

Cambridge-Guernsey County
Health Department



Cambridge-Guernsey County Health Department NEWSLETTER

Winter 2019



INSIDE THIS ISSUE:

Protect Yourself from the Flu	1
Cover Your Cough & Clean Your Hands	2
Lice Lessons	3
Substance Use Disorder Prevention	3
Toy Safety	4
Food Safety for the Holidays	6
Holiday Recipes	7
Project DAWN	9
Carbon Monoxide Poisoning	9
Do You Have Symptoms of Diabetes	10
Human Immunodeficiency Virus (HIV)	10
Preparations for Winter	11
Cold Weather can Affect Your Health	12
Suicide Prevention	13
Teen Dating Violence Awareness	14
Heat Your Home Safely	14
Infant Safe Sleep—ABC's	15
Heart Health Month	15

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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.

Current Events:

Walk in flu shots available
on Mondays 2pm-5pm and
Fridays 8am-4pm.



Protect Yourself from the Flu

Influenza (also known as “flu”) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. Flu signs and symptoms usually come on suddenly. People who are sick with flu often feel some or all of these symptoms:

- Fever* or feeling feverish/chills

Continues on page 2...

**Continued from “Protect Yourself from the Flu”
page 1.**

- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

**It's important to note that not everyone with flu will have a fever.*

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. The tips and resources below will help you learn about steps you can take to protect yourself and others from flu and help stop the spread of germs.

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. This will help prevent spreading your illness to others.

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. If soap and water are not available, use an alcohol-based hand sanitizer.

Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

Practice other good health habits.

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

**Information taken from www.cdc.gov/flu*

Cover your Cough & Clean your Hands



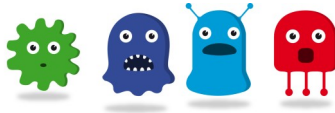
Cold and flu season are upon us! Help protect yourself and others from these illnesses by practicing cough etiquette. Cough etiquette (covering your cough or sneeze and cleaning your hands)

helps reduce the spread of respiratory illnesses to others. Why is cough etiquette so important? Cold and flu viruses spread easily through the air. Preventing the spread of these viruses through the air decreases transmission to others. Respiratory etiquette can help to contain infectious respiratory illnesses at the source. Help keep yourself and others healthy this cold and flu season by practicing the following steps:

- Cover your mouth and nose with a tissue when you cough and sneeze or cover your mouth and nose with your upper sleeve, not your hands.
- Put the used tissue in a waste basket.
- Wash your hands with soap and water or clean them with an alcohol based hand sanitizer if soap and water are not available.

The Centers for Disease Control and Prevention recommends the following steps for proper handwashing to prevent the spread of germs:

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.



For more information on how to stop the spread of germs, visit The CDC's website at https://www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html

Lice Lessons

This school season know the facts on head lice! Head lice are tiny, wingless insects that live close to the human scalp. They feed on human blood. There are several forms: nits (eggs), nymphs (baby lice), and adult lice that grow to the size of a sesame seed and are tan to grayish white.

Lice spread mainly through head-to-head contact. It is possible, but uncommon to spread lice by contact with items that have been in contact with a person who has head lice, such as hats, scarfs, coats, or hair brushes.

If you or your child exhibits the following signs of an infestation, it is important to talk to your doctor and get treatment:

- A tickling feeling on the scalp or in the hair
- Itching (caused by the bites of the louse)
- Irritability and difficulty sleeping (lice are more active in the dark)
- Sores on the head (caused by scratching, which can sometimes become infected)
- Finding a live nymph or adult louse in the hair or scalp (most commonly found behind the ears and near the neckline at the back of the head)

Did you know that head lice do not discriminate, often infesting people with good hygiene.

The National Association of School Nurses has myth busted these common misconceptions about head lice:

MYTH: Only dirty people get head lice.

FACT: Personal hygiene and household or school cleanliness are not a factor for infestation.

MYTH: Lice can jump or fly and can live anywhere.
FACT: Head lice cannot jump or fly, and only move by crawling. It is unlikely to find head lice living on objects like helmets or hats because they have feet that are specifically designed to grasp on to the hair shaft of humans. Additionally, a louse can only live for about a day off the human head.

MYTH: Head lice can be spread by sharing hair brushes, hats, clothing, and other personal items.

FACT: It is uncommon to spread head lice by contact with clothing or other personal items, such as combs, brushes, or hair accessories that have been in contact with a person with head lice.

MYTH: Head lice carry diseases.

FACT: Head lice do not spread diseases.

MYTH: You can use home remedies like mayonnaise to get rid of head lice.

FACT: There is no scientific evidence that home remedies are effective treatments. You should consult a healthcare provider to discuss effective treatments, including prescription products.

For more information on Lice Lessons visit the National Association of School Nurses website at: <https://www.nasn.org/nasn/programs/educational-initiatives/lice-lessons>



Substance Use Disorder Prevention

The American Society of Addiction Medicine (ASAM) defines addiction as a chronic brain disease, with behavioral, biological, social, emotional, and physical aspects, that is characterized by an inability to control substance abuse.

Continues on page 4...

“Substance Use Disorder Prevention” Continued...

The fact that addiction is chronic means that relapse is often part of the disease. The National Institute on Drug Abuse (NIDA) likens the relapse rates for addiction to those of other chronic and relapsing diseases, such as asthma, hypertension, and type I diabetes, estimating it to be between 40 and 60 percent. Relapse is the return to substance abuse after a length of time being drug- or alcohol-free.

Relapse is considered a common aspect of the disease of addiction and does not, therefore, indicate failure. When a person battles addiction to mind-altering substances, brain circuitry is disrupted by repeated alcohol or drug abuse. Pathways involved in how a person feels pleasure and processes rewards, impulse control, memory, and decision-making are altered through substance abuse. With repeated use, brain chemistry and these pathways are changed, and a dependency on the substance is built. Once a physical dependency is established, withdrawal symptoms and drug cravings may be common side effects if the drug is removed or stopped suddenly. Someone struggling with drug dependency may not feel “normal” without the drug’s interaction in the brain. A return to drug or alcohol use may seem like a good way to get back to what seems normal, curb withdrawal symptoms, and combat strong cravings. Relapse may then be a form of self-medication.

Tips for Preventing and Minimizing Relapse

A relapse after completing treatment does not mean that treatment failed or even that a return to intensive treatment is absolutely necessary. It does, however, signify that a return to some form of treatment is needed. If relapse occurs, steps should be taken to reduce the severity and duration of the relapse episode. Often, a different treatment model or method may be advisable to keep the relapse event from continuing or advancing. Recognizing that stress is a common relapse trigger, and learning how to manage and recognize potential stressors and keep moods regulated, can help.

Below are some helpful hints for reducing or avoiding relapse:

- Get enough sleep.
- Eat a balanced diet low in refined sugar and high in protein and complex carbohydrates.
- Exercise regularly.
- Consider holistic methods for managing stress naturally, like yoga and meditation.
- Avoid caffeine.
- Attend all therapy and counseling sessions.
- Join a support group and attend meetings regularly.
- Take any prescribed medications or supplements as directed.
- Undergo a complete medical and psychological assessment to ensure any co-occurring disorders are also managed.
- Avoid people, places, or things that are tied to previous drug or alcohol use.
- Surround yourself with positive and supportive people.
- Take up a creative endeavor, like painting, sculpting, writing, dancing, or playing an instrument.
- Be self-reliant and try not to expect too much from others.
- Keep the mind occupied.
- Ask for help when needed

Visit the American Addiction Centers at <https://americanaddictioncenters.org/>

Toy Safety



Toys are fun, with many offering learning opportunities. Sometimes to save money we might buy used toys. Relatives might have bins of old toys in their home that they keep for young children to play with. There are a lot of hidden hazards concerning toys that as parents we might not realize. It is important to be aware of what children are playing with and beware of potentially dangerous situations. Follow these toy safety recommendations:

Find the Recommended Age

Always make sure the toy or game is right for your child's age, especially if your child is under the age of 3. All new toys will have a recommended age or age range listed on the box or packaging.



Read and Follow Warning Labels

Please make sure that you read and follow all warning labels associated with the toy you are buying. Rectangular boxes with pictures alert adults to warnings.

There are warning labels for small toys for kids under three. There are also warnings where toys might make children at risk for falling, or where toys might contain magnets or sharp edges.

Check for Sharp Edges and Points

Check all toys for sharp and pointed edges. This is especially important for younger children since they have a tendency to put things into their mouths or into their eyes. There is always a danger of falling on top of the toy while playing, which also may cause injury if an older brother or sister does not put the toy away.

Check for Cords or Attached Strings

If the toy you are planning to buy has cords or strings attached to it, please be careful that it does not have a long cord. There is always a danger of the cord getting entangled into a loop which could wrap around the child's neck and strangle them, not allowing them to breathe. Older, antique toys definitely have cords that are long.

Avoid Toys With Small Parts



Never buy a toy that has small or loose parts that can come unattached and give it to a child under the age of 3 to play with. Younger kids have a tendency to swallow things, which can pose a danger. Also, check if the toy or stuffed animal has loose parts like eyes or noses that can be pulled off and placed in a child's mouth.

Make Sure the Toy Is Sturdy and Strong

It is important to check to see if the toy you are buying is sturdy and built of strong shatterproof material. In case of any falls or accidents, the toy should not break into pieces with sharp edges as this can cause bodily injury to the child.

Is the Toy Loud?

In case the toy you are buying has sound, check to make sure the noise levels are not too loud. Many toys now have volume control and an off-button. Toys that are really loud could permanently damage the sensitive hearing of children.

Make Sure the Toy Is Non-Toxic

If you are buying toys like crayons, art supplies, toys with liquids or sensory activities, make sure that the toys do not contain toxic chemicals. You can check the labels to make sure they are safe in case of accidental ingestion.

Does Your Child Have Food Allergies?

Many kids like to bake with a tabletop cooking oven to make cookies and other sweet treats. If your child has food allergies, check the ingredients list on any baking toys.

Does the Toy Have Magnets?

Newer magnetic toys are fun and safe. These toys now have magnets safely encased in plastic. However, you should be mindful of toys with magnets in case parts become lost because they are very dangerous if swallowed.

Make Sure the Toy Is Not Recalled

You can check on the internet on various sites provided by the government like Consumer Product Safety Commission where you can find more toy safety information.

Food Safety for the Holidays

Kitchen Ready

Start with a Clean Scene. Bacteria can spread throughout the kitchen and get on hands, utensils, and kitchen surfaces. Frequent cleaning can keep that from happening. Wash cutting boards, dishes, utensils, and counter tops with hot water and soap after preparing each food item and before you go on to the next food.

After cleaning you might want to sanitize the countertop and your cutting boards using a diluted bleach solution of 1 Tbsp. unscented liquid bleach (not more) to 1 gallon of water. Let the bleach solution stand on the surface for a few minutes, then rinse and blot dry with clean paper towels.

Have plenty of clean cloth towels (or paper towels) on hand for the meal preparation and clean-up. If you use cloth towels, wash them often in the hot cycle of your washing machine.



Loving Leftovers

Having leftover turkey and other dishes means you can have additional tasty meals the day after your feast. But remember, temperature and time cause bacteria to grow which is why it is so important your refrigerator is cold enough and that you do not keep leftovers too long. Leftovers must go into the refrigerator within 2 hours. Carve turkey meat from the bones, place in shallow containers, and put in the refrigerator or freezer. Use cooked

and refrigerated leftover turkey and stuffing within 3-4 days and gravy in 1-2 days. Cooked turkey keeps for 3-4 months in the freezer. When using leftovers, reheat the foods to 165°F or until hot and steaming; bring gravy to a boil before serving.

Safe Handling of Holiday Turkey

Be prepared! Before purchasing your turkey, make ample space in your refrigerator or freezer, moving shelves if necessary.



Fresh or frozen? Fresh turkeys have shorter shelf lives, but provide convenience since they do not require thawing time. By choosing a frozen turkey, you can buy in advance and take advantage of special sales.

What size to buy? Purchase at least one pound of uncooked whole turkey per person. You'll have enough for the feast and for leftovers too.

Thawing. Turkey can be safely thawed in the refrigerator or in cold water. The refrigerator method is the safest and will result in the best finished product. Leave the bird in the original packaging and place in a shallow pan and allow refrigerator thawing time at a rate of 4-5 pounds per 24 hours. To thaw in cold water, keep turkey in the original packaging, place in a clean and sanitized sink or pan, and submerge in cold water. *Change the cold water every 30 minutes.* The turkey will take about 30 minutes per pound to thaw. If thawed in cold water, cook immediately.

Once thawed, remove neck and giblets from the neck and body cavities and keep bird and parts (if using) refrigerated at 40°F or below until it is ready to be cooked.

Did you know that even when refrigerated properly (at 40°F), leftovers should be eaten, frozen, or discarded within 3 to 4 days.

Cooking. The single most important thing to know, no matter the preparation method, is that the turkey must be cooked to the safe minimum *internal temperature as measured with a food thermometer*. A stuffed turkey will take additional time to cook.

Stuff safely. For optimum safety and more even cooking, it's recommended to cook your stuffing in a casserole. If you do put stuffing in the turkey, prepare and stuff it just before the turkey goes into the oven. Stuff the turkey loosely, about 3/4 cup stuffing per pound of turkey. Cooked inside or outside the bird, all stuffing and dressing recipes must be cooked to a minimum temperature of 165°F as measure with a food thermometer.

Take the temperature! Insert a food thermometer into the thickest part of the thigh, not touching bone. Cook to a minimum internal temperature of 165°F as measured with a food thermometer. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. Do not exceed 170°F in the breast and 180°F in the thigh. Remember, the center of the stuffing should reach a minimum of 165°F before removing the turkey from the oven.

Let the turkey rest for 20 minutes for easier carving.

	Internal Temperature
Ground Meat & Meat Mixtures	
Beef, Pork, Veal, Lamb	160 °F
Turkey, Chicken	165 °F
Fresh Beef, Veal, Lamb & Pork	
Plus 3 min. stand time for safety	145 °F
Poultry	
Chicken & Turkey, whole	165 °F
Poultry parts	165 °F
Duck & Goose	165 °F
Stuffing (cooked alone or in bird)	165 °F
Ham	
Fresh (raw) plus 3 min stand time	145 °F
Pre-cooked (to reheat)	140 °F
Eggs & Egg Dishes	
Eggs	Cook until yolk & white are firm
Egg dishes	160 °F
Seafood	
Fin Fish	145 °F Flesh is opaque
Shrimp, Lobster & Crabs	flesh pearly & opaque
Clams, Oysters & Mussels	Shells open during cooking
Scallops	Milky white or opaque & firm
Leftovers & Casseroles	165 °F

Holiday Recipes

Easy Creamed Corn



Ingredients:

- 6oz cream cheese
- 1/4 cup unsalted butter
- 3 cloves garlic
- 1/3 cup milk
- 2 cups corn, frozen canned or roasted
- 1/2 tsp dried thyme
- Salt and pepper, to taste
- 1 cup shredded cheddar cheese
- 2 tablespoons chopped fresh parsley

Directions:

1. Preheat oven to 375°F. Lightly oil a 9-inch baking dish or coat with nonstick spray.
2. Combine cream cheese, butter and garlic in a medium saucepan over medium high heat. Stir in milk until smooth, about 2 minutes. Stir in corn until well combined, about 2 minutes. Stir in thyme; season with salt and pepper, to taste.
3. Spread corn mixture into the prepared baking dish; sprinkle with cheese. Place into oven and bake until bubble, about 15-17 minutes.
4. Serve immediately, garnish with parsley, if desired.

Garlic Parmesan Roasted Asparagus



Ingredients:

- 1/2 pound fresh asparagus
- 1/2 teaspoon salt
- 1/2 teaspoon fresh ground black pepper
- 3 cloves minced garlic
- 2-3 tablespoons parmesan cheese
- Olive oil spray

Directions:

1. Preheat oven to 425°F. Line a rimmed baking sheet with aluminum foil and set aside.
2. Rinse the asparagus and trim off woody end pieces. Spread out in a thin layer on top of the prepared cookie sheet.
3. Spray the asparagus lightly with a coat of olive oil spray. Sprinkle with salt, pepper, garlic, and parmesan cheese. Use your hands to mix the asparagus with all of the ingredients, then lay out into an even layer again. Spray with one more light coat of olive oil.
4. Bake in the preheated oven for 8 minutes.

Mashed Red Potatoes

Ingredients:

- 8 cups water
- 2 pounds red potatoes
- 2 tablespoons salted butter
- 1/2 cup half-and-half
- Black pepper, to taste
- 1 tablespoon chopped chives



Directions:

1. In a large pot add 8 cups of water and bring to a boil.
2. Cut potatoes into quarters and add to a colander. Rinse under cool water to remove the starches. Add potatoes to boiling water.
3. Cook potatoes until fork tender, about 15 minutes.
4. Drain potatoes using a colander and then rinse with hot water.
5. Add well-drained potatoes back to the pot and use a potato masher to mash until smooth.
6. Add butter and fold in.
7. Gradually fold half-and-half into potatoes, until completely absorbed. If needed, rewarm the potatoes.
8. Taste and season with salt and pepper as desired.
9. Garnish with black pepper and chives.

Easy, No Fuss

Thanksgiving Turkey



Ingredients:

- 1 12-20 pound turkey
- 1 onion, peeled and quartered
- 1 lemon, quartered
- 1 apple, quartered
- 1.5 tablespoons
- 1.5 tablespoons
- 1.5 tablespoons

For the herb butter:

- 1 cup unsalted butter
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 6-8 cloves garlic, minced
- Fresh chopped herbs

Directions:

1. Remove turkey from the fridge 1 hour before roasting, to let it come to room temperature.
2. Adjust your oven rack so the turkey will sit in the center of the oven. Preheat oven to 325°F.
3. Make the herb butter by combining room temperature butter, minced garlic, salt, pepper, 1 Tbsp. rosemary, 1 Tbsp. thyme, and 1/2 Tbsp. of sage. You'll use the remaining herbs for stuffing inside the cavity of the turkey.

4. Remove turkey from packaging and remove the neck and giblets. Pat the turkey dry with paper towels.
5. Season the cavity of the turkey with salt and pepper. Stuff it with onion, lemon, apple and leftover herbs.
6. Use your fingers to loosen and lift the skin above the breasts (on top of the turkey) and smooth a few tablespoons butter underneath.
7. Tuck the wings underneath the turkey and set on a roasting rack inside a roasting pan.
8. Microwave the remaining herb butter for 30 seconds and brush all over the outside of the turkey.
9. Roast for about 13-15 minutes per pound, or until internal temperature reaches 165°F.
10. ***Check the turkey about halfway through cooking, and once the skin gets golden brown, cover the top of the turkey with tinfoil, to protect the breast meat from overcooking.
11. Allow turkey to rest for 20-30 minutes before carving.

Project DAWN

In 2017, Ohio had the second highest rate of drug overdose deaths related to opioids in the United States. According to the National Institute on Drug Abuse, there were 4,293 reported deaths. Over the years the death rates continued to climb, in order to stem the dramatic increase, the Ohio Department of Health initiated Project DAWN. Project DAWN (Deaths Avoided with Naloxone) is Ohio's first Overdose Reversal Project. Individuals who are interested in the program will receive a free, take-home naloxone kit after participating in a short training. Training includes: recognizing an overdose, rescue breathing, calling emergency medical services, and how to administer intranasal naloxone.

For more information on Project DAWN, please call or visit the Guernsey County Health Department.



Carbon Monoxide Poisoning

Carbon Monoxide (CO) is a colorless, odorless gas. CO is produced from fuels that are burned in cars/trucks, small engines, stoves, lanterns, grills, fireplaces, gas ranges and furnaces. CO gas builds up in enclosed or poorly ventilated areas. Breathing in high amounts of CO gas can be very dangerous, even deadly.

Symptoms of CO poisoning include: *headaches, dizziness, weakness, upset stomach, vomiting, confusion, difficulty breathing and chest pain.* Symptoms are often described as “flu like.” Breathing in a lot of the gas can cause you to pass out or even kill you. Everyone is at risk for CO poisoning; however, infants, elderly and people with chronic lung or heart disease are at higher risk of getting sick. If you or someone you know shows signs of CO poisoning, call 911 immediately.

CARBON MONOXIDE (CO) POISONING



To avoid CO poisoning, take the following preventive measures:

- Install battery operated or back-up CO detector in your home. Remember to check and replace the batteries every 6 months or when the time changes with the spring and fall seasons. Replace the detector every 5 years. If the alarm goes off, get outside to fresh air, call 911/emergency services, make sure everyone is accounted for and do not reenter the premises until emergency responders advise that you may do so.

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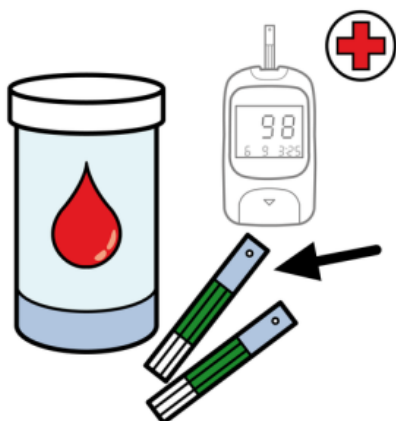
Continued from “Carbon Monoxide Poisoning” page 9.

- Never use a generator inside your home, basement, or garage, or use it less than 20 feet away from any window, door or vent.
- Never run a vehicle inside a garage attached to a house, or run a vehicle in a detached garage without the door open.
- Ensure there is plenty of ventilation in areas with appliances or in recreational vehicles that burn gas, wood, propane or other fuels.
- Have heating systems, water heaters and other gas, oil or coal burning appliances serviced yearly.
- Have chimneys checked or cleaned yearly.
- Never use gas ranges for heat, burn charcoal indoors or use portable gas camp stoves indoors.

**For more information on CO poisoning, visit:
www.cdc.gov/co*

Do You Have Symptoms of Diabetes?

Nearly 1 in 4 adults living with diabetes (7.2 million people) in the U.S., didn't know they had the condition. Many more are not aware that they are experiencing prediabetes, a condition that leads to diabetes. In many people, they have had the condition for up to 5 years before diagnosis. The onset of symptoms is often subtle and attributed to another issue or is ignored before a person seeks testing or medical care for diagnosis. In 2015, an estimated 1.5 million new cases of diabetes were diagnosed among people ages 18 and older.



Most Common Early Signs of Diabetes

- Frequent thirst
- Frequent urination
- Extreme hunger
- Unexplained weight loss/gain
- Excessive fatigue
- Blurry vision
- Numbness and tingling of the hands and feet
- Frequent yeast infections

Untreated diabetes can be dangerous and cause long term damage to the body with lifelong complications. Diabetes not only affects the body and the way it uses glucose (sugar) found in food, it can also cause damage to vital organs such as the heart and kidneys along with entire systems such as the immune system or the nervous system. It can increase the risk of stroke, the possibility of amputation of toes, feet or legs and premature death.

If you are experiencing any symptoms of diabetes, no matter how subtle, you should make an appointment with your doctor for further testing. When you spot the condition early, you can avoid many complications such as vision loss, nerve damage, heart and kidney damage as well as decrease fatigue and other symptoms.

**Information taken from www.cdc.gov/diabetes*

Human Immunodeficiency Virus (HIV)

Have you ever been tested for HIV?

If you have not, you are not alone. The CDC recommends that everyone between the ages of 13-64 years be screened **at least once** in their lifetime. In reality, less than 40% of people in the U.S. have ever been tested for HIV. Many people have HIV for years before they know it. Half of the people with HIV have had the virus for 3 years or more before diagnosis. Half of the heterosexual men with HIV got a diagnosis 5 years or more after they contracted the virus.

The Human Immunodeficiency Virus (HIV) is a virus that attacks a person's immune system, specifically cells within the immune system that fight off infections. This can lead to increased infections and infection related cancers over time. People with HIV can develop into the most severe stage of infection which is AIDS or Acquired Immune Deficiency Syndrome. This is the last stage of an HIV infection and may lead to death within three years.

HIV can be transmitted from person to person by sharing needles to inject drugs, sexual contact and from mother to baby during pregnancy, birth or breastfeeding. HIV is not transmitted through saliva, sweat or tears. You cannot get HIV from swimming in the same pool as someone with the virus. Insects and pets do not carry the virus. Sharing toilets, food or drinks will not transmit the virus.

There is no effective cure for HIV at this time, but with proper medical care, it can be well controlled. Since the mid-90s, antiretroviral therapy has been prescribed. This allows someone who is diagnosed with HIV and treated early in the infection, to live much longer and with less complications than ever before. There are many assistance programs to help cover medication and testing costs as well as offer support and education for a person infected with HIV.

How do I get tested?

- Ask your healthcare provider to test you for HIV.
- Testing is readily available at various testing facilities within your state or county. You can visit gettested.cdc.gov or by calling 1-800-CDC-INFO (232-4636) for a local listings.
- You can also get a home testing kit (the Home Access HIV-1 System or the OraQuick HIV test) online or from a local drugstore.

Preparations for Winter

With winter quickly approaching, now is the time to prepare for potentially hazardous winter weather. It is important to ensure that your home is stocked with adequate supplies in the event of storm outages or in the event that roadways are too dangerous to travel.

A good winter storm emergency checklist should include the following: drinking water, nonperishable/canned food, blankets, pillows and clothing, basic toiletries, basic first-aid supplies, prescriptions, baby supplies, pet supplies, flashlights, battery-operated radio and clock, extra batteries, phone, cash and credit cards and important documents.

Along with preparing your home for a winter storm, it is also important to prepare your vehicle as well. The following emergency supplies would be a good idea to keep in your vehicle: windshield brush/scraper, tool kit, sand/cat litter to spread for traction, first aid kit, blankets and warm clothing, a small shovel, non-perishable food and water, tow rope and jumper/booster cables. It is also a good idea to keep a full tank of gas in your vehicle. Also, ensure you maintain proper levels of antifreeze and use and maintain levels of winter windshield washer fluid.

In addition to keeping an emergency kit in your vehicle, it is also important if traveling in bad weather for someone to know where you're heading and about what time you should be arriving. Travel with a cell phone if possible. Should you get stranded, put everything you need in the car with you, huddle together and stay covered. You can run the car for 10 minutes each hour to warm it up; however, be sure a window is slightly open and that the exhaust pipe isn't covered with snow while the engine is running—this could lead to carbon monoxide poisoning.

For more information visit: www.ready.gov



Cold Weather can Affect Your Health

The risk of cold exposure increases as the winter months arrive. Hypothermia (hi-poe-THUR-me-uh), usually caused by prolonged exposure to cold temperatures is a potentially dangerous situation. It occurs when the body loses heat faster than it can produce heat, causing a dangerously low body temperature. Normal body temperature is around 98.6° F. Hypothermia occurs when one's body temperature falls below 95°F.

What are some symptoms?

Shivering is likely the first symptom. This is the body's automatic defense against cold temperature; it's the body's attempt to warm itself. It is important to note that shivering may stop as hypothermia progresses. Other symptoms can include:

- Slurred speech or mumbling
- Slow, shallow breathing
- Weak pulse
- Clumsiness or lack of coordination
- Drowsiness or very low energy
- Confusion or memory loss
- Loss of consciousness
- Hypothermia in infants can include, cold to touch, bright red skin and unusually low energy



Symptoms often begin gradually; therefore someone with hypothermia most likely will not be aware of one's condition.

Risk factors for hypothermia

There are several factors that put one at risk for developing hypothermia. These factors can include, exhaustion, being older or very young, having mental health problems, using alcohol and or drugs, having certain medical conditions, and some prescription medications. Any one of these factors can play a role in making one at risk.

How can hypothermia be prevented?

Before you or your children step out into cold air, remember the simple acronym **COLD** — Cover, Overexertion, Layers, Dry:

Cover. Wear a hat to prevent body heat from escaping from your head, face and neck. Cover your hands with mittens instead of gloves.

Overexertion. Avoid activities that would cause you to sweat a lot. Wet clothing and cold weather can cause you to lose body heat more quickly. Have children come in doors frequently to warm themselves.

Layers. Wear loose fitting, layered, lightweight clothing. Outer clothing made of tightly woven, water-repellent material is best for wind protection. Wool, silk or polypropylene inner layers hold body heat. Dress infants and young children in one more layer than an adult would wear in the same conditions.

Dry. Stay dry. Get out of wet clothing as soon as possible.

If the hypothermic person is unconscious, or has no pulse or signs of breathing, call 911 for emergency help right away. Proceed with CPR, in the absence of signs of breathing or a pulse, until paramedics arrive or the person is taken to a hospital.

Complications of hypothermia can include frostbite which is resultant of cold temperatures damaging parts of one's body, most often the ears, nose, cheeks, chin, fingers, and toes. Decay and death of tissues resulting from an interruption in blood flow to these body parts can result in gangrene.

Winter weather can pose many issues to one's health. Taking some simple precautions before going outdoors can be very helpful in reducing one's risk of developing hypothermia.

Ways to Keep Your Heart Safe When Shoveling Snow

Snow shoveling can lead to many health risks, which can range from back injuries to heart attacks. The mix of cold temperatures and physical exertion increases the workload on the heart, which may increase the risk of a heart attack for some. Individuals over the age of 40 or who are relatively inactive should be particularly careful.

National Safety Council recommends the following tips to shovel safely:

- Do not shovel after eating or while smoking
- Take it slow and stretch out before you begin
- Shovel only fresh, powdery snow; it's lighter
- Push the snow rather than lifting it
- If you do lift it, use a small shovel or only partially fill the shovel
- Lift with your legs, not your back
- Do not work to the point of exhaustion
- Know the signs of a heart attack, and stop immediately and call 911 if you're experiencing any of them; every minute counts

Don't pick up that shovel without a doctor's permission if you have a history of heart disease. A clear driveway is not worth your life.

**Information taken from MedMD.com, MayoClinic.org, and nsc.org.*



Suicide Prevention

Know the Risk Factors

Risk factors are characteristics that make it more likely that someone will consider, attempt, or die by suicide. They cannot cause or predict a suicide attempt, but they are important to be aware of:

- Mental disorders, particularly mood disorders, schizophrenia, anxiety disorders, and certain personality disorders
- Alcohol and other substance use disorders
- Hopelessness
- Impulsive and/or aggressive tendencies
- History of trauma or abuse
- Major physical illnesses
- Previous suicide attempt(s)
- Family history of suicide
- Job or financial loss
- Loss of relationship(s)
- Easy access to lethal means
- Local clusters of suicide
- Lack of social support and sense of isolation
- Stigma associated with asking for help

- Lack of healthcare, especially mental health and substance abuse treatment
- Cultural and religious beliefs, such as the belief that suicide is a noble resolution of a personal dilemma
- Exposure to others who have died by suicide (in real life or via the media and Internet)

Know the Warning Signs

Some warning signs may help you determine if a loved one is at risk for suicide, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change. If you or someone you know is exhibiting any of the following signs, seek help by calling the National Suicide Prevention Life Line at 1-800-273-8255:

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, like searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings

For more information visit:
www.suicidepreventionlifeline.org



Teen Dating Violence Awareness

February is Teen Dating Violence Awareness Month.

Dating violence can have immediate or long term consequences on your loved one. Teens who are victims of dating violence in high school are more at risk for this to happen again in their lifetime. The Cambridge-Guernsey County Health Department wants you to know what you can do to prevent dating violence and abuse.

- Talk to your teens early about relationships before they start dating.
- Discuss with your teens that a relationship is more than just an attraction to someone.
- Relationships require mutual trust and respect.
- Encourage your teen to look for someone who:
 - ⇒ Treats them with respect
 - ⇒ Is caring and honest
 - ⇒ Doesn't pressure them into doing things they do not want to do
 - ⇒ Doesn't get angry if they spend time with family and friends
 - ⇒ Respects their boundaries
 - ⇒ Doesn't threaten them or make them feel scared
 - ⇒ Never puts them down

Did you know that one in three teens has been a victim of physical, sexual, or verbal abuse by a partner they are dating or have dated.

If you would like more information on this topic visit www.loveisrespect.org or call 1-866-331-9474.

Remember, everyone deserves a healthy relationship!



Heat Your Home Safely

Safety Tips:

If you plan to use a wood stove, fireplace, or space heater, be extremely careful. Follow the manufacturer's instructions and remember these safety tips:

- Turning on the stove for heat is not safe.
- Use electric space heaters with automatic shut-off switches and non-glowing elements. Make sure to keep them away from any flammable materials, like curtains or blankets.
- Use fireplaces, wood stoves, or other combustion heaters only if they are properly vented to the outside and do not leak gas from the flue or exhaust into the indoor air space.
- Have your heating system serviced by a qualified technician every year.
- Do not burn paper in a fireplace.
- Make sure you have proper ventilation if you must use a kerosene heater.
- Use only the type of fuel your heater is designed to use—don't substitute.
- Keep heat sources, like space heaters, at least 3 feet away from drapes, furniture, or bedding. Never cover your space heater.
- Never place a space heater on top of furniture or near water.
- Never leave children unattended near a space heater.
- Make sure that the cord of an electric space heater is not a tripping hazard, but do not run the cord under carpets or rugs.
- Avoid using extension cords to plug in your space heater.

Use generators and other appliances safely.

- Generators should be located at least 20 feet from any window, door, or vent and in a space where rain and snow will not reach them.
- Protect yourself from carbon monoxide (CO) poisoning by installing a battery-operated CO detector.
- Never use generators, gas or charcoal grills, camp stoves, or similar devices inside your home, in basements, in garages, or near windows. The fumes are deadly.
- Plug in appliances to the generator using individual heavy-duty, outdoor-rated extension cords.
- Do not use the generator or appliances if they are wet.
- Do not store gasoline indoors where the fumes could ignite.

For more information visit: <https://www.cdc.gov/disasters/winter/duringstorm/indoorsafety.html>
Or <https://www.esfi.org/resource/heat-your-home-safely-150>

Infant Safe Sleep—ABC's

Infant Safe Sleep



Baby sleeps safest alone, on their back, in a crib.

Infant Safe Sleep Tips

- *The safest way for your baby to sleep is alone, on their back, and in a crib.*
- The safest place for your baby to sleep is in the room where you sleep, but not in your bed.
- Never place babies to sleep on adult beds, chairs, sofas, waterbeds, pillows, cushions or soft surfaces.
- Dress your baby in sleep clothing, such as a sleep sack, and do not use a blanket.
- Avoid letting the baby get too hot. Keep room temperatures in a range comfortable for a lightly clothed adult.
- Infants should receive all recommended vaccines.

- Breastfeeding is recommended to help to reduce the risk of SIDS (Sudden Infant Death Syndrome).
- Avoid smoke exposure during pregnancy and after birth. Place the crib in an area that is always smoke free.
- Supervised, awake tummy time is recommended daily to facilitate development.
- Consider using a pacifier at nap time and bed time, once breastfeeding is well established.
- Talk to those who care for your baby, including child care providers, family, and friends, about placing your baby to sleep on his back for every sleep.
- Obtain regular prenatal care to reduce the risk of SIDS even before birth.
- Avoid alcohol and illicit drug use during pregnancy and after birth.

Visit [SafeSleep.Ohio.gov](https://www.SafeSleep.Ohio.gov) to learn why of the ABCs of infant safe sleep are safest for baby.

Heart Health



February is Heart Health Month.

The Centers for Disease Control and Prevention suggest four ways to take control of your heart health:

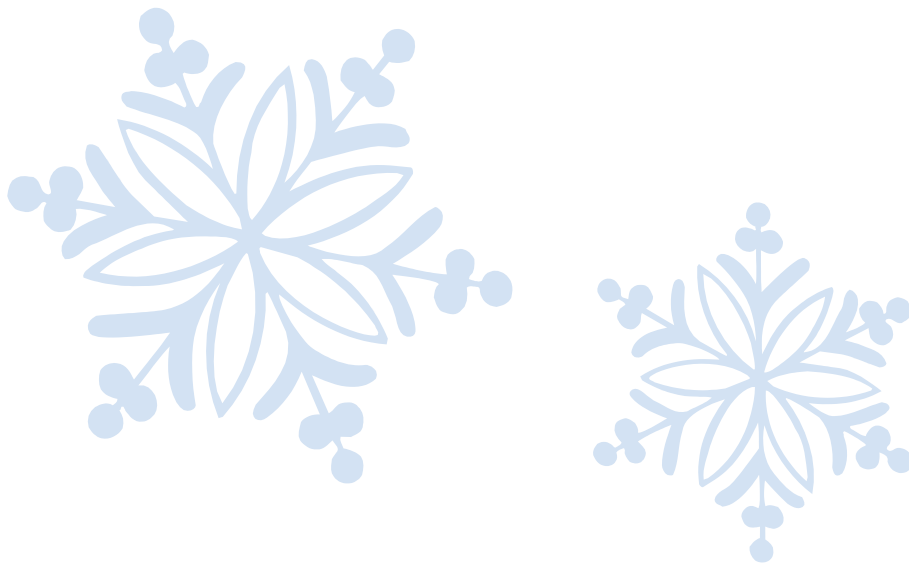
Don't smoke. Smoking is the leading cause of preventable death in the United States. If you don't smoke, don't start. If you do smoke, see your healthcare provider about smoking cessation classes.

Manage conditions. Work with your health care team to manage conditions such as high blood pressure and high cholesterol. This includes taking any medicines you have been prescribed.

Make heart-healthy eating changes. Eat food low in trans-fat, saturated fat, added sugar and sodium. Try to fill at least half your plate with vegetables and fruits, and aim for low sodium options.

Stay active. Get moving for at least 150 minutes per week. You can even break up the 30 minutes into 10-minute blocks.

For more information on heart health, visit www.Heart.org



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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