

# TRUMBULL COUNTY COMBINED HEALTH DISTRICT NEWSLETTER



Public Health  
Prevent. Promote. Protect.

*It's Not Over Yet!*

**Flu Season**  
October—March

**Flu Shots**  
(By Appointment Only)

For More Info Call  
330-675-2489, #3

**TCCHD**  
176 Chestnut Ave, NE  
Warren, OH 44483



Influenza (flu) is a contagious disease that can be serious. Every year, millions of people get sick, hundreds of thousands are hospitalized, and thousands to tens of thousands of people die from flu. CDC urges you to take the following actions to protect yourself and others from flu.



A yearly flu vaccine is the first and most important step in protecting against flu viruses. Everyone 6 months or older should get an annual flu vaccine by the end of October, if possible, or as soon as possible after October.

Flu vaccines are offered in many locations, including doctor's offices, clinics, health departments, pharmacies and college health centers, as well as by many employers, and even in some schools.

Protect Yourself. Protect Your Family. Get Vaccinated. #FightFlu

Learn more: <https://www.cdc.gov/flu/consumer/vaccinations.htm>



## AVOID

Avoid close contact with sick people, avoid touching your eyes, nose, and mouth, cover your coughs and sneezes, wash your hands often (with soap and water), and clean and disinfect surfaces and objects that may be contaminated with flu viruses.

If you become sick, limit contact with others as much as possible. Remember to cover your nose and mouth with a tissue when you cough or sneeze, and throw tissues in the trash after you use them. Stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine before resuming normal activities.)

Learn more: <https://www.cdc.gov/flu/consumer/prevention.htm>



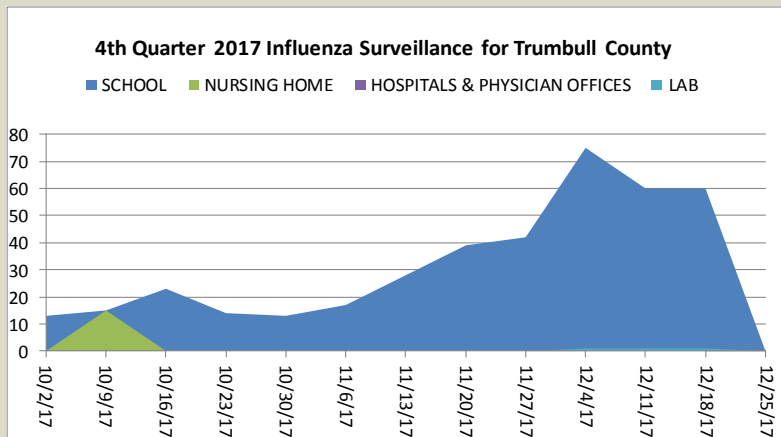
If you get the flu, antiviral drugs can be used to treat flu illness.

Antiviral drugs can make illness milder and shorten the time you are sick. They also can prevent serious flu complications, like pneumonia.

CDC recommends that antiviral drugs be used early to treat people who are very sick with the flu (for example, people who are in the hospital) and people who are sick with the flu and are at high risk of serious flu complications, either because of their age or because they have a high risk medical condition.

Learn more: <https://www.cdc.gov/flu/consumer/treatment.htm>

#FIGHT FLU





United States Department of Agriculture

# SUPER BOWL PARTY FOOD SAFETY PLAYBOOK

Don't let the end zone become a food safety danger zone!

## CLEAN

Wash hands for a full 20 seconds with soap and warm water.



## SEPARATE

Keep raw meat and poultry away from ready-to-eat foods.



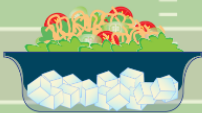
## COOK

Use a food thermometer or a crock pot to ensure that hot food is kept steaming hot, above 140°F.



## CHILL

Ensure that cold food stays chilled by refrigerating or placing in a container over ice.



## HALFTIME

Refrigerate food within 2 hours of sitting out, after that throw food out.



## TOUCHDOWN

Place leftovers in shallow containers to be refrigerated or frozen.



Questions? Call USDA's Meat and Poultry Hotline 1-888-MPHotline Mon-Fri 10 am - 6 pm ET  
Email or chat at AskKaren.gov  
Food Safety and Inspection Service

USDA is an equal opportunity provider, employer and lender.

## Environmental Division

### Food Service

The Trumbull County Combined Health District (TCCHD) has authority to license and inspect food operations within Trumbull County with the exception of those in Warren City. The purpose of these inspections is to ensure a safe dining experience for our residents. The licensing period runs from March 1 through February 28. To date, we have licensed 883 food operations for the current licensing period.

During the fourth quarter (October through December) our inspectors completed 491 inspections. The inspectors found 489 violations with 52 being critical. This equates to almost 1 violation per facility. All the critical violations were addressed before the inspection was complete. Our inspection reports are public record and can be viewed upon request.

### Household Sewage Treatment Systems (HSTS)

TCCHD is hosting an HSTS Installer Workshop. Attendees will be awarded six (6) continuing education credits for all-day attendance (*installers –ODH approved, RS/SIT—approval pending*).

#### Where:

Kent State University, Trumbull

#### When:

3/07/18, 8:30 am—4:00 pm (*8 am registration*)

#### Cost:

\$50 per person; \$35 per person, if enrolled & paid by 2/23/18 (lunch included)

Guest speakers include representatives from: Streamkey, Anua, Ohio Department of Health, The Potters Company, Infiltrator Systems, Ohio Department of Natural Resources.

Registration forms and agendas will be mailed to all TCCHD-registered HSTS installers and septage haulers the week of January 29th.

For questions or more information regarding the workshop, contact TCCHD's Richard Curl or Julie Paolone at 330-675-2489, #2.

### Environmental Division Departments

- Household Sewage Treatment Systems
- Private Water Systems
- Solid Waste & Construction and Demolition Debris
- Pools
- Campgrounds
- Tattoos
- Food Service
- Nuisance Complaints
- House Bill 110 (Commercial Sewage Treatment Systems)
- Plumbing
- Mobile Home Sets

## Trumbull County's Overdose (OD) Epidemic

Year	OD Deaths	ER Visits for OD
2015	87	949
2016	107	1267
2017	74 (+56 Pending Toxicology Reports)	1254

### Project Dawn

- A community-based overdose education and naloxone distribution program.
- Naloxone is offered free to the public along with education to effectively administer Naloxone in the event of an overdose to *save a life*.
- To receive a free kit and the training, call TCCHD at 330-675-2489, option #3.

Available through funding from TC MHRB and The Trumbull Memorial Health Foundation.

### Treatment Options

- TC Mental Health and Recovery Board, 330-675-2765
- Coleman Access Center, 330-392-1100
- Call 211 or text: FORHOPE to 741741

***Recovery is Possible and  
People can Recover***

## **HALO (Helping Addicted Loved Ones)...It Takes A Community To Triumph Over Drug Addiction\***

The Newton Falls Police Department has taken a leadership role in bringing together community resources to address the crisis in a way that goes beyond traditional law enforcement: Targeting the root of the problem and offering a helping hand to save lives and restore families.

### Safe Passages

The Newton Falls Police Department offers Safe Passages, a program in which residents who want help for drug addiction can simply walk into the Police Station and ask for it. This includes safely turning over any drugs in the addict's possession, with no criminal charges filed and no questions asked. The department quickly arranges for the person to be admitted to a treatment facility, helps with insurance forms, and even provides a ride, if needed. It's a new program that puts law enforcement in a proactive role aimed at helping to alleviate the drug addiction problem and save lives.

### Quick Response Team

When a drug overdose is reported, Police and Paramedics focus first on reviving the patient and getting critical medical treatment. The involvement no longer stops there, though.

Newton Falls Police will visit the survivor's home within 72 hours to offer counseling and referral to addiction and mental health treatment services.

Officers, Paramedics and trained volunteers also continue to check on the survivor, offering support and advice to both the patient and his or her family.

### **Signs of Drug Abuse**

#### **Users May:**

- Spend more time alone
- Lose interest in things
- Neglect their personal hygiene
- Sleep at strange times
- Exhibit mood swings
- Eat more or less than usual
- Become sullen, depressed, or angry
- Make excuses
- Talk fast, become very energetic
- Have a runny nose or nosebleeds

#### **Parents here is where your teen might be hiding drugs:**

- Inside or between clothes in dresser drawers
- Containers
- Backpacks, purses or wallets
- Makeup cases
- In OTC medicine containers
- Inside candy bags
- Vehicle compartments

*\*Information in this article was reprinted from the Newton Falls PD's HALO brochure.*

### **Newton Falls Police Department**

19 North Canal St.  
Newton Falls, OH 44444  
Phone: (330) 872-5757  
Fax: (330) 872-1208  
[www.facebook.com/NewtonFallsPD](http://www.facebook.com/NewtonFallsPD)



In cooperation with the **Police Assisted  
Addiction and Recovery Initiative**  
[www.paariusa.org](http://www.paariusa.org)

# February is American Heart Month



## Winter Fun

It may be cold outside, but that doesn't mean you need to sit in the house. Here are some fun winter activities to get out and enjoy with your family/friends.

- \* Sled Riding/Tubing
- \* Ice Skating
- \* Build Snowman
- \* Make Snow Angels
- \* Skiing
- \* Snowboarding
- \* Snowball Fight
- \* Build a Snow Fort

When you are done, warm up with a cup of hot chocolate. For a healthy option, substitute unsweetened almond or cashew milk and stevia for milk/cream and sugar.

## Snow Shoveling Safety

1. Avoid heavy meals and alcohol prior to shoveling
2. Lift smaller amounts at a time
3. Give yourself plenty of breaks
4. Know the signs of a heart attack

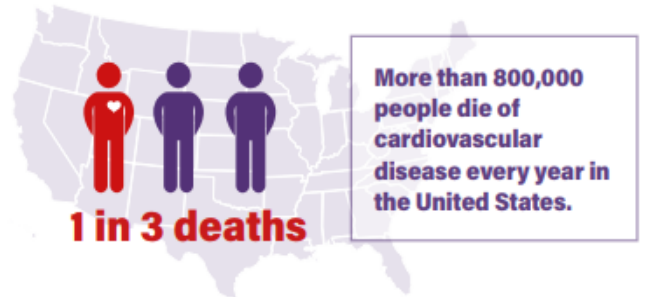


## National Wear Red Day® The First Friday in February



The National Heart, Lung, and Blood Institute and many groups around the country observe National Wear Red Day® each year on the first Friday in February to raise awareness about heart disease as the leading cause of death among Americans, especially women.

Cardiovascular disease is the term for all types of disease that affect the heart or blood vessels, including **coronary heart disease** (clogged arteries), which can cause heart attacks, **stroke**, **congenital heart defects** and **peripheral artery disease**.



“Heart disease” is a catch-all phrase for a variety of conditions that affect the heart’s structure and function.

Keep in mind—all heart diseases are cardiovascular diseases, but not all cardiovascular diseases are heart disease.



About **630,000 Americans** die from heart diseases each year.

**11.7% of American adults** (that's more than 1 of every 10) have been diagnosed with heart disease.

Coronary heart disease is often referred to simply as “heart disease,” although it’s not the only type of heart disease. Another term for it is coronary artery disease.

About **366,000 Americans** died from coronary heart disease in 2015.



### Risk factors for heart disease are:

- Smoking
- High blood pressure
- High blood cholesterol
- Overweight/obesity
- Physical inactivity
- Diabetes
- Family history of early coronary heart disease
- Age (for women, 55 and older)

**Heart disease is largely preventable. Here's what you can do now to reduce your risk:**

- Don't smoke
- Eat for heart health
- Aim for 30 minutes of physical activity at least 5 days a week
- Ask your doctor to check your blood pressure, cholesterol, and blood glucose

**Show your support and wear red!**



NIH National Heart, Lung, and Blood Institute



National Wear Red Day® is a registered trademark of the U.S. Department of Health and Human Services and American Heart Association.



NIH National Heart, Lung, and Blood Institute



## GLOSSARY

**Advocate:** a trained professional or volunteer working for a non-profit or government-based domestic violence or victim-witness advocate program.

**Batterer:** a person who uses coercive and abusive tactics and behaviors to establish and maintain power and control over another person with whom the batterer is in an intimate, dating or family relationship. Such behaviors may include, but are not limited to: physical abuse, emotional abuse, financial abuse, spiritual abuse and/or verbal abuse.

**Civil Protection Order (CPO):** a court order that usually requires a respondent to stay away from and have no contact with the petitioner and directs the respondent not to commit any criminal offense against the petitioner. The order can also specify terms of custody, require the respondent to vacate the household and/or order the respondent to relinquish firearms or other property.

**Domestic Violence:** a pattern of coercive behaviors, used by a batterer to gain or maintain power and control over another person with whom the batterer is in an intimate, dating or family relationship. These behaviors may include, but are not limited to: physical and sexual abuse, direct or implied threats, emotional and psychological abuse, intimidation, verbal abuse, isolation, stalking, financial control, spiritual abuse, threatened or actual use of weapons, destruction of property and/or harm to the victim's family, pets or others.

**Intimate partner violence (IPV):** is domestic violence by a spouse or partner in an intimate relationship against the other spouse or partner. It can include a current or former intimate partner, and can take a number of forms, including physical, verbal, emotional, economic and sexual abuse.

**Safe at Home:** an address confidentiality program that allows victims of domestic violence, stalking, human trafficking, rape or sexual battery to apply for an address designated by the Secretary of State to serve as the person's address to shield their residence address from public records, including the voter registration lists. Victims can apply to participate in the program only through a certified application assistant.

## WARNING SIGNS

Some of the signs of an abusive relationship include a partner who:

Tells you that you can never do anything right

Shows extreme jealousy of your friends and time spent away

Keeps you or discourages you from seeing friends or family members

Insults, demeans or shames you with put-downs

Controls every penny spent in the household

Takes your money or refuses to give you money for necessary expenses

Looks at you or acts in ways that scare you

Controls who you see, where you go, or what you do

Prevents you from making your own decisions

Tells you that you are a bad parent or threatens to harm or take away your children

Prevents you from working or attending school

Destroys your property or threatens to hurt or kill your pets

Intimidates you with guns, knives or other weapons

Pressures you to have sex when you don't want to or do things sexually you're not comfortable with

Pressures you to use drugs or alcohol



## CONTACT

TCDVTF  
P.O. BOX 2, WARREN, OH 44482-0002  
@TCDVTF



# Trumbull County Domestic Violence Task Force

*Join & Make a Difference*

Stop the Violence Know the Signs

The Mission of the Trumbull County Domestic Violence Task Force is to educate and advocate for social change to break the cycle of violence.

The purpose of the Trumbull County Domestic Violence Task Force is:

To improve communication and provide effective collaboration between relevant local agencies and personnel working toward the common goal of preventing domestic violence

To educate the community about the long and short-term consequences of domestic violence

To ensure adequate, accessible and appropriate resources are available to victims of domestic violence and sexual assault

To increase and promote effective offender accountability

Meetings take place the 3rd Friday of each Month at 8:45 AM located on the campus of KSU Trumbull

## MEMBERS

Basement Ministries  
Community Legal Aid of Trumbull County  
Community Solutions Association  
Family & Children First Council  
Goss Refugee House  
Greentree Counseling  
Help Me Grow  
Help Network of Northeast Ohio  
Hubbard Township Police Department  
Kent State University Trumbull  
NEOCHT  
Ross, Misiora & Associates  
Someplace Safe  
TC 911  
TC Adult Probation Agency  
TC Board of Developmental Disabilities  
TC Combined Health District  
TC Juvenile Court  
TC League of Women Voters  
TC Mental Health and Recovery Board  
TC Taxpayers  
Trumbull Metropolitan Housing Authority  
Trumbull County Children Services  
United Way of Trumbull County  
Valley Courthouse Services  
Vienna Township Neighborhood Watch  
Warren City School District  
Warren Municipal Court  
Western Reserve Independent Living Center  
WICA-Warren

## STATISTICS



Someplace Safe's emergency shelter housed 137 adults and 135 children in 2017. In 2016 the agency received 1,547 crisis calls and assisted 542 clients with filling out paperwork for CPO's, victim's rights, and court accompaniment.



ODVN identified 101 deaths resulting from incidents of domestic violence between 7/1/15 and 6/30/16 in the state of Ohio. Of the lives lost 90 were adults and 11 were children.

Incidents occurred in homes, workplaces, public intersections, roadways and parking lots.



-94 percent of the DV homicides were perpetrated by males  
-43 cases resulted in a single death  
-26 cases involved multiple victims  
-in 25 percent of the cases children were present  
-2 cases involved same-sex relationships

Borchardt, Cleveland.com 2/26/16. "Report: 101 People Died in Domestic Abuse Incidents in Ohio in One Year." Cleveland.com, Cleveland.com, 4 Oct. 2016. www.cleveland.com/metro/index.ssf/2016/10/101\_people\_died\_in\_domestic\_ab.html

## RESOURCES

**DOMESTIC VIOLENCE**  
Someplace Safe 24/7 Crisis Line  
330-393-3005  
National Domestic Violence Hotline  
1-800-799-7233

**SEXUAL ASSAULT**  
Rape Crisis Team of Trumbull County  
330-394-4060  
Rape Crisis and Counseling Center 24/7 Hotline  
330-782-3956  
National Sexual Assault Hotline  
1-800-656-4673

**HUMAN TRAFFICKING**  
Northeast Ohio Coalition Against Human Trafficking  
neocha.org  
National Human Trafficking Hotline  
1-888-373-7888

**LEGAL ASSISTANCE**  
Community Legal Aid of Trumbull County  
330-375-1448  
Trumbull County Bar Association  
330-675-2415

**HELP NETWORK OF NORTHEAST OHIO**  
24/7 Crisis and Referral Line  
211  
OR  
helpnetwork.neo.org

**COALITIONS**  
Ohio Domestic Violence Network (ODVN)  
614-781-9651  
National Network to End Domestic Violence (NNEDV)  
202-543-5626

## Contact Us

176 Chestnut Ave. NE  
Warren, OH 44483

Phone: 330-675-2489

Fax: 330-675-2494

health@co.trumbull.oh.us

[www.tcchd.org](http://www.tcchd.org)



Public Health  
Protect. Promote. Prevent.

[www.facebook.com/trumbullpublichealth](https://www.facebook.com/trumbullpublichealth)



[https://twitter.com/trumbull\\_health](https://twitter.com/trumbull_health)

## BOARD MEETINGS

Board of Health (BOH) meetings are held the 4th Wednesday of the month at 1:30pm at the Trumbull County Combined Health District.

January 24, 2018 at 1:30pm

February 28, 2018 at 1:30 pm

**Note:** The March meeting will be held 3/21/18 (3rd Wednesday)

*All meetings are open to the public.*

## Important Dates

### January

1/01/18 New Years Day  
1/15/18 Martin Luther King Day  
1/24/18 January BOH Meeting

### February

2/02/18 Go Red for Women Day  
2/14/18 Valentine's Day  
2/19/18 President's Day  
2/28/18 February BOH Meeting



### March

3/11/18 Daylight Savings Time Begins  
3/20/18 1st Day of Spring!!!  
3/21/18 March BOH Meeting



# "Building a Healthy Community"

## Trumbull County Combined Health District

### Mission, Values & Vision Statements

#### Mission Statement

*We are committed to protect and promote the health and well-being of our community and prevent disease, disparity and harm to our residents. This is accomplished by responding promptly to serve the needs of the public in a professional and respectful manner with emphasis on public health education and outreach.*

#### Vision Statement

*The effective exchange, collaboration and communication of ideas and thoughts with all internal and external stakeholders will enhance our policies, procedures and programs. This along with the promotion of our public health services will eliminate disparities and have a stunning effect on our community.*

## Have you visited our office in the past 30 days?

Tell us how we did by taking a quick Customer Satisfaction Survey.

<https://www.surveymonkey.com/r/86ZLR8H>



### Employee of the Month

#### October 2017—Bev Cope

We appreciate the effort and time that Bev puts into her duties as one of our clerical staff. Bev has worked for the health department for 21+ years. Bev interacts well with her fellow staff members, is always willing to lend a helping hand and as most of you know is the health department's #1 Cleveland Indians Fan!!! Bev works in the immunization program, rabies program and with the Baby & Me Tobacco Free program.



#### November 2017—Johnna Ben

We appreciate the effort and time that Johnna puts into her duties as our Administrative Secretary. Johnna has worked for the health department for 32 years. Johnna interacts well with her fellow staff members and is always willing to lend a helping hand. Johnna is in charge of payroll, Board of Health Reports and Minutes, accounting and financial billing, human resources, sits on the accreditation team committee and a host of many other duties.



#### December 2017—William Gootee

We appreciate the effort and time that Bill puts into his duties as one of our Public Health Inspectors. Bill has worked for the health department for 9 years, first as a Sanitarian-In-Training, and now in his current role as a Public Health Inspector, working in the O & M and real estate programs. He has also participated in mosquito surveillance for the health district and, with his background in pesticide, has helped to identify insects on an as needed basis. Bill interacts well with his fellow staff members and is always willing to help out.

