



NEWS & INFORMATION

WARREN COUNTY COMBINED HEALTH DISTRICT

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

STARTING A COMPOST PILE

Composting is both a practical and easy way to handle yard wastes. It is cheaper than bagging these wastes and paying to have them removed. Leaves, grass clippings, sawdust, wood ashes, fruit and vegetable peelings, egg shells, and coffee grounds are all excellent compost "raw materials". **Do not add** dog droppings, cat litter box wastes, bones, fatty food scraps such as cheese, meats, or cooking oils. These types of wastes will attract pests (rodents, flies), create a greater potential for odors, and they are extremely slow to decompose into compost. A properly constructed and maintained compost pile will not create an odor nor attract pests. There are numerous "How To" books in your local library on composting or you can contact the Warren County Health Department for a free brochure on back-yard composting. Do your part to recycle your food scraps and yard wastes. Your flowers and trees will benefit from the addition of compost to the soil and you will be doing your part to reduce the amount of waste going to sanitary landfills. You can reach this office at 513-695-1220, 513-261-1220, 937-425-1220, or 513-925-1220.

BE PREPARED OHIO

During Hurricane Katrina, we watched as some of our country's most vulnerable citizens—older adults and people with disabilities—struggled to get help or find care in the midst of chaos and confusion. Caregivers threw their hands in the air in desperation and exhaustion when medicine, supplies and transportation were nowhere to be found. These images are still fresh in our minds.

BE PREPARED OHIO—an event planned for September 22nd in Southwest Ohio, will focus on one of the toughest lessons learned during that difficult time: people with functional needs (older adults, people with disabilities, etc.) require more help than that which is provided through traditional emergency response systems. We know

now that this vulnerable group needs help with advance planning—making an emergency plan, gathering supplies—and they will require special assistance during an emergency.

BE PREPARED OHIO—is a first-of-its-kind event that will bring together emergency responders, public health and social service agencies, people with functional needs and their caregivers to share information and resources on how to prepare for emergencies. The event will include educational tracts for professional (CEU available), as well as the general public. **BE PREPARED OHIO** is scheduled for September 22nd from 8:00—4:00 p.m. at the Sharonville Convention Center. September is National Preparedness Month, a time

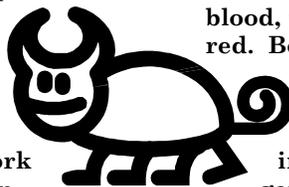
when emergency response agencies work to increase public awareness about emergency preparedness, and Americans are encouraged to participate in activities planned in their area.

For information about attending or participating in this event, please contact Amy Leonhardt, Council on Aging of Southwest Ohio, at 513-345-3367.

Please contact the Warren County Combined Health District Emergency Preparedness Coordinator, Mike Merker 513-695-1728, 513-261-1728, 513-925-1728 or 937-425-1728 for more information on emergency preparedness for you and your family.

BED BUGS : THEY ARE PRESENT AND THEY BITE

Some experts are calling them the "new scourge of America". This blood-feeding insect of mythical lore has been spotted increasingly in cities that have an influx of international tourists such as New York and Chicago. Infestations around the country have been reported in hotels and motels and it's not just the run down, seedy ones. The bed bugs preferred food source is a sleeping human regardless of the surrounding environment. What are bed bugs?



Adult bedbugs are about the size of a ladybug and are flat, oval and have no wings. They are brown unless engorged with blood, which turns them red. Bed bug feed regularly but can go six months without feeding making them difficult to get rid of. People are often at first unaware that they have bed bugs. When people are first bitten, the human body may have a little reaction, but after numerous bites an area will begin to be irritated. People who are bitten repeatedly can suffer

from pallor, lethargy and nervousness. Fortunately, bed bugs are not known to transmit any diseases to humans. The best preventative treatment for bed bugs is to inspect rooms and caulk up holes in walls furniture and other hiding spots. Exterminators have found pesticide dustings to be effective in many cases. For more information regarding bed bugs, please contact the Environmental Health Division at 513-695-1220, 513-261-1220, 513-925-1220 or 937-425-1220.

WATER SAMPLE COLLECTION AND ANALYSIS

The Warren County Combined Health District routinely collects water samples for analysis at an Ohio EPA certified laboratory

every Monday and Wednesday. It is recommended by this office that if you are on a private water system (well, cistern, etc.)

that you have your water tested at least once per year.



The standard bacteriological analysis fee is \$42.00 and it takes approximately 3 working days to get results. If you have any questions about private water systems or want to schedule a water sample collection and analysis, please contact the Environmental Health Division, Warren County Combined Health District at 513-695-1220, 937-425-1220, or 513-261-1220.

FREE FLUORESCENT BULB RECYCLING

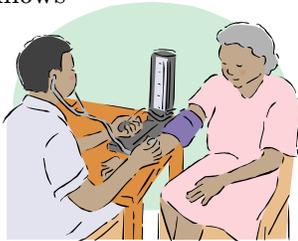
The Home Depot has announced that it will recycle energy-efficient, compact fluorescent bulbs (CFLs) for free at all of its nearly 2,000 stores across the U.S. CFLs use up to 75% less energy and last 10 times longer than traditional incandescent light bulbs. However, proper disposal of bulbs is important because they contain small amounts of mercury (less than 5 milligrams apiece). No mercury is released when CFL bulbs are in use and intact.

HIGH BLOOD PRESSURE CHECKS

High blood pressure is a major risk factor for heart and kidney disease.

Not everyone knows that they have high blood pressure. In fact, only one third of adults who have high blood pressure

even realize they have it. If you have high blood pressure, your heart is having a difficult time



pumping blood through the blood vessels. High blood pressure can be prevented with proper education. The following are ways to help maintain a healthy blood pressure:

- Maintain a healthy weight
- Be physically active
- Reduce stress in your life
- No smoking
- Reduce alcohol
- Prescribed medication
- Eating foods low in sodium

The easiest way to find out if you have high blood pressure is to monitor it on a regular basis. The Warren County Combined Health District offers walk-in blood pressure checks at no cost Monday through Friday 7:30 a.m. - 4:00 p.m. If you have any questions, please contact the Nursing Division at 513-695-1229, 513-261-1229, 513-925-1229 or 937-425-1229.

FREE EYE EXAMS AND EYEGLASSES

The Warren County Combined Health District continues to partner with Prevent Blindness Ohio to provide vision screenings for county residents who are in need and cannot afford the cost of eye examinations and eyeglasses. Prevent Blindness Ohio is a volunteer eye health and safety organization dedicated to preventing blindness. The program's goal is to improve the quality of life for low income residents by enhancing

the quality of vision care and general eye health that they would otherwise not be able to afford.

The Warren County Combined Health District is a member of the Prevent Blindness Ohio and is participating in the vision care outreach program. Referrals will be made to a par-



ticipating optometrist if a person fails one of the four vision referral criteria. For more information or to see if you are eligible for this free service, please contact Sharon LaWarre at 513.695.1468, 513.261.1468, 513.925.1468 or 937.425.1468