

March & April 2024

Important Dates & Info.

National Endometriosis Month -
March 2024

National Nutrition Month –
March 2024

Women's History Month -
March 2024

National Public Health Week –
April 1 – 7, 2024

Counseling Awareness Month -
April 2024

World Health Day – 4/7/2024

Easter – 3/31/2024

April Fool's Day – 4/1/2024

Spring is right around the corner!

Trivia Challenge:

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

In what year was the Public Health Week Established?

Question has been answered as of 3-6-2024!



Trumbull County Combined Health District Newsletter

Vol. 3, Issues 3 & 4., (March / April 2024)

The Great North American Solar Eclipse will be visible in Trumbull County?



On Monday April 8th, 2024 at approximately 3:15 pm, a total solar eclipse will occur over the state of Ohio, and 13 other states in North America. Trumbull County will be in this eclipse path, and the eclipse will be viewable by residents within. If you plan on witnessing and viewing the eclipse, and considering that March is also Save Your Vision month, the TCCHD strongly recommends that you wear glasses or viewers recognized by the American Astronomical Society for safely viewing eclipse events. The next total solar eclipse viewable in North America is projected to occur on August 23rd, 2044. So, if you can and are willing, try to witness this event safely. Trumbull County is expected to have anywhere from 15,000 to 50,000 spectators visiting the county for the event. John Hickey, the county's EMA (Emergency Management Agency) Director spoke with WFMJ and had some tips for both the residents of and visitors to Trumbull County:

- **Trumbull County will see heavier traffic**, so prepare accordingly with having enough gas to not only make your trip, but to possibly wait in traffic as well. In 2017, states that where in the path of the last solar eclipse had spectators run out of gas and block roads, congesting traffic,
- **Bring extra food and water** in the event that you are stuck in traffic for an extended period of time,
- **Do not watch the eclipse from the road**. With the diminished light and people potentially traveling down the road, you may not be seen and thus may be struck by a moving vehicle,
- **Do not rely on technology solely**. Your mobile device which provides directions may experience problems if the network you are on cannot handle the additional internet traffic, due to all the additional people who are not typically around being on the network. Carry a paper map if possible.
- Above all, **be patient, and stay safe while viewing, by planning everything as much as possible ahead of time, prior to the event.**

For more information regarding the path and estimated timing of the Total Solar Eclipse, please visit:

<https://science.nasa.gov/eclipses/future-eclipses/eclipse-2024/where-when/>

For more information regarding Trumbull County efforts pertaining to the Total Solar Eclipse as well as information as to where to purchase the solar eclipse glasses or viewers, please visit:

<https://www.exploretumbullcounty.com/blog/chasing-shadows-a-journey-into-the-path-of-totality/>

Contact Us

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TCCHD History

8/26/65 – Uniform Food Establishment Regulations adopted.

9/28/72 – BOH adopts regulations for the “control of air pollution in the Trumbull County General Health District by adoption of Sub. S.B. 397 and any amendments thereto.”

TCCHD Industry News

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

1. The Environmental division for January & February of 2024:
 - i. Performed **232** Food Service Operations Inspections,
 - ii. **178** Real Estate Evaluations,
 - iii. **343** Residential Sewage inspections,
 - iv. **125** Plumbing Inspections,
 - v. And **317** O&M Samplings.
2. The Nursing division for January & February of 2024:
 - i. Held **4** children immunization clinics and saw **11** clients,
 - ii. Held **4** adult immunization clinic and saw **43** clients,
 - iii. Had **58** families enrolled in their home visiting program and provided **184** tele/home visits.
3. The TCCHD continues to offer Mail-Order Narcan Kits through our Project Dawn program. Please contact Kathy Parrilla at **330-675-2489** for more details.

Upcoming Events in Trumbull County

- Cortland Celestial Celebration – 4/8/2024, 12 pm to 4 pm,
Mosquito Lake, 1439 Wilson Sharpville Rd., Cortland, OH., 44410
- Mosquito Lake Eclipse Watch Party – 4/8/2024, 2 pm – 3:30 pm,
Beach Pavilion, 1439 Wilson Sharpville Rd., Cortland, OH., 44410

Quality Improvement QI Contender for March & April of 2024

Please help me in congratulating **Jodi Gearhart**, an REHS within the Environmental Division. **Jodi** has become the TCCHD's second QI contender for 2024, and the winner for March/April of 2024. **Jodi** was chosen by all members of management for going above and beyond her typical work role for the great job she did in making the logo signs for our building, at no cost, and on time for our open house. **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.

Baby and Me Tobacco Free Program

TCCHD Baby and Me Tobacco Free Program is a smoking cessation program offered to ANY pregnant woman and their partner. The program is structured to offer support, guidance, and incentives to pregnant women who are committed to quitting smoking and ensuring a tobacco-free environment for themselves and their babies. Our BMTF certified nurses provide each participant with personalized one-on-one support, helping mothers quit (and stay quit). Our program starts with 4 prenatal sessions, followed by 6-12 postpartum sessions. Our participants receive vouchers to purchase diapers and/or baby wipes for remaining tobacco-free. Please call 330-675-2489 option 3 for more information.



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

"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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Introductory Employee Spotlight

Meet Dantan (Dan) Hutton



Dan is an **REHS** in the **environmental division** specializing in **wastewater inspections**.

I had the opportunity to sit with Dan for a few minutes and ask him a few questions;

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

Dantan: **It's great, there is a good team feeling, and leadership is good, supportive, and receptive.**

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

Dantan: **By chance, while in college, I took an internship with the Columbiana County Health District, where I rolled around in a row boat to find cheater pipes from septic systems.**

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

Dantan: **Columbiana County Health District.**

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

Dantan: **Strength Training & Weight Lifting, and playing in softball leagues.**

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

Dantan: **Having a goal, and reaching that goal! Always try to give everything you do 100%, and do the very best you can.**

Deterra bags available at the TCCHD!

Deterra bags are a safe and convenient way to dispose of unused medications in your home. It protects our environment and prevents drug abuse by deactivating and disposing of medications in your household trash. If you have a need for these bags, please call the Trumbull County Combined Health District at 330-675-2489 and you can pick them up at your convenience.



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Some Information about Lyme Disease

As early spring approaches, ticks also begin to emerge throughout Ohio. Please see the information below regarding Lyme Disease.

LYME AWARENESS

What Is Lyme Disease?

- Lyme Disease is the **most common vector-borne disease** in the U.S.
- **476,000** Americans are diagnosed with Lyme Disease each year
- Lyme Disease affects **all ages, across all 50 states**



How Do You Get It?

- It's **caused by a bacterium**, the spirochete *Borrelia burgdorferi*, in most cases (other strains exist)
- Lyme Disease is transmitted to humans mainly through the **bite of an infected black-legged tick**
- There's also evidence that these spirochetes can be passed through **childbirth**, and possibly through **sexual contact**



Early Signs

- Flu-like symptoms – chills, fever
- Swollen lymph nodes
- Fatigue
- Headaches
- Achy joints
- Sore Muscles
- Nerve pain
- Brain fog / Cognitive Issues
- Characteristic Skin Rash*

Later Signs

- Bells' Palsy / Facial palsy
- Eye inflammation
- Stiff neck
- Trouble sleeping
- Anxiety
- Nausea / Vomiting / Gastric distress
- Light & Sound Sensitivity
- Air hunger/ Shortness of breath

Erythema Migrans – Not all Lyme Rashes look the same!



Blistering Lesions



Uniformly Red Lesions



Blue-Red Lesions



Bullseye (Target)/ Central Clearing Lesions



Disseminated Lesions

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Tick Facts

50% of all patients don't recall being bitten by a tick!
Only 30% of cases record a rash.

Ticks carry and can pass on additional infections in the same bite – including babesia, bartonella and ehrlichiosis. These common coinfections can be serious and can require specialized treatment.

What To Do If You Suspect You Have Lyme Disease:

- Remove any attached ticks properly – visit: cdc.gov/ticks/removing_a_tick.html.
- Save the tick in a plastic bag – it can be tested.
- Call your MD and let them know you suspect Lyme Disease. Make sure you mention any suspected exposure to ticks, a tick bite, rash, and the symptoms you're experiencing.
- Your MD can order blood testing; however, Lyme Disease is a clinical diagnosis – based on symptoms, exposure and testing.
- If you experience trouble breathing, or other serious symptoms, visit the ER.
- Lyme Disease, when not treated properly and timely, can develop into a chronic illness.

DON'T WAIT to alert a medical professional.

Visit www.cdc.gov/lyme to learn more about Lyme Disease and other tickborne diseases and how to prevent them.

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National Public Health Week

2024



NATIONAL
**PUBLIC
HEALTH
WEEK**

National Public Health week for 2024 will occur on April 1st thru the 7th. Public Health Week is typically an annual event in the United States that aims to raise awareness about public health issues and celebrate the contributions of public health professionals. The themes for Public Health Week often vary each year and are chosen to highlight pressing public health concerns. Themes in the past have included topics like mental health, environmental health, infectious diseases, and community health. This year's theme according to *nphw.org* is *Protecting, Connecting and Thriving: We Are All Public Health*. The Trumbull County Combined Health District (TCCHD) is fully committed to celebrating National Public Health Week. Many of the themes celebrated throughout public health week are echoed by the TCCHD through its *Community Health Assessment (CHA)* and *Community Health Improvement Plan (CHIP)*. These themes include:

- ❖ **Mental Health** Awareness and Assistance,
- ❖ Increasing the Community's **Access to Care**,
- ❖ **Community Conditions** with an emphasis on **Safety**.

For more information about the TCCHD's CHA & CHIP and these themes, please visit:

Our website @ www.tcchd.org,

or

Our Wellness Hub @ www.Livewelltrumbull.com



