



NEWS & INFORMATION

WARREN COUNTY COMBINED HEALTH DISTRICT

NO. 285
June 2009

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Health Commissioner

Power Outages and Food Safety

If the power is out for less than 2 hours, then the food in your refrigerator and freezer will be safe to consume. While the power is out, keep the refrigerator and freezer doors closed as much as possible to keep food cold for longer. If the power is out for longer than 2 hours, follow the guidelines below:

For the Freezer Section:

A freezer that is half full will hold food safely for up to 24 hours. A full freezer will hold food safely for 48 hours. Do not open the freezer door if you can avoid it.

For the Refrigerated Section:

Pack milk, other dairy products, meat, fish, eggs, gravy, and spoilable leftovers into a cooler surrounded by ice. Inexpensive Styrofoam coolers are fine for this purpose.

Use a food thermometer to check the temperature of your food right before you cook or eat it. Throw away any food that has a temperature of more than 40 degrees Fahrenheit.

H1N1 UPDATE

Currently there are no confirmed cases of H1N1 Flu in Warren County. There have been several cases in Southwest Ohio with mild illness. Although the outbreak of disease in people caused by the H1N1 influenza virus continues to grow in the United States, it has been less of a public health threat than initially thought. However, it is still important to be prepared and take precautions to limit the spread of disease. Locally, the Health District is continuing to work closely with state and local agencies to monitor the spread of the disease and provide guidance to individuals and families on what they can do to protect themselves. There is no vaccine available

right now to protect against swine flu. There are everyday actions that can help prevent the spread of viruses that cause respiratory illnesses like influenza. The following are tips on what you can do to stay healthy:

- Stay informed. Check local websites for updated information.
- Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after

you cough or sneeze and before eating. Alcohol-based hand cleaners are also effective.

- Try to avoid close contact with sick people.
- If you get sick with influenza, stay home from work or school and limit contact with others to keep from infecting them. It would also be a good idea for the rest of the family to stay home as well. Avoid touching your eyes, nose or mouth.
- Contact your medical provider if symptoms become severe.

For additional information you can visit www.co.warren.oh.us/health or www.cdc.gov/h1n1flu

SWIMMING POOL SAFETY

Every year about 260 children under the age of 5 drown in backyard swimming pools. Too often we hear the grieving parent state "I only looked away for a few seconds!" Unfortunately, just a few seconds is all it takes for a child to drown. Please follow these safety tips and perhaps we all can decrease the number of children who perish in backyard pools:

- Know where your children are at all times.
- Use an approved barrier to separate the pool from the house. Fences should be at least 4-feet high.
- Never allow a child to be

alone near a pool or any water source.

- Have life-saving devices near the pool, such as a pole/hook or a flotation device.
- Always have a phone near the pool.
- Keep large objects such as tables, chairs, toys, and ladders away from the pool fence.
- If you leave the pool area, take the child with you.
- Always have a "designated child watcher".



- If a child is missing, always look first in the swimming pool. Seconds count!
- Just because your child knows how to swim, they are not drown-proof.
- Never use flotation devices as a substitute for direct supervision.
- Make sure that the entrances into the pool are not only latched but also locked. Have a safe summer season and let's keep those children safe around the backyard pool.

RECREATIONAL WATER ILLNESSES

This summer, swimming pools will be filled with millions of people having fun and staying cool. But did you know that germs can contaminate swimming water even if it is treated with chlorine? Learning about recreational water illnesses (RWIs), which are spread by swimming in contaminated recreational waters



such as swimming pools, water-parks, lakes, and the ocean, can protect you from illness. RWIs are caused by germs like “Crypto” (short for *Cryptosporidium*), *Giardia*, *E. coli* 0157:H7, and *Shigella* and are spread by accidentally swallowing water that has been contaminated with fecal matter. How does a pool get contaminated? You share the water with everyone in the pool. If someone with diarrhea contami-

nates the water, swallowing the water can make you sick. The great news is that germs causing RWIs are killed by chlorine. However, chlorine doesn’t work right away. It takes time to kill germs and some germs like “Crypto” are resistant to chlorine and can live in pools for days. That is why even the best maintained pools can spread illness. Therefore, healthy swim-

ming behaviors are needed to protect you and your kids from RWIs and will help stop germs from getting in the pool in the first place. Here are six “PLEAs” that promote Healthy Swimming:

1. PLEASE don’t swim when you have diarrhea. This is especially important for kids in diapers. You can spread germs in the water and make other people sick.

2. PLEASE don’t swallow the pool water. In fact, avoid getting water in your mouth.
3. PLEASE practice good hygiene. Take a shower before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.
4. PLEASE take your kids on bathroom breaks or change diapers often. Waiting to hear “I have to go” may mean that it’s too late.
5. PLEASE change diapers in a bathroom and not at poolside. Germs can spread to surfaces and objects in and around the pool and spread illness.
6. PLEASE wash your child thoroughly with soap and water before swimming. Everyone has invisible amounts of fecal matter on their bottoms that ends up in the pool.

AVOID OVEREXPOSURE TO THE SUN

Summer and everything that goes with it is here. Don’t let fun in the sun and perhaps a more relaxed lifestyle tempt you to neglect proper skin care. Use a sunscreen with an SPF of at least 15. If your sunscreen has been around more than two summers, you

should probably replace it as they can lose strength. Remember that water, sweat and time also cause sunscreens to lose their strength, so reapply



every two hours. No matter how much you use these products on your skin (or your children’s skin) the sun will still cause you to lose moisture. After bathing, use a moisturizer such as Vaseline

REPORTING OF DEAD BIRDS TO THE HEALTH DEPARTMENT

The Ohio Department of Health has informed our office that due to budget constraints they will no longer be testing birds for West Nile Virus. However, the Warren County Combined Health District would still like to know about clusters of dead birds found by residents in Warren County. We use the information we get from

such reports to plan on where we are setting out our mosquito traps. The Ohio Department of Health is still testing mosquitoes for West Nile Virus. If you find several dead birds on your property, please contact our office and make a report on the dead birds. If you have reported dead birds on your property and would be inter-

ested in having a mosquito trap set on your property, please notify our office when you report the dead birds. To report clusters of dead birds, please call 513-695-1220, 513-261-1220, 513-925-1220, or 937-425-1220.