

July & August 2024

Important Dates & Info.

Healthy Vision Month - July 2024

UV Safety Month – July 2024

National Minority Health Awareness Month - July 2024

Summer Sun Safety Month – August 2024

National Breast-Feeding Month – August 2024

National Immunization Month – August 2024

Independence Day (4th of July) – 7/4/2024

International Overdose Awareness Day – 8/31/2024

Spring is upon us finally!

Trivia Challenge:

How many children were vaccinated for Polio in Trumbull County in 1955?

Answer: 4,466



Public Health
Prevent. Promote. Protect.
Trumbull County



Trumbull County Combined Health District Newsletter

Vol. 3, Issues 7 & 8., (July / August 2024)

Trumbull County Fair

The Trumbull County Fair is coming to the Trumbull County Fairgrounds starting **July 9th and running thru July 14th, 2024**. The Trumbull County Combined Health District (TCCHD) has been planning for the Fair since January of 2024, and promises some new exciting changes this year. The TCCHD will be hard at work doing many things including making sure all the fair food everyone enjoys will be ready for all fairgoers. In addition to its regular duties, the TCCHD will also have a tent setup near the grandstand (the same spot...just like last year).

The TCCHD is excited to share this tent with Chief John Hickey and the Trumbull County Emergency Management Association (EMA). The TCCHD and The EMA would like to extend an invitation to all fair goers to stop by the tent and visit with the TCCHD and EMA staff.

Both agencies will have items to give away to fairgoers, and staff members from both agencies will be available for questions should they arise.

See you all at the fair!

Fair Safety Tips

As many local fairs and festivals began to pop up during the summer season, the TCCHD would like to share a few tips regarding fairs and festivals:

- Pay attention to weather forecasts and prepare appropriately.
- Be aware of your surroundings and know where you will go if you need to seek shelter from an unexpected thunderstorm.
- Be sure to use sunscreen and sunglasses to protect yourself from harmful UV rays. Remember, even on overcast days UV rays are still powerful enough to burn skin so use sunscreen.
- On hot days, make sure you drink plenty of water to stay hydrated.
- Wear closed toe shoes like tennis shoes, not flip-flops or sandals, to protect your feet.
- Remember, "If you see something, say something." If you see people or activities that seem suspicious, report it. If you believe danger is imminent, contact local security or call 911.
- Teach kids to stay calm and stay put if they become separated from parents or other caregivers. Knowing what to do in this scary situation will help prevent a lost child from panicking and help safety officials locate them faster.
- Keep a watchful eye on children. It's easy for children and caregivers to become separated in large crowds.
- Have an established family meeting location where you will reconnect if separated.
- If you do become separated from your child, notify local security immediately.
- Read all posted rules and listen to instructions given by ride operators.
- Never attempt to pet any animal at the fair without receiving explicit permission from the animal's owner.
- Wash your hands or use hand sanitizer after touching animals, and don't consume any food inside of the barns.

Contact Us

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TCCHD History

1955 - National Polio Vaccine Effort. In April 1955 the TCCHD, with the cooperation of Medical Society, set up 14 clinics throughout the county, and 4,466 school children were given the "Salk Polio Vaccine". TCCHD had 24 cases of polio in 1955.

TCCHD Industry News

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

1. **The Environmental division for April & May of 2024:**
 - i. Performed **256** Food Service Operations Inspections,
 - ii. **257** Real Estate Evaluations,
 - iii. **485** Residential Sewage inspections,
 - iv. **159** Plumbing Inspections,
 - v. And **933** O&M Samplings.
2. **The Nursing division for April & May of 2024:**
 - i. Held **7** children immunization clinics and saw **27** clients,
 - ii. Held **3** adult immunization clinic and saw **6** clients,
 - iii. Had **62** families enrolled in their home visiting program and provided **190** tele/home visits.
3. The TCCHD continues to offer Mail-Order Narcan Kits through our **Project Dawn** program. Please contact Tammi Krafft at **330-675-2489** for more details.

Upcoming Events in Trumbull County

- **Warren Italian American Festival – 8/8-11/2024**, 108 North Park Ave. Suite 1, Warren, Ohio 44481
- **Wrestling Under the Stars – 7/13/2024, 7 pm**, Eastwood Field, 111 Eastwood Mall Blvd., Niles, OH., 44446

(Quality In Action) QI Contender for July & August of 2024

Please help me in congratulating **Jodi Gearhart**, an REHS within the Environmental Division. **Jodi** has become the TCCHD's fourth QI contender for 2024, and the winner for July/August of 2024. **Jodi** was chosen by member of management for going above and beyond her typical work role by taking the initiative with the TCCHD Trumbull County Fair planning team. **Jodi** planned and scheduled the meetings, assisted the team in creating a theme for the TCCHD at the fair, and performed many other tasks, all while also committing herself to performing her standard work duties at the fair.

Jodi is now automatically eligible for the title of annual QI Champion which will be announced at the all-day staff training in November of 2024, where she has a chance to win a grand prize as the QI Champion of 2024.

Pack N Play Distribution Event

When: Monday July 22, 2024 (10 am to 12 pm).

Where: 194 W. Main St. Cortland, Ohio 44410

- Call for reservations 330-675-2489, option 3.
- Must be 32 weeks or more pregnant,
- Or under 1 yr and under 30 pounds,
- Must be Trumbull County Resident and WIC Eligible,
- Grandparents, Foster Parents, and other caregivers welcome.





Live Well Trumbull Hub



Customer Satisfaction Survey QR



Quality Improvement Updates!

In February of 2024, TCCHD staff took the QI Maturity Survey for the second year in row. Overall, the staff indicated an aggregate increase of 1.7% across the board (from 2023) for understanding the overall concept of Quality Improvement and why we do such things.

In the Quarterly QI Efficiency Survey sent out in May of 2024, several survey respondents indicated the need for more training that is relevant to their individual tasks they perform daily, while also being able to network with staff at other health districts to gain insight as to how they perform similar job duties and functions. Also, a few respondents indicated the desire to possibly cross train to identify paths to different jobs and possible promotions.

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

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

"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>

PHwins Update and Shout Outs:

Reminder: I will share everyone's professional contact info with PHwins by July 31st, 2024, and you will all begin receiving emails and correspondence regarding PHwins shortly thereafter...so stay tuned.

Shout out: Jenn Francis would like to give a shout out and praise to all the **Help Me Grow Home Visiting Staff**, and welcome **Taneisha Stevens** as the newest Family Support Specialist.

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Third Employee Spotlight

Meet TaNeisha Stevens



TaNeisha is our new Family Support Specialist in the Nursing Division specializing in work on the Home Me Grow Program.

I had the opportunity to sit with TaNeisha for a few minutes and ask her a few questions;

Me: **How would you describe the culture of the agency here?**

TaNeisha: *Rewarding and collaborative. The Trumbull County Combined Health District has an employee recognition program that recognizes their employees for all their contributions to the team. This agency allows for collaboration between employees and helps build morale and gives employees a sense of identity.*

Me: **What led you to this career?**

TaNeisha: *Ever since I can remember I was like the big sister to the ladies close to me that had children at a young age. Not only did I help them with finishing school, but I made sure they knew that they had my support with childcare as well. Choosing to become a Family Support Specialist is the best way I can assist and support more families with what they need.*

Me: **What was your first job?**

TaNeisha: *I worked at McDonalds.*

Me: **What is your favorite pastime?**

TaNeisha: *I love listening to music, binge watching crime shows, and reading inspirational books.*

Me: **Who or what motivates you?**

TaNeisha: *My motivation is my kids. They do not motivate me per say but the motivation comes from me not wanting to let them down, so I push myself to succeed in every way possible.*

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Some food Safety Tips for all your Summer Cookouts!

From our Nursing Director Erin Heckman

HAVE A FOOD SAFE SUMMER

While the warmer weather conditions may be ideal for outdoor picnics and barbecues, the summer months typically see a spike in reports of foodborne illness. Make sure your fun in the sun doesn't get cut short by following some simple summer entertaining tips:

1 in 6

Approximate number of Americans sickened with food poisoning each year

128,000

Estimated annual hospitalizations from foodborne illnesses

Did You Know?

U.S. beef sales are highest during the week of July 4th, when Americans are expected to buy about \$400 MILLION WORTH OF IT—25% MORE THAN AN AVERAGE WEEK (according to the National Cattlemen's Beef Association).

Basic Tips

CLEAN

CLEAN SURFACES, UTENSILS AND HANDS WITH SOAP AND WATER. If you're at a picnic, bring alcohol wipes to use!

Wash all produce under plain running water before eating, cutting or cooking, even if you plan to peel it first!

SEPARATE

SEPARATE PLATES AND UTENSILS. When eating, use separate plates and utensils for raw and cooked meat and poultry or (ready to eat) foods like raw vegetables.

COOK

USE A FOOD THERMOMETER.

Burgers: 160°F

Just because your burger is brown, not pink, doesn't mean it's safe to eat!

CHILL

Don't leave food at room temperature for longer than two hours (or 1 hour if it's above 90°F). If planning a picnic, perishable food should be kept in an insulated cooler packed with ice packs.

CHILL RAW AND PREPARED FOODS PROMPTLY if not consuming after cooking.

What Are You Making?

Here are some food safety tips for preparing a few signature summer dishes.

BARBECUE

Cook all meat and poultry to recommended internal temperatures.

Burgers: 160°F.

Chicken and Turkey: 165°F.

Sausage: 160°F.

Steaks: 145°F with a 3-minute rest time.

FRUIT SALAD

Rinse all produce before peeling or chopping.

Chop all produce with clean knives on cutting boards not used with raw meat to avoid cross-contamination.

DEVILED EGGS

Refrigerate prepared eggs until they're ready to be served and store, out kept from nesting in a kit to keep them cool.

ADDITIONAL SOURCE: CDC

USDA

Ad Council

For more summer food safety tips, go to [FoodSafety.gov](http://www.FoodSafety.gov)

Kids and Screens: How much harm?

Eyestrain usually isn't serious and goes away once you rest your eyes or take steps to reduce discomfort.



What can parents do:

- Remind them to rest their eyes every 20 minutes
- Remind them to blink
- Reduce glare on the screen
- Adjust brightness and contrast settings to their comfort level

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UV Rays Can Hurt Your Eyes

Excess sun exposure can put you at risk for:



Growths on or near the eye



Cataracts



Suburned eyes



Eye cancer

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Get Sun Smart



47%

of sunglass wearers do not check UV ratings before making a purchase.

Always buy sunglasses labeled "UV400" or "100% UV protection."

Source: The Academy's 2014 Harris Poll of 2,027 U.S. adults.
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Don't Turn Up the Burn

Some drugs and medical conditions can make people more vulnerable, or photosensitive, to UV damage.

Percent that DO NOT believe these things cause photosensitivity:



82%
Retin-A skin cream



72%
Antibiotics



71%
Cataracts



71%
Light-colored eyes (blue, hazel or green)

Source: The Academy's 2014 Harris Poll of 2,027 U.S. adults.
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