

July 2023

Important Dates & Info.

World Population Day –
7/11/2023

World Brain Day – 7/22/2023

National Disability Independence
Day – 7/26/2023

UV Awareness Month – July 2023

Sarcoma Awareness Month –
July 2023

Cord Blood Awareness Month –
July 2023

Juvenile Arthritis Month – July
2023

Eye Injury Prevention Month –
July 2023

July is National Minority Mental Health Awareness Month

Summer is upon us!

Vacation Trivia Challenge:

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

How many doses of pertussis vaccine is recommended to fully protect a child?

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

There can only be one winner!

Trumbull County Combined Health District Newsletter

Vol. 2, Issue 7., (July 2023).

July National Health observances brought to you by Health.gov.

Zero HIV Stigma Day

As a collaborative effort, the International Association of Providers of AIDS (IAPAC) (<https://www.iapac.org/>) and NAZ (<https://www.naz.org.uk/>), are celebrating Zero HIV Stigma Day on July 21 to globally raise awareness about HIV stigma and help people learn about ways to stop it. This day also honors Prudence Mabele, the first Black South African woman to publicly share her HIV status. Help stand up to stigma by sharing this resource on HIV stigma (<https://www.cdc.gov/stophivtogether/hiv-stigma/index.html>), And check out this social media toolkit (<https://www.cdc.gov/stophivtogether/partnerships/toolkit/february-202-toolkit.html>), from the Centers for Disease Control and Prevention (CDC) content to challenge HIV stigma. We also have MyHealthfinder resources that you can share to help people get tested for HIV and questions to ask the doctor about HIV testing. Finally, review this list of Healthy People 2030 evidence-based resources related to HIV and other sexually transmitted infections. (<https://health.gov/healthypeople/objectives-and-data/browse-objectives/sexually-transmitted-infections/evidence-based-resources>).

World Hepatitis Day

Each year on July 28, the World Health Organization celebrates World Hepatitis Day as a time to raise awareness and understanding about viral hepatitis. Use these campaign materials (<https://www.worldhepatitisday.org/hep-cant-wait-campaign-materials-2023/>) from the World Hepatitis Alliance to help raise awareness online and in your community. You can also share our MyHealthfinder resources to encourage people to get screened for Hepatitis C and how to stay protected against Hepatitis B, and be sure to check out the Healthy People 2030 evidence-based resources on viral hepatitis to help reduce the rates of infectious disease in your community. (<https://health.gov/healthypeople/objectives-and-data/browse-objectives/infectious-disease>).

Covid-19 Data:

For June 1st of 2023:

- The TCCHD has administered approximately **43,594** doses of the Covid-19 Vaccine.
- **20,937** are first doses,
- **17,862** are second doses,
- **3,426** are monovalent first booster doses,
- **532** are monovalent second booster doses,
- and **837** are bivalent boosters (original and Omicron),
- In **May of 2023**, the TCCHD gave 49 Bivalent vaccines,
- As of **7/10/2023**, Trumbull County has a case rate of **15.7** per 100,000. Positivity Rate is no longer being quantified by the CDC.

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

July 1, 1974 - New regulations governing home sewage treatment systems becomes effective.

1998 – The Tattoo & Body Piercing Program is Established.

Tips for staying cool in warm weather:

As temperatures continue to rise, illness such as **Heat Stroke, Heat Exhaustion, and Dehydration** may set in. To help in potentially avoiding the onset of these illnesses, the TCCHD offers of few possible tips to help your cool down

- ✓ If you work out, please do so early in the morning, and take breaks if it gets too hot,
- ✓ Stay Hydrated,
- ✓ Wear loose, lightweight, light colored clothing if possible,
- ✓ Wear sunscreen and reapply if need be,
- ✓ Spray or mist yourself with cool water,
- ✓ Put a cold pack or cloth on your neck or armpits,
- ✓ Do not leave children in cars,
- ✓ Seek shade or shelter with air conditioning if possible.

Source: FEMA (Federal Emergency Management Agency)

TCCHD Industry News

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

1. The Environmental division for May of 2023:
 - i. Performed **162** Food Service Operations Inspections,
 - ii. **143** Real Estate Evaluations,
 - iii. **237** Residential Sewage inspections,
 - iv. **90** Plumbing Inspections,
 - v. And **444** O&M Samplings.
2. The Nursing division for May of 2023:
 - i. Held **2** children immunization clinics and saw **18** clients,
 - ii. Held **1** adult immunization clinic and saw **6** clients,
 - iii. Had **60** families enrolled in their home visiting program and provided **122** tele/home visits.
3. The TCCHD continues to offer Mail-Order Narcan Kits. Please contact Kathy Parrilla at **330-675-2489** for more details. 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

- Poison, Def Leopard, Bon Jovi & Van Halen Tribute Bands Summer Hits at the Ballpark. – Eastwood Field, 111 Eastwood Mall Blvd. Niles, OH., 44446
- Ohio Viking Festival – 899 Everett Cortland Hull Rd. Cortland, OH., 44410

Quality Improvement QI Contender for June of 2023

Please join me in congratulating **Stacey Altiere**, a home visitor within our Help Me Grow Program in the Nursing Division. **Stacey** has become the TCCHD's sixth QI contender and the winner for July of 2023. **Stacey** was chosen by members of management for going above and beyond her typical work role for being our representative to the Trumbull County Domestic Task Force and the contributions she makes to this committee. **Stacey** 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 she has a chance to win a substantial grand prize as the QI Champion of 2023.



Public Health
Prevent. Promote. Protect.
Trumbull County



Live Well Trumbull Hub



Customer Satisfaction Survey QR



Public Health
Prevent. Promote. Protect.
Trumbull County



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

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

Minority Mental Health info and Tips:

In 2021, it is estimated that only 39 percent of Black or African American adults, 25 percent of Asian adults, and 36 percent of Hispanic/Latino adults with any mental illness were treated, compared to 52 percent of non-Hispanic white adults. One study suggests that Hispanic men who identify as LGBTQI+ experience higher rates of body image disorders than Hispanic women, Black and African American men and women, and white men and women who identify as LGBTQI+. According to the Veterans Health Administration Department of Veterans Affairs, American Indian and Alaska Native Veterans report experiencing post-traumatic stress disorder (PTSD) at double the rate of non-Hispanic White Veterans - 20.5 percent compared to 11.6 percent. In 2020, suicide was the leading cause of death among Asian Americans and Pacific Islanders aged 10 to 19; it was the second leading cause of death among those aged 20 to 34.

Tips to help reduce poor mental health:

- Talk to someone if possible,
- Stay active when possible,
- Get quality sleep when possible,
- Take up a hobby for relaxation purposes,
- Make leisure activities that appeal to you a priority.

"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>

Pool Safety Tips

As the weather continues to stay warm, and many Trumbull County Residents use their pools and spas this summer season, the TCCHD would like to pass on some helpful safety tips for enjoying yourselves in and around the water:

- ✚ **Never leave a child unattended in or near the water,**
- ✚ **Teach children how to swim,**
- ✚ **Teach children how to stay away from drains,**
- ✚ **Ensure your pool has the right drain cover if applicable,**
- ✚ **Install proper barriers, covers, and if possible alarms on and around your pools and spas,**
- ✚ **Know how to perform CPR on children and adults**

Source: US Consumer Product Safety Commission.

Know the Signs:

Signs and Symptoms of Heat Exhaustion:

- ✓ High body temperature,
- ✓ High heart rate and low blood pressure,
- ✓ Dehydration and electrolyte loss,
- ✓ Extreme weakness,
- ✓ Trouble walking,
- ✓ Fainting, or light headedness,
- ✓ Abdominal cramps, nausea, vomiting, or diarrhea,

Signs and Symptoms of Heat Stroke:

- ✓ High body temperature,
- ✓ Profuse sweating,
- ✓ Headache,
- ✓ Irrational behavior,
- ✓ Emotional instability,
- ✓ Altered consciousness,
- ✓ Coma, or seizure.

Who is at risk:

Anyone, but those with the following are at a higher risk:

- ✓ High body mass index, or obesity,
- ✓ Old age,
- ✓ Poor physical health,
- ✓ Sleep deprived,

Health conditions that predispose you to dehydration and malnutrition.

Food Safety Tips for Outdoor Events:

As we all have outdoor events during the summer with family and friends, the TCCHD would like to remind everyone about some simple outdoor food safety tips to keep everyone healthy and happy this summer:

- ❖ Clean food prep surfaces and tools often,
- ❖ Wash your hands frequently when preparing and serving food,
- ❖ Separate the meat from other ingredients of possible,
- ❖ Make sure the food is cooked thoroughly,
- ❖ Refrigerate any leftover food promptly,
- ❖ Make sure to keep certain foods “Cool for the summer”, such as potato and macaroni salad.

Source: FDA (Food and Drug Administration)

KNOW THE 5 W'S (& H) OF SUNSCREEN

WHO: Everyone under the sun

WHAT: Broad spectrum SPF 15 or higher; SPF 30 or higher for a day outdoors

WHEN: Every day; 30 minutes prior to going outdoors. Reapply every two hours

WHERE: All exposed skin

HOW: One ounce (shot glass full) to entire body for each application

WHY: Reduce your risk of skin damage and skin cancer

PERTUSSIS “WHOOPING COUGH” VACCINATION CLINICS AVAILABLE in TRUMBULL COUNTY

Trumbull County Combined Health District (TCCHD) holds vaccination clinics at the West Farmington Fire Station for childhood vaccines which includes the Pertussis “whooping cough” vaccination. Whooping cough, also known by the technical name Pertussis, is an illness that affects the lungs and is easily spread from person-to-person through coughs and sneezes. A person who contracts whooping cough may be able to spread the illness to other people for up to 21 days, and may not be able to return to work, school, or daycare for the same amount of time.

In addition to flu-like symptoms, whooping cough can cause violent “whoop-like” coughing, difficulty breathing, turning blue, vomiting after coughing, and fatigue. The cough can last for several weeks, even after the person is no longer infectious. Other complications include pneumonia, convulsions, brain disease, and death. **One-third** of babies under the age of one will be hospitalized for whooping cough.

The best way to protect yourself and others from whooping cough is to get a Pertussis vaccination. To be fully protected, a child should receive five doses of the vaccine between the ages of two months to six years of age.

The following schedule of doses is recommended:

- Two months
- Four months
- Six months
- 15 through 18 months
- Four through six years

Pregnant women should receive a Pertussis vaccine (Tdap) with each pregnancy, during the **third trimester** of pregnancy. This is to protect the newborn until the child reaches 2 months of age and can be vaccinated with the Pertussis vaccine.

Check our social media websites for the dates and times of our child immunization clinics.



Public Health
Prevent. Promote. Protect.
Trumbull County



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 Shout Outs

This month's shout out goes to Jodi Gearhart, an REHS within our Environmental Division. Jodi has for taken over the pool program and been successful in getting one of our less-compliant operators to finally comply. Well done Jodi! and Keep It up.

More Great News for the TCCHD and the Homeless Youth within Trumbull County

The TCCHD in collaboration with the Greater Warren-Youngstown Urban League's (GWYUL) Christy House Emergency Shelter (CHES) has been awarded a Youth Homelessness grant to prevent and end youth homelessness in Trumbull County. The aim of this grant and its subsequent work is to help roughly 50 youths who are experiencing homelessness in Trumbull County annually. This help will include, transitional housing, rapid re-housing, and emergency shelter. In addition to this great news, the grant also aligns with our community health assessment priority of addressing barriers around access to care, and the Community Health Improvement Plan objective of increasing access to care. If you have any questions regarding this grant, please don't hesitate to reach out to our grants coordinator Jenna Amerine.

Quality Improvement within the TCCHD

Recently, the TCCHD held its half-day training event at the health district. Many new components of our Quality Improvement (QI) Plan for 2023 were unveiled including the addition of the newsletter QI segment. Please remember to read the newsletter and watch for this segment on a quarterly basis. This segment will include committee and sub-committee decisions on the many aspects of the TCCHD including its culture of quality moving forward, and this newsletter segment will be the reporting mechanism for such...so stay tuned!



Public Health
Prevent. Promote. Protect.

Trumbull County



