

# January & February 2024

Important Dates & Info.

Cervical Health Awareness Month – January 2024

Radon Awareness Month – January 2024

National Cancer Prevention Month - February 2024

American Heart Month – February 2024

National Children’s Dental Health Month - February 2024

Martin Luther King Jr. Day – 1/15/2024

President’s Day – 2/19/2024

*Unfortunately, winter is in full swing.*

### January Trivia Challenge:

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

**In what two years were the annual reports missing from the TCCHD?**

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. 3, Issues 1 & 2., (January/February 2024).

## Open House for the TCCHD!

The TCCHD will be hosting an open house on January 24<sup>th</sup>, 2024 from 3:00 pm to 6:00 pm. Please mark your calendars if you have not already!

### Protect yourself and others from Flu, COVID-19, and RSV

*A message from our Nursing director Erin Heckman*

Respiratory viruses commonly cause illness such as flu, COVID-19, and respiratory syncytial virus (RSV), especially in the fall and winter. There are actions you can take to protect yourself and others. Learn about how to reduce your risk of getting sick from these viruses. If you have symptoms, stay home, get tested, and seek treatment. TCCHD continues to offer vaccinations for flu, Covid-19, and RSV. Please contact us at 330-675-7835 to find out more information. Please refer to the chart below for helpful information regarding symptoms and what you may be ailing from:

## IS IT RSV, THE FLU OR COVID-19? Know the Symptoms

Symptoms	RSV	Flu	COVID-19
Fever	Sometimes	✓	✓
Headache		✓	✓
Muscle or Body Aches		✓	✓
Fatigue, Weakness	✓	✓	✓
Congestion, Runny Nose	✓	✓	✓
Sneezing	✓	Sometimes	Sometimes
Sore Throat	✓	Sometimes	✓
Cough	✓	✓	✓
Chest Discomfort	Sometimes	✓	✓
Loss of Taste or Smell			✓
Loss of Appetite	✓	Sometimes	Sometimes
Difficulty breathing	✓	Sometimes	Sometimes

Learn more at [atlanticealth.org/rsv](http://atlanticealth.org/rsv)

# Contact Us

## Address:

194 W. Main St.  
Cortland, OH. 44410

## Phone:

330-675-2489

## Fax:

330-675-2494

## Email:

[health@co.trumbull.oh.us](mailto:health@co.trumbull.oh.us)

## Website:

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

## Wellness Hub:

[www.livewelltrumbull.com](http://www.livewelltrumbull.com)

## Facebook:

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

## Twitter(X):

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

## Instagram:

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

### TCCHD History

**1963 - 1964** – Trumbull County General Health District's annual reports were missing.

**1985** TCGHD participates in the Tornado Clean up that struck Niles, Ohio.

## TCCHD Industry News

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

1. The Environmental division for December of 2023:
  - i. Performed **115** Food Service Operations Inspections,
  - ii. **73** Real Estate Evaluations,
  - iii. **184** Residential Sewage inspections,
  - iv. **58** Plumbing Inspections,
  - v. And **399** O&M Samplings.
2. The Nursing division for December of 2023:
  - i. Held **2** children immunization clinics and saw **12** clients,
  - ii. Held **2** adult immunization clinic and saw **29** clients,
  - iii. Had **58** families enrolled in their home visiting program and provided **68** tele/home visits.
3. The TCCHD continues to offer Mail-Order Narcan Kits. Please contact Kathy Parrilla at **330-675-2489** for more details.

## Upcoming Events in Trumbull County

- District 5 Honors Jazz Festival – 1/26/2024, 8:30 am to 3:00 pm, Lakeview high School, 300 Hillman Dr., Cortland, OH., 44410
- Howland Band Boosters Annual Purse Bingo – 2/10/2024, 5:30 pm, Ciminero's Banquet Centre, 123 N. main St., Niles, OH., 44446

## Quality Improvement QI Contender for January & February of 2024

Please congratulate **Dan Bonacker**, our Accreditation Coordinator within the Administrative Division. **Dan** has become the TCCHD's first QI contender for 2024, and the winner for January/February of 2024. **Dan** was chosen by all members of management for going above and beyond his typical work role for the planning involved in the countywide health equity training this April. He secured a professional subject matter expert, as well as the venue to hold the event. He also prepared an event brochure, and established a sign-up process on Event Bright. **Dan** was also nominated for all the extra items he has done at the new TCCHD office post move. He has helped many individuals in all divisions of the organization to move things around, hang boards and many other maintenance items and accomplished it promptly and without any complaints. **Dan** 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 he has a chance to win a grand prize as the QI Champion of 2024.

## TCCHD Shout Outs

We have two this month. First shout out goes to **Tara Lucente** from the Nursing Director Erin Heckman. I think we can all agree with Erin regarding Tara when she writes, "**Tara is always bright and optimistic and goes above and beyond to serve her families. Tara consistently performs her job to the high standards set by HFA and meets her target monthly goal for visits. Tara is a team-player and is a fantastic resource for the Home Visiting staff.**" Keep up the great work and attitude Tara!

Second shout out goes to the **TCCHD Help Me Grow Program** which was recently awarded accreditation from Healthy Families of America (HFA). HFA is one of the leading family support and evidence-based home visiting programs in the United States. HFA promotes child well-being and prevents the abuse and neglect of children in communities around the world through family-focused and empathic support.



## Live Well Trumbull Hub



## Customer Satisfaction Survey QR



## TCCHD Nursing Department offers many services:

- Safe Sleep classes
- Carseat classes
- Immunization clinics for adults and children
- TB testing and treatment
- Narcan training
- Pregnancy testing
- Covid and flu testing
- Sight for Students Program
- Baby and Me Tobacco Free Program
- Help Me Grow Home Visiting Program
- Children with Medical Handicaps Program
- Communicable Disease Investigation
- Rabies and Animal Bite Investigation

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

Let me know! Email me at [hebonack@co.trumbull.oh.us](mailto: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>*

## Safe Rx Locking Pill Bottle: A Unique Product to Keep Your Medicines Safe



The Safe RX Locking Bottles have a 4-digit code ensuring that you are the only one that can access your medications! It is an innovative solution to help prevent drug misuse, overdose, intentional injury or accidental poisonings involving children. They have been tested to be 90% friendly to seniors and do not require significant hand strength to open. **If you would like more information or to obtain Locking Bottles for your medications, call the Health Dept. at 330-675-7818.**

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## Radon Information from the Ohio

### Department of health

Radon is a colorless and odorless gas that comes from the soil. The gas can accumulate in the air we breathe. Exposure to radon over a long period of time can lead to lung cancer.

Any radon level poses some health risk. While it is not possible to reduce radon to zero, the best approach is to lower the radon level as much as possible. The Environmental Protection Agency (EPA) has set the action level at 4 pCi/L (picocuries of radon per liter of air). At this level or higher, it is highly recommended to install a radon mitigation system to reduce the radon level.

Radon is the number one cause of lung cancer for non-smokers and the second leading cause of lung cancer in smokers. Your risk for lung cancer increases with higher levels of radon and longer periods of exposure. It is estimated that 21,000 people die each year in the United States from lung cancer due to radon exposure. For smokers, the risk of getting lung cancer from radon exposure is higher than for non-smokers. Reducing smoking and radon exposure greatly reduces the risk of lung cancer.

A radon test is the only way to know how much radon is in your home. Radon can be reduced with a mitigation system.

The TCCHD encourages all individuals who suspect their radon levels to be high in their homes to visit ODH's website at <https://odh.ohio.gov/know-our-programs/radon-education-and-licensing-program/about-radon> for more educational information including getting a radon test kit for their home.

## Cervical Cancer Information

*From the Centers for Disease Control (CDC)*

*Cancer is a disease in which cells in the body grow out of control. Cancer is always named for the part of the body where it starts, even if it spreads to other body parts later. When cancer starts in the cervix, it is called cervical cancer. The cervix connects the vagina (birth canal) to the upper part of the uterus. The uterus (or womb) is where a baby grows when during pregnancy.*

*Anyone with a cervix is at risk for cervical cancer. It occurs most often in people over age 30. Long-lasting infection with certain types of human papillomavirus (HPV) is the main cause of cervical cancer. HPV is a common virus that is passed from one person to another during sex. At least half of sexually active people will have HPV at some point in their lives, but few will get cervical cancer.*

*Screening tests and the HPV vaccine can help prevent cervical cancer. When cervical cancer is found early, it is highly treatable and associated with long survival and good quality of life. For more information regarding cervical cancer form the CDC please visit <https://www.cdc.gov/cancer/gynecologic/index.htm>.*



