and berries.

-Pantry - Low-sodium diced tomatoes, green beans, corn, canned fruit in fruit juice or light syrup, and apple sauce.

The right mix of foods can help you be healthier now and into the future. Building a healthier eating style can help you avoid becoming overweight and reduce your risk of diseases such as heart disease, diabetes and cancer.



## Women's Health Week

Women's Health Week is May 12th-18th, 2019. The week serves as a reminder for women to make their health a priority and build positive health habits for life. A well-woman visit is a yearly preventive checkup with your doctor. Talk with your doctor and make sure you're getting all necessary tests and screenings for your age.

### 20s

- Annual physical exam to include blood pressure, height, and weight
- Vision/dental exams yearly
- STD testing/HIV screening annually
- Yearly pap and monthly self breast exams
- Cholesterol screening

### 30s

- All of the above and...
- HPV screening with pap yearly

### 40s

- All of the above and...
- Blood test for diabetes
- Mammogram

### 50s

- All of the above and...
- Screenings for lung cancer (55 and older)
- Screening for colon cancer with fecal occult test, sigmoidoscopy, or colonoscopy annually

### 60s

- All of the above and...
- Annual screening for osteoporosis
- Immunizations for pneumonia and shingles
- Continue colorectal screening based upon previous studies and results
- Screening for dementia and Alzheimer's annually

*Did you know that more than 75% of women 40-60 years old have at least one risk factor for heart disease?*

What does it mean to be a "Well Woman"?

It means: to be as healthy as you can be and taking steps to improve your health. You can improve your physical and mental health by:

- Getting regular checkups and preventive screenings
- Getting active – be active 30 minutes at least 5 days each week
- Eating healthy – each meal make half your plate fruits and vegetables
- Paying attention to your mental health, including getting enough sleep and managing stress.
- Avoiding unhealthy behaviors, such as smoking, texting while driving, and not wearing a seat belt.

These steps are the foundation for a lifetime of good health. They can help you be as healthy as possible. Set goals and making the changes that you want takes time and commitment, but you can do it!

*Did you know that getting regular Pap tests lower the number of new cervical cancers and deaths by more than 80%?*



## Screen-Free Week

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Screen-Free Week is almost here! The international celebration, hosted by Campaign for a Commercial-Free Childhood, takes place April 29 – May 5, 2019. Schools, libraries, families, and communities around the world will organize events designed to help children turn off screens in order to connect with family, friends, nature, and their own creativity.

“Screen-Free Week is a great way to take a much-needed break from entertainment screen media and re-discover the joys of face-to-face communication and offline play,” said CCFC’s Executive Director Josh Golin. “Every year we hear from participants that not only did they have a blast, but the week led to lasting changes and healthier media habits.” Screen free week encourages kids to be active and engage in activities that do not require a screen.

Implement a screen free week in your home. Try getting your kids involved with these screen free activities:

- Play card games like Go Fish or Slap Jack.
- Learn to fix something in the house together.
- Make a blanket fort together.
- Cook dinner or dessert together.
- Have a scavenger hunt.
- Make your own slip-n-slide.
- Have a backyard picnic.
- Go on a nature walk.

Implement a screen free week in your workplace with these screen free activities during your lunch or breaks:

- Talk to a friend you haven’t seen in awhile.
- Read a novel for pleasure.
- Write a letter to an elderly family member.
- Finish or start a craft project.
- Try an adult coloring book.
- Go for a walk.

Take a break from your screens and try something new during Screen-Free Week from April 29– May 5th, 2019.

Visit the Screen-Free website, [www.screenfree.org](http://www.screenfree.org) for more information and ideas.



## Poison Prevention

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On September 26, 1961, the United States Congress passed a joint resolution requesting that the President of the United States proclaim the third week of March as National Poison Prevention Week. This year, Poison Prevention Week will be March 17th-23rd, 2019. Our aim is to spread awareness in the community by educating residents on how to prevent poisonings, what actions to take should a poisoning occur and how to locate other information about poison prevention.

The following are some tips to help prevent poisonings:

- Store medicine, cleaning and laundry products, (including detergent packets) paints/varnishes and pesticides in their original packaging in locked cabinets or containers, out of sight and reach of children. It is best to use traditional liquid or powder laundry detergents instead of detergent packets until all children who live in or visit your home are at least 6 years old.
- Safety latches that automatically lock when you close a cabinet door can help to keep children away from dangerous products. . .

**Continue on page 4.**



## Poison Prevention Continued. . .

but there is always a chance the device will malfunction or the child will defeat it. The safest place to store poisonous products is somewhere a child can't see or reach.

-Purchase and keep all medicines in containers with safety caps. Discard unused medication safely by using approved disposal bags and or participating in local police /sheriff drug take back days. Note that safety caps are designed to be child resistant but are not fully child proof.

-Never refer to medicine as “candy” or another appealing name.

-Check the label each time you give a child medicine to ensure proper dosage. For liquid medicines, use the dosing device that came with the medicine. Never use a kitchen spoon.

-Keep natural gas-powered appliances, furnaces, and coal, wood or kerosene stoves in safe working order.

-Maintain working smoke and carbon monoxide detectors.

-Secure remote controls, key fobs, greeting cards, and musical children's books. These and other devices may contain small button-cell batteries that can cause injury if ingested.

-Know the names of all plants in your home and yard. If you have young children or pets, consider removing those that are poisonous.

-Keep poison prevention numbers in your phone or posted on your refrigerator for easy access in case of emergency.

What should be done if a poisoning occurs?

-Remain calm.

-Call 911 if you have a poison emergency and the victim has collapsed or is not breathing. If the victim is awake and alert dial 1-800-222-1222.

Try to have the following information ready: The victim's age and weight, the container or bottle of the poison if available, the time of the poison exposure, and the address where the poison occurred.

-Stay on the phone and follow the instruction from the emergency operator or poison control center.

For more information on poison prevention check out the following website: [www.poisonhelp.hrsa.gov](http://www.poisonhelp.hrsa.gov).



## Project DAWN

Do you know someone suffering from opioid addiction? Many of us do. For those who fear opioid overdose for a friend or family member, help is available through a medication called Narcan (naloxone). Narcan, is an opioid antagonist and the antidote to an opioid overdose. Opioid overdose causes respiratory depression and, if not treated, death. When administered during an overdose, naloxone blocks the effects of opioids on the brain and restores breathing within two to five minutes.

Naloxone has been used safely by emergency medical professionals since the 1960s and has only one function: to reverse the effects of opioids on the brain and respiratory system in order to prevent death. Naloxone has no potential for abuse and is innocuous if administered to an individual not experiencing an opioid overdose. It has no effect on other drugs such as benzodiazepines or alcohol. If naloxone is administered to a person who is dependent on opioids, it will produce withdrawal symptoms.

## **Project DAWN Continued. . .**

Opioid withdrawal, although uncomfortable, is not life-threatening. Naloxone does not reverse overdoses that are caused by non-opioid drugs, such as cocaine, benzodiazepines (e.g. Xanax, Klonopin and Valium), methamphetamines, or alcohol.

Project DAWN is an opioid overdose education and naloxone distribution program sponsored by the Ohio Department of Health. Program participants are educated on the risk factors of opioid overdose, how to recognize an overdose, and how to respond to an overdose by calling 911, giving rescue breaths, and administering nasal naloxone. Eligible participants are given FREE naloxone kits containing two vials of naloxone hydrochloride medication. For more information or to schedule an appointment for training and to receive a Project DAWN kit, call 740-439-3577, ext. 7254.



## **Men's Health Week**

Men's Health Week is June 10th-16th, 2019. On average, men live 4.4 years less than women. The top 3 reasons for reduced lifespan in men are cardiovascular disease, suicide, and motor vehicle accidents. Regular checkups are necessary for men to protect themselves against injuries, illnesses, and diseases that develop with age. Make sure you are getting all the recommended screenings for your age.

*Did you know that men are less likely to go to the doctor than women?*

### **20s**

- Annual physical exam to include blood pressure, height, and weight
- Vision/dental exams yearly
- STD testing/HIV screening every 2 years
- Testicular cancer screening every year; monthly self-exams
- Cholesterol testing every 5 years

### **30s**

- All of the above and...
- Blood tests for diabetes, thyroid disease, liver problems, and anemia
- Screening for coronary heart disease once a year

### **40s**

- All of the above and...
- Cardiovascular evaluation every 5 years
- Screening for prostate cancer every year

### **50s**

- All of the above and...
- Annual screening for Type 2 Diabetes
- Vision and hearing exams every year
- Screening for depression every year
- Screening for lipid disorders annually
- Screening for colon cancer with fecal occult test, sigmoidoscopy, or colonoscopy annually

### **60s**

- All of the above and...
- Annual screening for osteoporosis
- Continue colorectal screening based upon previous studies and results
- Screening for dementia and Alzheimer's annually

Only 30% of a man's overall health is determined by his genetics, 70% is controllable through lifestyle. Make small changes toward a healthier lifestyle.

Activity – Men who climb 50 stairs or walk 5 city blocks a day may lower their risk of a heart attack by 25%.

**Continued on page 6.**



## Men's Health Continued. . .

**Mental Wellness** – Inactive men are 60% more likely to suffer from depression than those who are active.

**Sleep** – Men who sleep 7-8 hours a night have about 60% less risk of fatal heart attack than those who sleep less than 5 hours.

**Nutrition** – How easy is this?! Getting your 5-7 servings of fruit and veggies is as simple as a glass of orange juice, one potato, one big carrot, ½ an avocado, and a pear.

**Drinking** – Those who consume 4-10 alcoholic drinks a week, at most, have a lower risk of developing type 2 Diabetes. Drinking more than 10 drinks a week almost doubles your risk of type 2 Diabetes.

Lifestyle changes are a process that take time and require support. Once you're ready to make a change, the difficult part is committing and following through. So do your research and make a plan that will prepare you for success. Careful planning means setting small goals and taking things one step at a time.

## Sun Safety

Warm Weather is just around the corner. A rise in temperature gives us an opportunity to be outside. We all enjoy swimming, riding bikes, watching a sporting event or just hanging out with friends and family. However, in as little as 15 minutes the sun's ultraviolet (UV) light can damage your skin. Most sun damage occurs during day to day activities. This damage can increase your risk for skin cancer. Being sun smart can reduce your risk of overexposure to the sun. The following tips can help protect you and your family this summer.

1. Apply a broad spectrum sunscreen with an SPF of 15 – 30 (this type of sunscreen blocks both the UVA and UVB rays). It is best to apply sunscreen 15-30 minutes prior to going outside. Remember to reapply every 1 ½ - 2 hours and more frequently if you are swimming or sweating.



2. Limit sun exposure between the peak times of 10 am to 4 pm.
3. Wear protective clothing and a wide brimmed hat.
4. Protect your eyes with sunglasses.
5. Babies younger than 6 months should be kept out of the sun if possible or in shaded areas. If your baby must be in the sun, dress him or her in clothing that covers the body and a wide brimmed hat to shade their face. Talk to your doctor about whether any sunscreen should be used.
6. Double check any medications you are prescribed. Certain medications can make you more sensitive to the sun.

Everyone needs sunscreen regardless of your skin tone. Remember protection from ultraviolet light is important all year not just during the summer months or at the beach.

## Salmonella Prevention

What's yellow, fuzzy, and cute as can be? A baby chick of course! With spring and the Easter season just around the corner, many of us will be seeing those cute little chicks popping up at local farm supply stores. Spring is the season to purchase baby chicks for backyard flocks and Easter gifts. But beware...baby poultry can carry Salmonella bacteria that can cause a serious illness called salmonellosis.

Salmonellosis is a bacterial infection which most commonly causes diarrhea, fever and abdominal cramps 12-72 hours after infection. The illness usually lasts 4-7 days, and most persons recover without treatment. In some persons, the diarrhea may be so severe that the individual needs to be hospitalized. In these individuals, the Salmonella infection may spread from the intestines to the bloodstream and then to other body sites. In these cases, Salmonella can cause death unless the person is treated promptly with antibiotics. Children under the age of 5 years have higher rates of Salmonella infection than any other age group. Young children, older adults and people with weakened immune systems are the. . .

## Salmonella Prevention Continued. . .

most likely to have severe infections.

Salmonella live in the intestinal tracts of humans and other animals, including poultry and other birds, amphibians and reptiles. Many chicks, ducks and other poultry including those in backyard flocks can carry Salmonella in their feces. You cannot look at an animal and tell if it is infected with Salmonella.

How can you help prevent contracting Salmonellosis this spring? Wash your hands after contact with animal feces. Salmonella carried in the intestines of chicks and ducklings contaminate their environment and the entire surface of the animal. Children can be exposed to the bacteria by simply holding, cuddling or kissing the birds. Children should not handle baby chicks or other young birds. Everyone should immediately wash their hands after touching birds, including baby chicks and ducklings, or their environment.



## Mental Health Awareness

May is Mental Health Awareness month. Many Americans struggle with mental health conditions. It is important to raise awareness on this subject so it can be better understood, help individuals cope with these conditions, and help erase some of the stigma that surrounds mental health.

Did you know that yearly 18% of adults in the United States struggle with a mental health problem. That number is equivalent to over 43.4 million Americans. In Ohio, 20% of adults struggle with a mental health problem. In Guernsey County, 40% of residents reported having at least one day where mental or physical health kept them from their usual activities.

Below are some tips that can help you to improve or maintain your mental health. First, take care of your body by eating healthy, drinking plenty of water, exercising, and getting plenty of sleep, while avoiding alcohol, tobacco and other drugs. It is important to value yourself and participate in activities that make you happy, while surrounding yourself with good people. Try to practice good coping skills and learn ways that work for you to destress. For example, take a walk, listen to relaxing music or read a book. When setting personal goals for yourself, be sure to make them achievable and realistic. Lastly, never be afraid to ask for help or talk with your doctor about your mental health.

## Lyme Disease

Lyme disease is caused by a bacterium that is transmitted to humans through the bite of an infected tick. Symptoms of Lyme disease include fever, headache, fatigue & a signature round “bull’s-eye” rash around the bite site. Your doctor would diagnose Lyme disease based on a physical exam, symptoms, lab results and the possibility of exposure to ticks.

There have been a number of Lyme disease cases in Guernsey County. In 2016 there were 7 reported cases of Lyme disease. In 2017, the reported number of cases jumped to 18. This is a 157% increase of Lyme disease cases reported. Follow the tips listed below to prevent tick bites and the transmission of Lyme disease.

Ticks are often found in areas that are grassy, woody and bushy. It’s best to avoid these areas if possible or stay on a marked trail. Before going outside treat your clothing and gear with products containing 0.5% permethrin. Also, use an Environmental Protection Agency’s (EPA) registered insect repellent containing DEET, picaridin, IR3535, oil of lemon eucalyptus, para menthane diol or 2-undecanone. **Continue on page 8.**



## Lyme Disease Continued. . .

After coming inside, check your gear, your clothing and your pets for ticks. High heat kills ticks; therefore, clothes should be put in the dryer on high heat for 10 minutes. If the clothes need to be washed first, use hot water. Shower within 2 hours of coming indoors. Lastly, do a full body check for ticks. Be sure to check the following areas: under arms, in and around ears, inside belly button, back of the knees, in and around the hair, between the legs and around the waist. Remember that by following these tips you are reducing your risk of exposure to Lyme disease. The image below is from the Centers of Disease Control and Prevention.



**Did you know that a tick can be as small as a poppy seed?**

## Colorectal Cancer

Cancer that occurs in the colon or the rectum is often referred to as colorectal cancer or CRC. It can also be referred to as colon cancer or bowel cancer. Colorectal cancer is the third most common cancer diagnosed in both men and women in the United States, excluding skin cancers.

Colorectal cancer usually starts from a polyp that develops on the inner lining of the colon or rectum and grows slowly, over time. The most common type of polyp is an adenoma. Many people have or will develop adenomas over their lifetime and many will not become cancerous. The risk of them becoming cancer increases as the adenomas grow and become larger.

## Risk Factors for Developing CRC:

- Age is the primary risk factor and increases over age 45.
- Smoking tobacco.
- Family history of colon or rectal cancer, especially under age 50.
- Chronic Inflammatory Bowel Disease (Crohn's or UC).
- Diabetes.
- Physical inactivity.
- Obesity or being overweight .
- Diet (low in fruits and vegetables, high animal fat).
- Alcohol use (2-3 or more drinks per day).
- Family history of adenoma.
- Radiation to the abdomen or pelvis.

Many people with polyps or early-stage colorectal cancer report that they had no symptoms or concerns initially. Often, people experience signs that are attributed to something other than cancer.

## Signs and Symptoms of CRC:

- Rectal bleeding or blood in your stool (bright red or black).
- Diarrhea or Constipation that does not resolve.
- Stools that are narrow (pencil size).
- Bloating, fullness, or cramping that does not go away.
- Frequent gas pains.
- Loss of weight for no reason.
- Fatigue or constant tiredness.
- Change in bowel habits.
- Feeling that the bowel does not completely empty.

If you are experiencing any of the listed symptoms or you have any of the risk factors for colon or rectal cancer, a screening test should be scheduled with your physician. Many health insurance policies cover screening tests without copay or deductible costs. Other options are available in our community for low cost or free screening to eligible men and women.

**SCREENING SAVES LIVES.**





## Move in May!

The Cambridge-Guernsey County Health Department wants to challenge you to get moving in May. Physical activity is crucial for leading a healthy lifestyle. The Centers for Disease Control and Prevention recommend getting 150 minutes of physical activity each week. With the warm weather just around the corner, we're lacing our sneakers and heading outside. Did you know that Guernsey County has a variety of options to help you get active? Check out the following suggestions below.

- Visit the local parks to walk and view nature.
- Enroll in a local gym or fitness center.
- Find a 5K to walk or run with friends.
- Rent a kayak and hit the water with your whole family.
- Join a local sports league.

No matter what activity you choose, the important thing is to keep moving. Obesity is a major concern for Guernsey County residents per the Cambridge-Guernsey County Health Department's Community Health Assessment. One way to reduce the rate in our county is to start exercising or increase the amount we exercise daily. Exercise impacts our physical health as well as our mental wellbeing. Even a short walk can boost your mood and decrease stress. Start on the path to a healthier you.

**Take our challenge and Move in May!**



## National Public Health Week

National Public Health Week (NPHW) takes place from April 1st-7th, 2019. NPHW is an awareness event that sheds light on our community's health and initiatives taking place to combat health issues. The Cambridge-Guernsey County Health Department is continually working to improve quality of life for Guernsey County residents by promoting health, preventing disease, and assuring a safe environment.

The health department is currently working on three health priorities that were uncovered from our Community Health Assessment (CHA). This assessment uncovered health issues in the areas of chronic disease, drug dependency, and mental health. From this survey, our health department and partnering community agencies are actively involved in workgroups with initiatives to combat these issues. These initiatives were formulated through the health department's Community Health Improvement Plan (CHIP). Both the CHA and the CHIP are posted on the health department's website at: [www.guernseycountyhealthdepartment.org/archive/](http://www.guernseycountyhealthdepartment.org/archive/).

What services are offered at the Cambridge-Guernsey County Health Department?

- Birth and death certificates
- Immunizations
- WIC (Women, Infants, and Children)
- Environmental Health services
- General Medical Clinic for men and women
- Health Education
- CMH (Children with Medical Handicaps)
- Reproductive Health and Wellness Clinic
- and much more!

Stop by our health department on Monday 8:00 A.M.-5:30 P.M and Tuesday—Friday 8:00 A.M.—4:30 P.M. If you have questions or need to schedule an ap-ointment, give us a call at 740-439-3577.



## Mosquito-Borne Diseases

Diseases spread by mosquitoes are a concern in Ohio each year. Diseases prevalent in Ohio are: Eastern equine encephalitis virus, LaCrosse virus, St. Louis encephalitis virus, and West Nile virus. It's important we protect ourselves and prevent mosquito breeding around our homes.

Prevent Mosquito Bites and Breeding:

-Use an EPA-registered insect repellent with one of the following active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, 2-undecanone.

-Cover up by wearing long sleeved shirts and long pants.

-Avoid peak mosquito hours. Mosquitoes are most active and biting during the early morning and late evening hours.

-Keep mosquitoes outside by using air conditioning, and having screened doors and windows.

-Mosquitoes rest in tall weeds. Keep weeds cut to deter mosquitoes.

-Keep mosquitoes from laying eggs in and near standing water. Standing water can gather around your home in things like: flowerpots, buckets, toys, tires, and bird baths. Once a week empty, throw out, or scrub items that can have standing water.

To find an insect repellent that is right for you, visit the EPA's website and use their search tool. [www.epa.gov/insect-repellents](http://www.epa.gov/insect-repellents)



## Diabetes Alert Day

Diabetes Alert Day is March 26th, 2019. Are you at risk for developing diabetes? According to the Center for Disease Control and Prevention, 30.3 million Americans have diabetes and 1 in 4 don't know it. Family history, age, race, weight, physical activity and diet play a role in developing diabetes. Diabetes is the seventh leading cause of death in the U.S., the leading cause of new cases of blindness in adults, and the leading cause of end stage kidney disease. Additionally, heart disease and strokes are 2-4 times more common in those with diabetes.

What symptoms are associated with diabetes?

-Urinating often

-Feeling very thirsty

-Feeling very hungry - even though you are eating

-Extreme fatigue

-Blurry vision

-Cuts/bruises that are slow to heal

-Weight loss - even though you're eating more (type 1)

-Tingling, pain, or numbness in the hands/feet (type 2)

Type 2 diabetes is associated with risk factors like lack of physical activity and being overweight or obese. According to the 2017 Cambridge-Guernsey County Health Department Community Health Assessment, three-fourths of adult residents are overweight (29%) or obese (45%) in Guernsey County. Of the residents surveyed, the majority only reported eating fruits and vegetables once a day. Lastly, Guernsey County residents report participating in physical activity about 4 times a month for an hour or less.

Experts recommend eating 5-9 servings of fruits and veggies every day. Experts also recommend getting at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combination of moderate and vigorous activity.

To reduce your risk for type 2 diabetes, maintain a healthy diet with plenty of fruits and vegetables while exercising regularly.

## Food Safety

Get ready for your backyard barbecue with these grill tips!

### 1. Separate.

-Pick up meat, poultry, and seafood last and separate them from other food in your shopping cart and grocery bags.

### 2. Chill.

-Keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep below 40 degrees Fahrenheit in an insulated cooler.

### 3. Clean.

-Wash your hands with soap before and after handling raw meat, poultry, and seafood. Wash work surfaces, utensils, and the grill before and after cooking.

### 4. Cook.

-Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep the temperature inside the smoker at 225-300 degrees Fahrenheit to keep meat at a safe temperature while it cooks.

### 5. Don't cross-contaminate.

-Throw out marinades and sauces that have touched raw meat juices. Put cooked meat on a clean plate.

### 6. Refrigerate.

-Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within two hours of cooking (one hour if above 90 degrees Fahrenheit outside).

These grill tips are provided by the Centers for Disease Control and Prevention. For more food safety tips visit [www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety).



CLEAN



SEPARATE



COOK



CHILL

## Hepatitis A

What's all the buzz about hepatitis A in Ohio?

Ohio and neighboring states (Indiana, Kentucky, Michigan, and West Virginia) are experiencing a hepatitis A outbreak. The Ohio Department of Health (ODH) declared a statewide community outbreak of hepatitis A after observing an increase in cases linked to certain risk factors since the beginning of 2018.

Hepatitis A is a vaccine-preventable liver disease that usually spreads when a person ingests fecal matter—even microscopic amounts—from contact with objects, food or drinks contaminated by the stool of an infected person. Hepatitis A can also be spread from close personal contact with an infected person, such as through sex. (ODH, 2019)

According to ODH, people at increased risk for hepatitis A in this outbreak include:

- People with direct contact with individuals infected with the virus
- Men who have sex with men
- People who use street drugs whether they are injected or not
- People who are incarcerated
- People experiencing homelessness
- People who have traveled to other areas of the United States currently experiencing outbreaks.

Symptoms of hepatitis A include fatigue, low appetite, stomach pain, nausea, clay-colored stools and jaundice. People with hepatitis A can experience mild illness lasting a few weeks to severe illness lasting several months. (ODH, Feb. 2019)

Individuals who are at high risk, those experiencing symptoms of hepatitis A, and those who know they have been exposed to someone with hepatitis A should contact their healthcare provider to discuss treatment and vaccination options (ODH, 2019).



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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