



**NEWS &
INFORMATION**

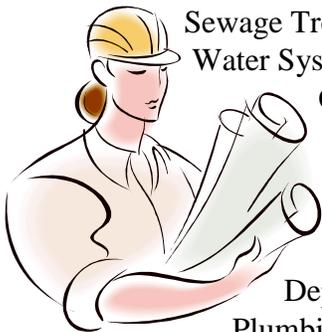
**NO. 273
MAY 2008**

**WARREN COUNTY COMBINED
HEALTH DISTRICT**

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

WHAT DOES MY HEALTH DEPARTMENT DO?

This may be a question that you have asked yourself and you may think that you have never had a need to use the services of the Health Department and never will. But think again.....almost everyone has used the services of the Health Department on a daily basis. Because of the name "Health Department" most people associate our services with medical health. In actuality, the "Health Department" primary role is protecting public health, which does include medical health but it also includes so much more. For instance.... when you go out to eat at a restaurant you can have some assurance that the food served to you is safe and wholesome because that restaurant is inspected several times a year by the Health Department. Our Environmental Health Division is involved in all "Environmental" types of inspections to protect the public's health. These include Restaurants, Groceries, Vending Machines, Public Swimming Pools, Schools,



Sewage Treatment Systems, Private Water Systems, Mobile Home Parks, Campgrounds, Housing, General Nuisances, Infectious Waste Disposal, Rabies Control, Mosquito Control, etc. The Health Department also has a

Plumbing Division where our plumbing inspectors make sure that all plumbing work within the County is installed according to code with the intent of insuring there are no cross-connections between sanitary and unsanitary water. The Health Department also provides the Vital Statistics for Warren County where all birth and death certificates are housed and made available to those people who need them.

Lastly, but in no way our least concern, the Health Department does have a Nursing Division which provides those medical services most people think of when they hear our name. Many of these services are not only for personal health but also effect public health in a positive way. These services include our Child Health Clinic (where immunizations are provided), TB Testing, Prenatal Care, Family Planning Services, WIC Nutrition Program, Sexually Transmitted Disease evaluation and treatment, HIV Testing, Adult Care and Home Health Aide Services for the homebound, Women's Health Care, and a variety of other public services such as blood pressure monitoring, weight management, head lice control, Traveling Immunization etc. Usually you do not hear much about the services we provide to you on a daily basis because you only hear about them when we are not doing our job. This is the nature of public health. If you have any questions about any of these services please contact our offices at 513-695-1228, 513-925-1228, 513-261-1228 or 937-425-1228. You can also visit us on the web at www.co.warren.oh.us/health.



**THE OFFICES OF THE WARREN COUNTY
COMBINED HEALTH DISTRICT WILL BE
CLOSED ON MONDAY, MAY 26TH IN
OBSERVANCE OF THE
MEMORIAL DAY HOLIDAY**

HEPATITIS C— WHAT YOU NEED TO KNOW

WHAT IS HEPATITIS? Hepatitis means inflammation of the liver. There are several different viruses that cause hepatitis. Hepatitis C is caused by hepatitis C virus (HCV). It can be an ongoing (chronic) infection. Some people with HCV do not get sick, and some people can develop serious health issues, especially 10, 20 or 30 years down the road.

WHAT ARE THE SYMPTOMS? Many people do not have any symptoms at all. The most common symptoms are fatigue (feeling tired) and an upset stomach. A lot of people say they feel like they have a mild case of the flu.

TRANSMISSIONS AND PREVENTION: HCV is spread mainly by direct blood-to-blood exposure.

- Don't share needles or drug paraphernalia
- Don't share personal items

- Make sure tattoo and body piercing equipment is sterilized
- Cover open sores or wounds
- Sexual transmission is very uncommon; safer sex—using latex condoms can help reduce the risk.

GET HEALTHY—HEALTH TIPS

- See your health-care provider for regular check-ups
- Eat a healthy and balanced diet
- Rest when you are tired
- Exercise regularly

- Get the hepatitis A and Hepatitis B vaccines
- Avoid or cut down on alcohol
- Talk to your doctor about all drugs and herbs you are using

WHAT ABOUT TREATMENT? People with HCV lead normal healthy lives and may not need any medical treatment. Talk with your doctor to see if you need treatment or not. The combination treatment can get rid of HCV in half or more of the people who take them. Educate yourself and talk to your doctor.

For more information visit www.hcvadvocate.org.

WEST NILE VIRUS:

It's that time of year again when we must once again think about West Nile Virus. When dealing with West Nile virus, prevention is your best bet. Fighting mosquito bites reduces your risk of getting this disease, along with others that mosquitoes can carry. Take the common-sense steps below to reduce your risk:

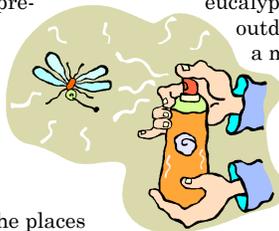
- avoid bites and illness
- clean out the mosquitoes from the places where you work and play
- help your community control the disease

Something to remember: The chance that any one person is going to become ill from a single mosquito bite remains low. The risk of severe illness and death is highest for people over 50 years old, although people of all ages can become ill.

Use Insect Repellent:

on exposed skin when you go outdoors. Use

an EPA-registered insect repellent such as those with DEET, picaridin or oil of lemon eucalyptus. Even a short time being outdoors can be long enough to get a mosquito bite.



Clothing Can Help Reduce Mosquito Bites:

When weather permits, wear long-sleeves, long pants and socks when outdoors. Mosquitoes may bite through thin clothing, so spray clothes with repellent containing permethrin or another EPA-registered repellent for extra protection. Don't apply repellents containing permethrin directly to skin. Do not spray repellent on the skin under your clothing.

Be Aware of Peak Mosquito Hours: The hours from dusk to dawn are peak biting times for many species of mosquitoes. Take extra care to use repellent and protective

clothing during evening and early morning -- or consider avoiding outdoor activities during these times.

Drain Standing Water: Mosquitoes lay their eggs in standing water. Limit the number of places around your home for mosquitoes to breed by getting rid of items that hold water.

Install or Repair Screens: Some mosquitoes like to come indoors. Keep them outside by having well-fitting screens on both windows and doors. Offer to help neighbors whose screens might be in bad shape.

Remember that protection is the key. Avoid getting bitten, and your summer will be less itchy.

For more information regarding the West Nile Virus contact the Environmental Division at 513-695-1220, 513-261-1220, 513-925-1220 or 937-425-1220.

PLANTING ON OR NEAR MY SEWAGE SYSTEM:

While it is always best to plant nothing but grass over your leaching tile field it is not always convenient. Several questions are posed each year to our office regarding planting over the leaching field. One common question is: **What about planting trees in my leaching field...will the tree roots cause a problem?** The answer here depends on what materials were used in the construction of the leaching tile field. If plastic pipe and washed gravel or gravel-less pipe was used in constructing the field, then tree roots are not likely to cause a problem. Even in this scenario,

we recommend that only small ornamental, fruit, or evergreen trees be used. If the tile field was constructed with the old clay tile, butted up against each other, then the tree roots will likely infiltrate and clog the leaching field. The other most common question is: **Can I plant a garden over my leaching tile field?** The answer is yes, most vegetable plants will do well over a leaching tile field with no adverse health effects. You do not want to



plant any "root-type" vegetables such as potatoes, carrots, onions, etc. as the vegetable might come into contact with sewage and human pathogens. Vegetables such as tomatoes, beans, and peppers do not represent any kind of potential problem. If you have further questions regarding your private sewage system you are urged to contact the Environmental Health Division, Warren County Combined Health District at 513-695-1220, 513-261-1220, 513-925-1220 or 937-425-1220.