



# WARREN COUNTY COMBINED HEALTH DISTRICT

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

## NEWS & INFORMATION

### SWINE FLU

For the most up to date information please check our website at [www.co.warren.oh.us/health](http://www.co.warren.oh.us/health) or the Centers for Disease Control website at [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu)

### BED BUGS

If you think you might have bed bugs or would like information on bed bugs, please contact the Warren County Combined Health District.

Our staff recently prepared a brochure that describes the bed bug problem and offers solutions for both the property owner and the tenant.

You can contact our Environmental Health Division Staff if you have questions or to obtain a copy of this brochure at 513-695-1220, 513-261-1220, 513-925-1220, or 937-425-1220.

## OHIO OBESITY PREVENTION PLAN

The Ohio Department of Health is pleased to share the Ohio Obesity Prevention Plan. The plan is a response to the state's epidemic obesity rates and to Governor Ted Strickland's directive to the Ohio Department of Health's Office of Healthy Ohio to create a comprehensive obesity prevention plan for the state. The Ohio Obesity Prevention Plan represents a collaborative effort to implement a collection of strategies designed to halt the alarming obesity



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trend. The plan was developed with guidance and contributions from numerous state agencies through the Interagency Executive Committee on Health Investment Strategies. The plan was also informed by input from public survey responses, expert opinion and consideration of multiple state and national recommendations for obesity prevention strategies. The plan identifies the lead and partner state agencies for each objective, but recognizes and anticipates working with associations, local com-

munities and agencies, private sector representatives and others to further develop the action plan and move each objective forward. By working together and following these proposed strategies, we can reach the goal of halting the growth rate in the prevalence of obesity among Ohioans by 2014. The plan and executive summary can also be found on the Office of Healthy Ohio Web site at <http://www.healthyohioipogram.org/>.

## 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 sce-

nario, 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 questions is: Can I plant a garden over my leaching tile field? The answer here is that 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 a 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.

## VACCINATE AGAINST PERTUSSIS

Pertussis – also known as whooping cough – sickens hundreds of Ohioans every year and the Ohio Department of Health (ODH) and the Warren County Combined Health District (WCCHD) wants to help you protect yourself and your loved ones from this vaccine-preventable disease. “This common and potentially serious illness can be prevented with vaccine,” said ODH Director Alvin D. Jackson, M.D. “Please see your doctor to see if pertussis vaccine is recommended for you and your loved ones.” ODH recommends children be vaccinated with the diphtheria, tetanus and pertussis



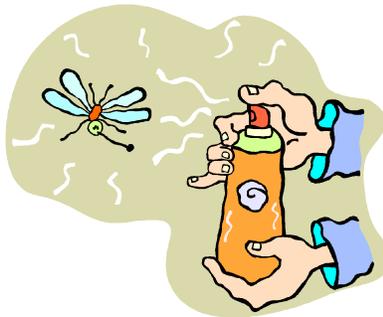
vaccine at 2, 4 and 6 months; again at 12 to 15 months; with an additional dose at 4 to 6 years. Because protection can weaken over time, a booster shot of the diphtheria, tetanus and acellular pertussis is recommended between the ages of 11 and 12. There are vaccines licensed for individuals 10 to 64 years old; please check with your medical providers to see whether they are fully protected. Pertussis is spread when a patient coughs or sneezes while in close contact with others, who may then inhale the bacteria. The dis-

ease is similar to the common cold at first with severe coughing after one to two weeks. Children often experience violent, rapid coughs that forces air from the lungs, creating a loud, “whooping” sound – hence the name whooping cough. Pertussis kills an estimated 10 to 20 Americans every year, according to the Centers for Disease Control and Prevention. People with these symptoms should see their physicians right away, as antibiotics can limit the spread of disease. For more information on immunizations or to schedule an appointment for an immunization at the Warren County Combined Health District please call 513-695-1229, 937-425-1229, 513-261-1229. or 513-925-1229

## PRECAUTIONS WHEN USING INSECT REPELLANT

The Warren County Combined Health District recommends the following precautions when using insect repellents to protect yourself and your children from mosquitoes and ticks:

- Apply repellents only to exposed skin and/or clothing as directed on the product label. Do not use repellents under clothing.
- Never use repellents over cuts, wounds or irritated skin.
- Do not apply to eyes or mouth, and apply sparingly around ears. When using sprays, do not spray directly on face...spray on hands first and then apply to face.
- Do not allow children to handle the product. When using on children, apply to your own hands first and then put it on the child. You may not want to apply to children's hands.
- Use just enough repellent to cover exposed skin and/or cloth-



ing. Heavy application and saturation are generally unnecessary for effectiveness. If biting insects do not respond to a thin film of repellent, then apply a bit more.

- After returning indoors, wash treated skin with soap and water or bathe. This is particularly important when repellents are used repeatedly in a day or on consecutive days. Also, wash treated clothing before wearing

it again. This precaution may vary with different repellents, so check the label.

If you or your child gets a rash or other bad reaction from an insect repellent, stop using the repellent, wash the repellent off with mild soap and water, and call a local poison control center for further guidance. If you go to the doctor because of the repellent, take the repellent with you to show the doctor. It should also be noted that the label for products containing oil of lemon eucalyptus specifies that

they should not be used on children under the age of three years. Other than the precautions above, the Warren County Combined Health District does not recommend any additional precautions for using repellents on children or on pregnant or lactating women.

**The Offices of the Warren County Combined Health District will be closed on Monday May 25th in observance of the Memorial Day Holiday.**

