

# May 2022

## Important Dates & Info.

World Asthma Day - 5/3/2022

Star Wars Day – 5/4/2022

National Babysitter's Day -  
5/7/2022

**Mother's Day** - 5/8/2022

World Lupus Day – 5/10/2022

Eat What You Want Day -  
5/11/2022

**Friday the 13<sup>th</sup>** – 5/13/2022

Be A Millionaire Day –  
5/20/2022

Sunscreen Day – 5/27/2022

**Memorial Day** – 5/30/2022

World No Tobacco Day –  
5/31/2022

### May is National Blood Pressure Month!

### Spring IS upon us!

### Name that Movie Challenge?

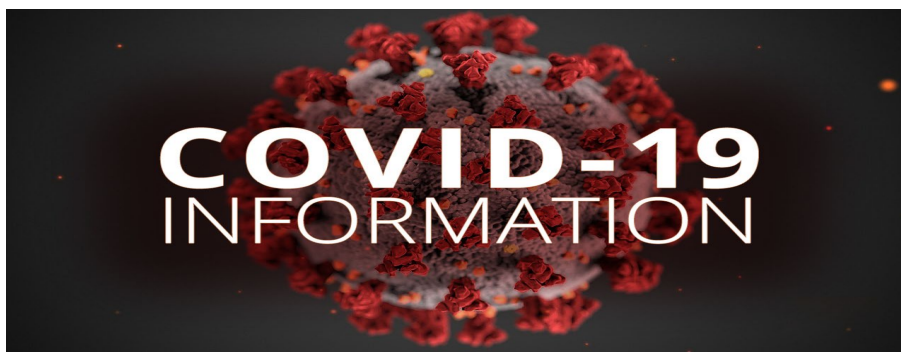
Translate this famous phrase  
used in many movies and  
songs and win \$5!

***“Si vis pacem, para bellum”***

Please do not use the internet!  
First to come, is first served with right  
answer!  
There can only be one winner!

# Trumbull County Combined Health District Newsletter

Vol. I, Issue 4., (May 2022).



### Covid-19 Vaccine Clinics

The TCCHD has been and continues to work diligently against the Covid-19 virus and Pandemic within Trumbull County. Throughout the month of April, the TCCHD will hold Covid-19 vaccination clinics throughout all of Trumbull County. Please contact the Nursing division of the TCCHD at 330-675-2489 for details about those clinics. All 3 vaccinations (Pfizer, Moderna, and Johnson & Johnson) are generally available. Covid-19 booster shots are also available!

### Covid-19 Testing

Currently the TCCHD has a number of over the counter and home Covid-19 test kits. Anyone interested in receiving at home/over the counter test kits should reach out to the nursing division of the TCCHD at 330-675-2489. Meanwhile, if possible continue to mask, maintain safe distance from others, wash your hands, and get vaccinated. These measures will help protect you from COVID-19.

### Covid-19 Data

#### **As of April 27, 2022:**

- The TCCHD has administered approximately **42,009** doses of the Covid-19 Vaccine.
- **20,833** are first doses,
- **17,777** are second doses,
- **3,319** are third/booster doses.
- The TCCHD uses **the CDC Covid-19 Community Levels tool** to decide what prevention steps to take. Levels can be **Low, Medium, or High.**
- Currently, Trumbull County, Ohio is **Low**. **Prevention steps include:**
- **Staying up-to-date with Covid-19 vaccines, and**
- **Getting tested if you have symptoms.**
- Trumbull County currently has a case rate of **66.2** per 100,000, and a positivity rate of **3.8%**

## Contact Us

### Address:

176 Chestnut Ave. NE  
Warren, OH. 44483

### 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:

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

### TCCHD History

On May 18, 1923 - L.A. Connell, M.D., Warren, Ohio, was appointed Health Commissioner of Trumbull County.

On May 29, 1931 – The minutes' state that the Board of Health held their meeting in "...their office rooms 307 Second National Bank Building...".

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

1. The Environmental division for the month of March 2022:
  - i. Performed **200** Food Service Operations Inspections,
  - ii. **140** Real Estate Evaluations,
  - iii. **184** Residential Sewage inspections,
  - iv. And **314** O&M Samplings.
2. The Nursing division for the month of March 2022:
  - i. Held **2** children immunization clinic and saw **11** clients,
  - ii. Held **1** adult immunization clinic and saw **6** clients,
  - iii. Had **58** families enrolled in their home visiting program and provided **66** tele/home visits.
3. The TCCHD continues to offer Mail-Order Narcan Kits. Please contact Kathy Parrilla for more details.

### Upcoming Events in Trumbull County

- **Relay for Life of Warren**, May 7, 2022, from 10 am to 4 pm., at the St. Demetrios Community Center,
- **Annual Plant Sale**, May 14 thru 21, 2022, from 9 am to 3 pm., at the Packard Park Greenhouse.
- **The Marvel Universe: Origin Stories**, May 26, 2022, from 6 to 7 pm., at the McKinley Birthplace Home, (Zoom option is also available).

### Maintaining a Healthy Blood Pressure:

According to the CDC, a normal and healthy blood pressure level is 120/80. *It is important to maintain a normal and healthy blood pressure to reduce your risk for heart attack and stroke.* Here at the TCCHD, both our current strategic plan and the CHIP (community health improvement plan) contain objectives to reduce hypertension through preventative measures.

#### Tips to help prevent High Blood Pressure could include:

- Eating a healthy diet,
- Maintain a healthy weight,
- Be physically active/exercise regularly,
- Reduce or eliminate the consumption of sodium, alcohol, tobacco, and caffeine,
- Reduce your stress level,
- Get as much sleep as possible.



**Public Health**  
Prevent. Promote. Protect.  
**Trumbull County**



### Live Well Trumbull Hub



### Website Re-Design Survey QR



### Customer Satisfaction Survey QR



#### TCCHD Shout-Outs

- ❖ First shout-out goes to the entire **Help-Me-Grow** home visiting program here in the TCCHD for increasing their tele/home visits by **41%** when compared with last month. Well Done!
- ❖ Second shout-out goes to Faith Smith, one of our home visitors with **Help-Me-Grow**. Faith kept all her home visiting appointments for the month of March resulting in a **100%** mark. Job Well Done Faith!

The administration with the TCCHD is committed to being as equitable as possible with regard to employee recognition.

**"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!**

**Have you seen our new website?**

**If not, check it out with the link below and take our survey!**

**We are Interested in hearing from you!**

**Website Re-Design Survey:**

**<https://www.surveymonkey.com/r/TSLPDBH>**

**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>**

**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)



