



WARREN COUNTY COMBINED HEALTH DISTRICT

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Health Commissioner

NEWS & INFORMATION

Snow Shoveling Safety

While shoveling snow can be good exercise, it can also be dangerous for older or less active people who take on more than they can handle. The Warren County Combined Health District and the National Safety Council offers the following tips to help you get a handle on safe shoveling:

- ◆ Individuals over the age of 40, or those who are relatively inactive should be especially careful.
- ◆ If you have a history of heart trouble, do not shovel without a doctor's permission.
- ◆ Do not shovel after eating or while smoking.
- ◆ Take it slow! Shoveling can raise your heart rate and blood pressure dramatically; so pace yourself.
- ◆ Shovel only fresh snow. Freshly fallen, powdery snow is easier to shovel than the wet, packed-down variety.
- ◆ Dress warmly!

SMOKE-FREE WORKPLACE LAW

The Ohio Smoke-free Workplace law (ORC 3794) prohibits all forms of tobacco smoke in all indoor public places and places of employment and in areas immediately adjacent to the ingress or egress of the public place or place of employment. While immediately adjacent is not specified in distance, proprietors must assure that smoke does not enter the building through entrances, windows, ventilation systems, etc. The law further specifies that no individual shall refuse to immediately discontinue smoking in a public place, place of employment, etc. when requested to do so by the proprietor or any employee of



the business. Besides the obvious prohibition of smokers inside a place of employment, the law also requires that a "No Smoking" sign be conspicuously posted in every place where smoking is prohibited, including at each entrance to the establishment. The law further prohibits any ashtrays or other receptacles used for disposing of smoking materials from being inside an indoor public place or place of employment. Some areas are listed as exempt from the Ohio Smoking Law and these include private residences used as only private residences; outdoor patio areas; and family owned businesses where all the employees are family members, the

business is not open to the public, and the business is in a free-standing building. The "No Smoking" signs and a summary of the Smoke-free Workplace Law are available at the Warren County Combined Health District if anyone wants a copy. To make a complaint about violations of the smoke-free workplace law, call 1-866-559-6446. The Ohio Department of Health logs all complaints as anonymous and the complaint is then transferred to the Local Health Department for investigation. If you have any questions about Ohio's Smoke-free Workplace Law please contact the Warren County Combined Health District at 513-695-1271, 513-261-1271, 513-925-1271, or 937-425-1271.

PRACTICE GOOD GYM HYGIENE

Is your New Years Resolution to hit the gym more often? If so, good for you! Now take your newfound appreciation for health one step further by protecting yourself from contracting a "staph" infection while working out. Staphylococcus aureus (staph) is a bacteria that can cause various diseases as a result of infection in tissues of the body. The best way to

prevent a staph infection is to follow good hygiene. The Centers for Disease Control and Prevention recommends the following for preventing staph transmission at the gym:

- ◆ Wash your hands often and shower after a workout.
- ◆ Keep all abrasions and cuts covered with a clean, dry bandage.



- ◆ Avoid sharing towels or razors.
- ◆ Use a barrier between your skin and exercise machines.
- ◆ Use an alcohol-based wipe to clean equipment before and after use. For more information please call the nursing division at 513-695-1229, 513-261-1229, 513-925-1229, 937-425-1229.

BE PREPARED THIS WINTER

The Warren County Combined Health District urges all Warren County residents to plan ahead now that we are experiencing winter weather. Whether it be a case of extremely cold weather, deep snow, or an ice storm it is best to be prepared. All of these events might mean you cannot travel to the store— with little or no notice. Following these simple winter emergency tips can help keep your family safe this winter:

- Keep several days' food supply on hand. Make sure to have food that

does not need to be cooked or refrigerated such as bread, crackers, cereal, canned foods and dried fruits. Remember baby food and formula if you have young children.

- Keep water stored in clean containers or purchase bottled water in case your water pipes freeze and rupture.
- Keep medicines that any family member may need.
- Keep an alternative way to heat

your home in case of a power failure, such as dry wood for a fireplace or wood stove or kerosene for a kerosene heater.

- Keep blankets, matches, first aid kit, flashlight or battery-powered lantern, a battery powered radio, extra batteries, a multi-purpose dry chemical fire extinguisher, and a non-electric can opener.

It is a good idea to also keep a snowshovel and some rock salt on hand.

SAFE SLEEP FOR YOUR BABY

SIDS stands for sudden infant death syndrome. This term describes the sudden, unexplained death of an infant younger than 1 year of age. Health care providers don't know what causes SIDS, but they do know you can decrease the risk of SIDS by following these ABCs of safe sleep:

- ♥ A- Alone. A baby should sleep alone. Never let your baby sleep with another child, adult or pet.

- ♥ B- Back. A baby should sleep on his or her back- the safest position for a baby to sleep. Also, the baby should wear a one-piece sleeper to reduce the chance of suffocation or strangulation.

- ♥ C- Crib. Do not allow your child to sleep on any other surface besides a crib.

In addition to the ABCs of safe sleep here are a few other tips:



1. Do not let babies sleep on an adult bed, couch, chair, beanbag, waterbed, feather bed, futon or recliner.

2. Do not let babies sleep with other children or pets.

3. A baby should not be in bed with anyone who smokes, even if they don't smoke in bed.

4. A baby should not be in bed with someone who is overly tired, ill or does not wake easily.

HOME HEALTH AIDE SERVICES

Persons over 60 years of age are eligible for Title XX Home Health Aide services, with no charge to the client. The nursing staff at the Warren County Combined Health District can help the patient and family by providing knowledge and skills necessary to provide in-home care in order to maintain loved ones in their own environment. Home Health Aide services are provided to people in their own home who

need personal assistance such as:

- * Bathing
- * Washing their hair
- * Shaving
- * Skin care
- * Helping the client get up and around

If you or a friend or relative are in need of these services call 513-695-1152, 513-261-1152, 513-925-1152, or 937-425-1152 for more information.

The offices of the Warren County Combined Health District will be closed Thursday, January 1 and Friday, January 2.

Our offices will also be closed Monday, January 19th in observance of Martin Luther King Day.

