



## NEWS & INFORMATION

### STAY SAFE & GET FIT WITH SELF-DEFENSE

In a dangerous situation, it is important to act quickly to protect yourself. Knowing what to do can help save you and your property. Many people are beginning to take self-defense classes across the country. Self-defense classes can go from a week-end workshop to an intense martial arts training. Make sure the class focuses on safety tips in a combination of practical physical moves when facing an attacker. Signing up for a self-defense class can help protect you in more ways than one. The physical activity involved in a class can help you get and stay active, which in turn can help lower your risk of health problems. Whether you are working to stay safe or to get more exercise, taking a self-defense class can be a smart move.

Call your local police department or community center for possible times and classes.

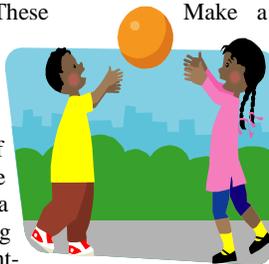
# WARREN COUNTY COMBINED HEALTH DISTRICT

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Duane Stansbury, R.S., M.P.H.  
Health Commissioner

## CONTROLLING CHILDHOOD ASTHMA

One of the most common childhood disease is asthma. More than 6 million children have a diagnosis of asthma by the age of 18. Asthma is a chronic, inflammatory disease of the airways that causes the normal functioning of the airways to overreact. The excess production of mucus, swelling and airway muscle contraction is caused by inflammation. These changes produce temporary airway obstruction, chest tightness, coughing and wheezing. In some cases, asthma causes low blood oxygen and even death. If the patient or caregivers are aware of warning signs, asthma can be controlled. Early warning signs include coughing, chest tightness, feeling tired or worn out, rapid breathing and wheezing. Keep in mind that there are times that wheezing can only be heard with a stethoscope. Medications for asthma include quick-acting, inhaled medications. They are often referred to as "puffers" or rescue medications and work quickly by opening tightened breathing passages and relaxing the airway muscles. These quick-acting inhalers only last for a short time.



Long-term medications are sometimes needed to help manage asthma. Long-term medications can be administered through inhalers or taken orally and should be taken daily or as prescribed by the doctor. Another important thing to consider is written asthma management plan.

Make a list of the "triggers" or symptoms for your child. Also the child's medicine should be included in this plan. Remember the environment can effect asthma. Here are some suggestions to make a setting safe and healthy for a child with asthma.

Wipe surfaces and floor with a damp cloth instead of sprays. Vacuum when children are not present. Keep clutter in closets or closed boxes to prevent dust accumulation.

Smoking of any kind should never be allowed.

Use exhaust fans in bathrooms, kitchens and basement areas to reduce humidity and mold growth.

Do not allow furred or feathered pets in childcare setting.

Curtains, drapes and fabric need to be vacuumed often.

Do not allow children to nap on or lay on carpet or area rugs.

## Restaurant and Grocery Store Inspection

One of the larger programs conducted by the Environmental Health Division is to inspect the sanitation and food handling practices in all restaurants and grocery stores in Warren County, as is required by Chapter 3717 of the Ohio Administrative Code. Our Environmental staff inspects all aspects of the food operation including food sources, storage practices, personnel health and cleanliness, hot and cold food holding temperatures, plumbing, lighting, etc. Follow-up

inspections are scheduled as necessary to insure compliance with the Ohio Uniform Food Safety Code. Operation inspection frequency is based on the type of operation and the risk that the operation poses to the public's health, with those operations in a higher risk category being inspected twice as often as those whose operational practices pose less of a risk. In 2007, our staff licensed 972 restaurants and grocery stores in Warren County. We conducted a total

of 4095 inspections (includes re-inspections) of those operations in 2007. If you have any questions concerning the Food Safety Program or on a specific restaurant or grocery in Warren County, please contact the Environmental Health Division, Warren County Combined Health District, at 513-695-1220, 937-425-1220, 513-925-1220 or 513-261-1220.

## MUSHROOM POISONING:

Each Spring and Fall, when the weather is warm and the ground is moist, mushrooms crop up in large numbers. There are about 5,000 types of mushrooms in the United States. The majority of them are harmless. Most poisonings are related to about 100 types, and only about a dozen are considered deadly. Mushrooms are the most dangerous to young children, the elderly and the immunocompromised. Some people are allergic even to the safest mushrooms. The three most dangerous types are called the amanitas, the false morels and little brown mushroom. Amanitas account for 90% of mushroom related deaths. The consequences of mushroom poisoning can range from a mild stomachache to severe physical distress and possibly death. In most cases, symptoms may not develop until several days



after eating the wrong mushrooms. A few precautions you should take to protect yourself and your family include:

- Check your yard for mushrooms before letting small children and pets outside.
- Teach children not to taste or touch any outside mushrooms.
- Never consume mushrooms found in the wild unless you are certain that the mushrooms have been properly identified as safe.
- Do not eat store purchased mushrooms that are rotting or don't appear fresh.

If you suspect mushroom poisoning call your local Poison Control Center at 1-800-222-1222.

## NATIONAL PRESIDENT'S CHALLENGE (NPC)

A SIX WEEK PHYSICAL ACTIVITY CHALLENGE THAT ENCOURAGES ALL AMERICANS TO GET UP AND GET MOVING AT LEAST **30 MINUTES A DAY, 5 DAYS A WEEK.**

TAKE THE CHALLENGE & HELP MOTIVATE YOUR FRIENDS & FAMILY.

**The epidemic of overweight and obesity in American is at an all-time high. Lets do something about it.**

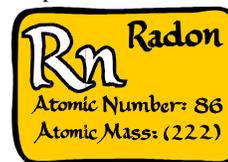
[www.presidentschallenge.org](http://www.presidentschallenge.org)

## FREE RADON TEST KITS AT THE HEALTH DEPARTMENT

You cannot smell it or see it but every home has some amount of radon. The question is how much is in your home. Because radon is the second leading cause of lung cancer in the United States, every home should be tested for radon. Radon is a radioactive gas that comes from the natural breakdown of uranium in soil, rock and water and is found in the air you breathe. The problem with radon is that it can be concentrated in some homes that are located in areas where a higher amount of uranium is in the soil. Breathing air with high levels of radon over long periods of time in-

creases your chance of developing cancer. If you smoke and have a high level of radon in your home your risk of developing lung cancer is especially high. To assist Warren County homeowners in testing their home for radon, the Warren County Combined Health District has free test kits available that can be picked up at 416 South East Street, Lebanon in the Environmental Health Division between 7:30 a.m. and 3:30 p.m. Monday through Friday. The homeowner receives the results of the home-

owner conducted test in about four weeks from the laboratory. If you have any questions regarding radon or the free test kits, contact Larry Wisner, R.S. at 513-695-1273, 513-261-1273, 513-925-1273 or 937-425-1273.



## 5 AMAZING ALLERGY FACTS

### SENSITIVE TO POLLEN?

Wash your hair before bedtime. This will keep the pollen from settling on your pillows and bedding. Also, try to avoid tobacco smoke, hair spray and perfume. Remember to wash your hands frequently.

**ANTIHISTAMINE:** This helps to block allergic reactions. The best time to take an antihistamine is before the symptoms start. Sleepiness can be caused by some allergy



medications. Ask your health care provider about allergy medicines that do not cause drowsiness.

### DUST MITES:

Love to nest in your rugs and make you sneeze and itch. Place your area rugs outside in direct sunlight for several hours. The mite dry up and die.

**MOVING:** Another location is not a guarantee of allergy

relief. Many times people develop allergies to their new surroundings. Keep in mind that most allergy-provoking grasses are widespread throughout the world.

**FOOD ALLERGY:** As many as 20% of Americans believe they have a food allergy. Food allergies are actually rare. Some of the signs that people consider food allergies are digestive problems, food poisoning or even stress.