



WARREN COUNTY COMBINED HEALTH DISTRICT

Prevent - Promote - Protect



NO. 288
December 2009

NEWS & INFORMATION

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Health Commissioner

Thank You Warren County Voters for Supporting the Warren County Combined Health District's Health Levy!

H1N1 Flu Vaccination Update

The Warren County Combined Health District continues to offer the H1N1 flu vaccine to individuals who are in the key priority groups identified by the Centers for Disease Control.

Those individuals are pregnant women, people 6 months to 24 years of age, healthcare and EMS workers, caretakers of children younger than 6 months of age, children with chronic health problems and adults 24 years - 65 years of age with chronic health conditions.

The health department is also continuing to coordinate with the schools in Warren County in an effort to provide vaccine to the students. It is anticipated that vaccine will be accessible to everyone who wants to be vaccinated when more vaccine is available and those in the high risk groups have been vaccinated. For more information on clinic dates and times please check our website at www.co.warren.oh.us/health

HOLIDAY DECORATION SAFETY

Don't forget to inspect your holiday lights each year for frayed wires, bare spots, gaps in insulation, broken or cracked sockets, and excessive kinking or wear before putting them up. Use only lighting listed by an approved testing laboratory. Remember to not overload your electrical outlets with holiday lights. Do not link more than three



light strands, unless the directions indicate that it is safe to do so. Make sure you connect strings of lights to an extension cord before plugging the cord into an outlet. Also, periodically check the wires on the light string to make sure they are not warm to the touch. Never leave holiday lights on unattended.

Be sure that all of your decorations are nonflammable or flame-retardant and placed

away from heat vents. You also never want to put wrapping paper in a fireplace as it can result in a very large fire, throwing off dangerous sparks and embers that may result in a chimney fire. Lastly, if you use lit candles during the holidays, make sure they are in stable holders and place them where they cannot easily be knocked down. Never leave the house with candles burning. Following these simple holiday decorating safety tips can help you have a happy and safe holiday season!

HOMEMADE EGGNOG—MAKE IT SAFE

Eggnog may be safely made at home by using whole or liquid eggs that are pasteurized rather than whole raw eggs which may contain salmonella. Pasteurized eggs are found next to regular eggs at the store. Egg substitutes can also be used. These products are pasteurized which means that they have been heated to the point that will kill bacteria. If you must use regular eggs that have not been pasteurized, use a recipe in which you cook the egg mixture to 160° F. At 160°F., the egg mixture thickens enough to

coat a spoon. Follow the recipe carefully and refrigerate the prepared product immediately. When refrigerating a large quantity of eggnog, divide it into several smaller containers so that it will cool quickly. If a recipe calls for folding raw, beaten egg whites into the eggnog, use pasteurized eggs. It has not been proven that raw egg whites are free of salmonella

bacteria. If you purchase eggnog from your local grocery store, the product has been pasteurized and you do not need to cook it. The holidays are usually hectic and by following these tips on the use of raw eggs vs. pasteurized eggs, you will have one less thing to worry about. For more information on food safety contact our Environmental

Health Division at 513-695-1220, 513-261-1220, 513-925-1220, 937-425-1220



REASONS TO QUIT SMOKING

Why should you quit smoking? Every smoker has his or her own personal reasons for quitting. Here are some common reasons listed from the American Lung Association. Think about what is most important to you.

- **For your health!** According to the Surgeon General, quitting smoking is the single most important step a smoker can take to improve the length and quality of his or her life. As soon as you quit, your body begins to repair the damage caused by smoking. Of course it's best to quit early in life but even someone who quits later in life will improve their health.

- **To save money!** It's getting more expensive to smoke cigarettes. State and federal cigarette taxes continue to go up and in some places, a pack of cigarettes can cost \$10.00. Even if a pack costs "only" \$5.00 where you live, smoking one pack per day adds up to \$1,825.00 each year.

- **To save the aggravation!** It's getting less convenient to smoke. More and more states and cities are passing clean indoor air laws that make it illegal to smoke in bars, restaurants, and other public places. Are you tired of having to

go outside many times a day to have a cigarette? Is standing in the cold and the rain really worth having that cigarette? Wouldn't it be easier if you had the choice to go outside only when you want to and not when you need to?



- **It's good for the people around you!** Cigarette smoke is harmful to everyone who inhales it, not just the smoker. Whether you're young or old and in good health or bad, second hand smoke is dangerous and can make you sick. Children who live with smokers get more chest colds and ear infections while babies born to mothers who smoke have an increased risk of pre-

mature delivery, low birth weight and sudden infant death syndrome (SIDS). Both you and the people in your life will breathe easier! Ex-smokers don't have the scent of smoke on their clothes and hair, and their houses don't smell like cigarettes. Better breathing can mean better sleep at your house: Not only are smokers more likely to snore, so are non-smokers who breathe secondhand smoke on a daily basis. Life is just better as a nonsmoker! Smoking interferes with your sense of taste, so food tastes better when you quit. Your sense of smell also improves, so get ready to really enjoy the scent of flowers or

fresh-cut grass. You'll be able to make it through a long movie or an airplane flight without craving a cigarette. Within a few weeks after quitting, your smoker's cough will disappear and you'll have more energy.

FREE

A 6 week smoking cessation class will be offered at the Warren County Combined Health District starting Thursday, January 7th.

To register please call 513-695-2475 or email alicia.habermehl@co.warren.oh.us

**Funded by Ohio Department of Health
Office: Healthy Ohio
Program: Tobacco Use Prevention and Cessation Program
Tobacco-Free Healthy Communities Coalition**

TIS THE SEASON TO BE CAUTIOUS

Special fire safety precautions need to be taken when keeping a live tree in the house.

When selecting a Christmas tree, make sure the needles on that live tree are green and hard to pull back from the branches. If the tree is fresh, the needles should not break and the trunk should be sticky to the touch.

Do not place your tree close to a heat source, including a fireplace or heat vent. The heat will dry out the tree, causing it to be more easily ignited by heat, flames or a spark.



Do not put your live Christmas tree up too early or leave it up for more than two weeks. Keep the tree stand filled with water at all times. When it comes time to dispose of your Christmas tree, never put tree branches or needles in a fireplace or wood burning stove. When the tree becomes dry you will want to get it out of the house promptly. The best way

to dispose of your tree is by taking it to a recycling center or having it hauled away by a community pick-up service. Have a safe and happy holiday.

The offices of the Warren County Combined Health District will be closed Friday, December 25th and Friday, January 1st. Have a happy and safe holiday.

