

March 2023

Important Dates & Info.

Kick Butts Day – 3/19/2023

American Diabetes Alert Day –
3/24/2023

National Aplastic Anemia and
MDS Awareness Week – 3/1/23
thru 3/6/23

National Sleep Awareness Week
3/2/23 thru 3/9/23

National Poison Awareness
Week – 3/20/23 thru 3/26/23.

Brain Injury Awareness Month –
3/2023

Hemophilia Awareness Month –
3/2023

March to Health Month - 3/2023

National MS Education and
Awareness Month - 3/2023

National Nutrition Month –
2/2023

**March is Worldwide Red Cross
Month!**

**Spring is right around the
corner.**

Monthly Trivia Challenge:

Be the first to answer and win
\$10 dollars.

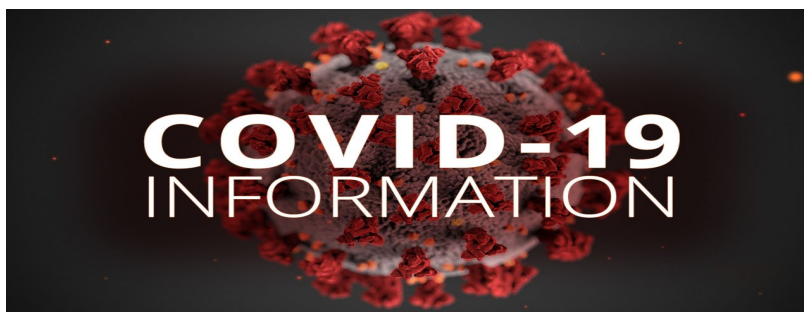
**On 3-29-1886, this medicinal and
eventually recreational substance was
created for everyone to "Enjoy".**

Please do not use the internet!
First to come, is first served with right
answer!

There can only be one winner!

Trumbull County Combined Health District Newsletter

Vol. 2, Issue 3., (March 2023).



Covid-19 Vaccine Clinics

The TCCHD has been and continues to work diligently against the Covid-19 virus and Pandemic within Trumbull County. Throughout the month of March, the TCCHD will hold Covid-19 vaccination clinics throughout all of Trumbull County. Please contact the Nursing division of the TCCHD at 330-675-2489 for details about those clinics. All vaccinations (Pfizer, Moderna, and Johnson & Johnson, etc.) are generally available. Covid-19 booster shots are also available!

Covid-19 Testing

Currently the TCCHD has a number of over the counter and home Covid-19 test kits. Anyone interested in receiving at home/over the counter test kits should reach out to the nursing division of the TCCHD at 330-675-2489. Meanwhile, if possible continue to mask, maintain safe distance from others, wash your hands, and get vaccinated. These measures will help protect you from COVID-19.

Covid-19 Data

As of February 1st, 2023:

- The TCCHD has administered approximately **43,473** doses of the Covid-19 Vaccine.
- **20,936** are first doses,
- **17,856** are second doses,
- **3,426** are monovalent first booster doses, **532** are monovalent second booster doses, and **723** are bivalent boosters (original and Omicron),
- **57** doses of the COVID vaccine have been administered since the last board meeting,
- The TCCHD uses **the CDC Covid-19 Community Levels tool** to recommend what prevention steps to take. Levels can be **Low, Medium, or High.**
- Currently, Trumbull County, Ohio is **Medium.**
- **Prevention steps include:**
Staying up-to-date with Covid-19 vaccines, getting tested if you have symptoms, and if you are at a high risk for severe illness, talk to your healthcare provider about whether or not to wear a mask and take other precautions.
- As of **2/20/2023**, Trumbull County has a case rate of **89.9** per 100,000, and a positivity rate of **5.1%**.

Contact Us

Address:

176 Chestnut Ave. NE
Warren, OH. 44483

Phone:

330-675-2489

Fax:

330-675-2494

Email:

health@co.trumbull.oh.us

Website:

www.tcchd.org

Wellness Hub:

www.livewelltrumbull.com

Facebook:

www.facebook.com/trumbullpublichealth

Twitter:

https://twitter.com/trumbull_health

Instagram:

<https://www.instagram.com/t.c.combinedhealthdistrict>

TCCHD History

3/23/88 – BOH "...ceases all current and future activity concerning the house code until such time that this Board receives a written directive from the Advisory Council..."

3/4/82 – DAC raises BOH members from 6 to 7 (6 members from twps.. & 1 from village or city), effective in 1983.

Another Important Message Regarding Covid-19 and Trumbull County

Recently, Trumbull County was downgraded from **High** to **Medium** on the CDC Community Level Tool. A step in the right direction! With this reduction it is still important to remember that one of the primary prevention steps for reducing the spread of Covid-19 is testing. The TCCHD (as stated above) has tests available for the general public. Please remember that if you are sick with Covid-19 symptoms, and (or) test positive for Covid-19, you should stay home and isolate yourself for five days from the time of symptom manifestation.

TCCHD Industry News

Keeping Trumbull County Safe and Healthy one step at a time!

1. The Environmental division for January of 2023:
 - i. Performed **155** Food Service Operations Inspections,
 - ii. **160** Real Estate Evaluations,
 - iii. **191** Residential Sewage inspections,
 - iv. And **104** Plumbing Inspections.
2. The Nursing division for January of 2023:
 - i. Held **2** children immunization clinics and saw **5** clients,
 - ii. Held **1** adult immunization clinic and saw **9** clients,
 - iii. Had **53** families enrolled in their home visiting program and provided **48** tele/home visits.
3. The TCCHD continues to offer Mail-Order Narcan Kits. Please contact Kathy Parrilla for more details. In fact, for January and February of 2023, **136** kits have been distributed, with **92** being mail order, and for all of 2022, **654** were distributed, with **131** being mail order. Kits are also provided to our First Responders in the County as well. Stop Overdoses With Naloxone Because Every Life is Worth Saving. The Life You Save May be Someone You Love. Naloxone is a medication that can reverse an opioid overdose. Overdoses affect people from all walks of life. They could happen to your neighbors, your family or friends. That's why carrying naloxone could be the most important decision you make.

Upcoming Events in Trumbull County

- Slice of the Valley – 3/5/23, 4 pm to 7 pm. Cafaro Event Center/Eastwood Mall
- Hike through Packard Park – 3/17/23, 4 pm to 6 pm., Packard Park, Mahoning Ave., Warren OH., 44483.

Quality Improvement QI Contender For February of 2023

Please join me in congratulating **Rod Hedge**, an REHS in our environmental division for becoming the TCCHD's second QI contender. Rod is the March 2023 QI contender. Rod was chosen by members of management for going above and beyond his typical work roles while helping the TCCHD in its efforts to assist East Palestine in its water-testing efforts in the wake of a train derailment tragedy. Rod is now automatically eligible for the title of annual QI Champion which will be announced at the all-day staff training in November of 2023. Where he has a chance to win a substantial grand prize as the QI Champion of 2023.



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Live Well Trumbull Hub



Customer Satisfaction Survey QR



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Would you like to see something else added to the newsletter?

Let me know! Email me at hebonack@co.trumbull.oh.us

Some Tips for a Healthy Heart!






- ❖ Eat healthy.
- ❖ Get active.
- ❖ Stay at a healthy weight.
- ❖ Quit smoking and stay away from secondhand smoke.
- ❖ Control your cholesterol and blood pressure.
- ❖ Drink alcohol only in moderation.
- ❖ Manage stress.

Source: <https://health.gov/myhealthfinder/health-conditions/heart-health/keep-your-heart-healthy>

“Your one Trusted, and Unified source for all resources related to Health and Wellness in Trumbull County”

Visit the Trumbull County Wellness Hub at:

<https://livewelltrumbull.com/>

-  *Create a Free account,*
-  *Register for and take Challenges,*
-  *Access our Calendar of Events,*
-  *Hear from experts,*
-  *Access great resources from a number of partners.*

Don't Wait...Explore the site today!

Ever visited the Trumbull County Combined Health District?

Let us know how we did with our survey below!

Customer Satisfaction Survey:

<https://www.surveymonkey.com/r/TKBSNMT>

Be on the Lookout!

Make sure to check out TCCHD's two new billboards! If you drive by the corner of N. River Road and Elm Road, east facing, take a look! The second one is located on the corner of Rt. 422 and Logan Ave, west facing.

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In honor of Black History Month, the TCCHD would like to highlight the work of Scientist Emmet W. Chappelle.

Emmet Chappelle was an American scientist who made valuable contributions in the fields of medicine, philanthropy, food science, and astrochemistry. His achievements led to his induction into the National Inventors Hall of Fame for his work on bioluminescence, in 2007. Being honored as one of the 100 most distinguished African American scientists of the 20th Century, he was also one of the members of the American Chemical Society, the American Society of Biochemistry and Molecular Biology, the American Society of Photobiology, the American Society of Microbiology, and the American Society of Black Chemists.

Tinnitus Treatment Tips:

Tinnitus is defined as a ringing or buzzing in the ears. Tinnitus is especially common in those 55 and older, and strongly associated with hearing loss. Here are a few ways to help manage Tinnitus.

- Earwax removal,
- Possible changing some medications,
- Use hearing aids,
- Use white noise machines,
- Use of ear worn masking devices,

Children's dental health facts, and some measures to help promote good oral health in children:

Facts:

- More than half of children aged 6 to 8 have had a cavity in at least one of their baby (primary) teeth,
- More than half of adolescents aged 12 to 19 have had a cavity in at least one of their permanent teeth,
- Children aged 5 to 19 years from low-income families are twice as likely (25%) to have cavities, compared with children from higher-income households (11%).

Measures:

- Brush your teeth twice a day, with fluoride toothpaste,
- Floss daily,
- See a dentist or dental hygienist on a regular basis for cleanings and other appropriate treatments,
- Drink tap water that contains fluoride,

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