



WARREN COUNTY COMBINED HEALTH DISTRICT

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NEWS & INFORMATION

HAPPY NEW YEAR FROM THE WARREN COUNTY COMBINED HEALTH DISTRICT

STEPS TO A SAFER HOME:



Use caution in the kitchen to avoid cuts and burns. Keep clutter from traffic areas and stairs.

Use non-skid padding or carpet tape to secure loose rugs.

Attach grab bars to your tub or shower.

Keep a phone and a flashlight close to your bed at night.

Maintain smoke alarms on every floor.

Mount fire extinguishers in the kitchen.

Make sure you have adequate lighting.

Make sure house numbers are visible for emergency vehicles.

Maintain a disaster kit.

Keep a first aid kit on hand.

As we begin another year, the administration and staff of the Warren County Combined Health District wish you and your family a safe and healthy new year. Good health is a combination of physical and emotional well being that is influenced by our environment, heredity and behavior. Even though we cannot control all the factors affecting our health, we can work to make

correct choices regarding our behavior and lifestyle. By making informed decisions, we can prevent many problems and improve our health and environment. Through the monthly publication and distribution of this newsletter we hope to provide you, the citizens of Warren County, with information that will

help you and your families make informed choices to maintain good health and a clean environment. If you have comments or questions concerning any information presented in our newsletter, please contact Duane Stansbury, R.S., M.P.H, Health



TIPS TO SHOVEL SNOW SAFELY:

Winter conditions that include more than an inch of snow and chilly temperatures that dip below 20 degrees cause death rates from heart attacks to triple among men 35-49 years old. One of the main causes for this statistic is shoveling snow. Researchers have found that the energy used to shovel snow is the same amount of energy needed to complete an active round of tennis or speed walking at 5 m.p.h. Heart attacks, back strain and muscle soreness are all by-products of the extensive physical activity involved in the assumingly simple task of shoveling snow. Follow these tips to

stay safe this winter shoveling the snow:

Avoid caffeine or nicotine before starting.

Drink plenty of water.

Dress in layers – so you can remove a layer if needed.

Warm up your muscles before you start. Stretching the muscles – warm muscles are less likely to be injured. Pick the right shovel for you. Lift with your legs not your back.

Pick-up smaller loads of snow.



Push – don't lift. Save your back and your energy by pushing. Create some distance between hands. This gives you more leverage and makes it easier to move.

THE WARREN COUNTY COMBINED HEALTH DISTRICT WILL BE CLOSED ON JANUARY 21ST IN OBSERVANCE OF MARTIN LUTHER KING DAY.



SAFETY TIPS FOR CHILDREN WITH SPECIAL NEEDS:

According to Safe Kids USA, children with attention disorders get hurt more often. Boys that are very active and impulsive seem to be at a greater risk for injuries. The following are some tips to help protect your children:

RECOGNIZE COMMON DANGERS. In less than one inch of water, young children can drown, a young child can go into an alcohol coma from drinking mouthwash.

USE VISUAL REMINDERS. Help kids recognize poisons by using stickers to identify poisons in the home. Stickers with special phrases or pictures may help alert children that something is dangerous and to stay away.

MAKE RULES SPECIFIC AND CLEAR. Use a chart of rules and post in the child's room or kitchen so they know what they can do and what they can not do.

ARRANGE FOR SUPERVISION.

If children are going to the park make sure there is proper supervision.

CHILD PASSENGER SAFETY. Premature or small infants should always be placed in a proper child



restraint device. Make sure you have the correct safety seat for the age of your child.

WHEELCHAIRS. Among wheelchair users tips and falls account for 42 percent of injury incidents. Make sure you have an accessible exit from the home in case of an emergency. Notify your fire and police department if there is a child in the home with a special need or disability. Follow these few simple steps to help keep your children safe. (Growing Together – Dayton's Children's)

PREVENT HEPATITIS B - GET VACCINATED:

Each year, thousands of people of all ages get Hepatitis B (HBV) and about 5,000 die of chronic liver problems caused by Hepatitis B virus infection. If you have had other types of hepatitis, such as Hepatitis A or C, you can still get Hepatitis B. HBV is spread by having sex with an infected person or direct contact with the blood of an infected person. How can you protect yourself from getting infected with HBV?



GET VACCINATED – Hepatitis B vaccine is safe, effective and your best protection. **PRACTICE "SAFER" SEX** – If you are having sex, use latex condoms correctly every time you have sex. The effectiveness of latex condoms in preventing infection is unknown,

but their proper use may reduce transmission.

DON'T SHARE ANYTHING THAT MIGHT HAVE BLOOD ON IT – Do not share drugs, needles or syringes. Do not share personal care items such as razors or toothbrushes.

THINK ABOUT THE HEALTH RISK IF YOU ARE PLANNING ON A TATTOO OR BODY PIERCING - Make sure the artist sterilizes all equipment.

For more information on Hepatitis B, please call the Nursing Division at

5 COMMON HEADACHE TRIGGERS:

Over-the-counter pain relievers cost headache sufferers more than \$4 billion a year. One thing to keep in mind is prevention costs nothing. Watch out for these 5 headache triggers.

1. **STRESS** – frayed nerves are a frequent cause of tension headaches and may trigger migraines. Take 30 minutes a day just to collect your thoughts. Daily exercise can help ease stress and tension.
2. **EYESTRAIN** – temporary head pain can be caused by

focusing on an object for a long time (such as a computer screen). Take a break every once in a while to rest your eyes.

3. **DIET** – headache pain can be caused by certain foods. Keep a food journal and watch to see if any foods you may eat



are triggering your headaches.

4. **SITTING** – muscles can tighten and lead to headaches if you stay seated or hunched over for long periods of time. Get up and stretch and make sure to shift positions.
5. **SLEEP** – headaches can be brought on by too little sleep or too much sleep. Try to go to bed and get up at the same time every day.