



# WARREN COUNTY COMBINED HEALTH DISTRICT

## Prevent-Promote-Protect



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## NEWS & INFORMATION

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

### Updated

### Immunization Requirements

The Ohio Department of Health (ODH) announced additional immunization requirements for Kindergarten and 7<sup>th</sup> grade students for the 2010-2011 school year.

**The changes in effect for the 2010-11 school year are:**

- *The addition of a tetanus, diphtheria, and pertussis (Tdap) or tetanus and diphtheria (Td) booster requirement for 7<sup>th</sup> grade.*
- *The addition of a 2<sup>nd</sup> dose of varicella (chickenpox) vaccine for Kindergarten entry.*
- *A requirement that the final dose of polio vaccine be administered on or after the 4<sup>th</sup> birthday for Kindergarten entry.*

These new Ohio requirements more closely reflect recommendations from the Centers for Disease Control and Prevention.

By requiring these doses, ODH believes there will be a significant reduction in outbreaks of these preventable diseases in Ohio schools

### School Time is Vaccination Time

It won't be long before we begin seeing the familiar site of yellow buses in our neighborhoods.

Although this is a sure sign that summer is drawing to an end, the health department would like to remind parents that this last month of summer is a good time to

review your child's immunization record. Most Warren

County schools open the last part of August. Be sure your children are ready for the first day of school by making sure they have received the required immunizations before entering school. The Warren County Combined Health District offers a "Walk-in" immunization clinic for children

every Tuesday from 8:30 a.m.

to 11:30. a.m. Clinic hours also available Tuesday, Thursday & Friday, 7:30 a.m. to 4:00 p.m. **by appointment only.** The Franklin office offers immunizations to children Monday - Friday 7:30 - 4:00 p.m. **by appointment only.** . Fee is a \$5.00 donation per immunization for administration. For an appointment at our Lebanon office please call 513-695-1468, 513-261-1468, 513-925-1468, or 937-425-1468. For the Franklin office please call 937-746-1769.



**PREVIOUS IMMUNIZATION RECORD IS REQUIRED**

### Good Nutrition is Important

Whatever you are doing to stay active this summer, good nutrition will keep you at the top of your game. Here's a look at how you can fuel up to feel great before, during and after your work out.

**Start each day with a full breakfast:** What you eat—or don't eat—for breakfast can have a domino effect on your entire day. By eating breakfast foods that have some protein and a little fat, in addition to complex carbohydrates, your body will be primed for exercise. If you plan to exercise within an hour after breakfast, eat a smaller breakfast or drink something to raise your blood sugar, such as a sports drink.

**Carry a water bottle and stay hydrated:** When your body needs fluid you feel tired and you may even get a headache or muscle cramps. Fluids help your body to stay cool when your muscles are working hard. Start drinking wa-

ter at least 15 minutes before beginning your activity. The rule of thumb is to drink at least one glass of water before and after your work out and every 10-15 minutes during your workout to replace fluid lost in perspiration. The main thing to remember about staying hydrated is to drink regardless of whether you feel thirsty. Thirst is a sign that your body has needed liquids for a while.

**Don't skip meals:** Skipping meals can cause you to run out of energy, make you feel over-hungry and may lead to poor food choices. Plan to eat two to four hours before exercising. If you're short on time before your

workout, a snack of yogurt and a banana is a good choice.

**Refuel after exercise:** Eating a meal or snack immediately after exercising helps your body to get ready for tomorrow. Try "powerhouse" whole foods, including a wide variety of fruits and vegetables, nuts, seeds, legumes, low-fat milk and soy products. **Listen to your body:** When it comes to eating and exercise everyone is different. So pay

attention to how you feel and let your experience guide you on which pre- and post-exercise eating habits work for you. For additional nutritional information please contact Kathy Dickey, the Nutritionist at the Warren County Combined Health District at 513-695-1477, 513-261-1477, 513-925-1477, or 937-425-1477



## Public Health Nuisance Investigation and Abatement Program

A public health nuisance is any act, failure to act, or any condition that is injurious, dangerous, detrimental, or threatens the health, safety, or well-being of any individual or of the public.

It is the duty of the Warren County Combined Health District to investigate and abate any reported environmental conditions which represent a threat to the public's health and safety. Public health nuisances

would include sub-standard housing conditions, refuse and household trash problems, sewage problems, high weed problems, mosquito harborage problems, inoperative motor vehicle problems, animal and pet waste problems, rodent problems, etc. Not all conditions which might represent a nuisance or aggravation to an individual are considered a public health nuisance.

Many such nuisances are what would be termed a "personal nuisance" and do

not fall under the Health Department's jurisdiction. Problems with surface water drainage between neighboring property owners would be an example of a nuisance but not a public health nuisance. If you have a condition in your neighborhood that cannot be resolved in an amicable fashion between neighbors you are encouraged to contact the Warren County Combined Health District Environmental Health



Division and file a complaint. You are not required to give your name when filing a complaint and if you do, it is considered a matter of public record and is available to anyone upon request. Upon receipt of any public health nuisance complaint our environmental health division staff conducts an investigation of the condition reported. If the complaint is found to be valid we attempt to educate the person causing the nuisance

to correct the behavior creating the nuisance. If education fails, orders to correct the nuisance are issued and if the violator does not voluntarily abate the nuisance our policy is to refer the matter to the respective Prosecutor's Office for resolution of the problem through the legal system. Some of the nuisance complaints we receive are in fact, not public health related, and in those cases we will refer the matter to another government agency who might handle that particular problem. To report a nuisance you can either call our environmental health division at 513-695-1220, 937-425-1220, or 513-261-1220. You can also find our nuisance complaint form on the internet at <http://www.co.warren.oh.us/health/forms/27a.pdf>. If you have questions on a nuisance or our nuisance program, please contact Daniel Collins, R.S., Director of Environmental Health at 513-695-1271, 937-425-1271, 513-925-1271 or 513-261-1271.

## Recognizing Poison Ivy

Poison Ivy is a climbing vine and it can grow on the ground, fences, or on trees. The leaves are medium size, about four inches long, are green and glossy, and occur in clusters of three. Poison Oak closely

resembles poison ivy, though it is usually more shrub-like and its leaves are similar to those appearing on regular trees. These plants are inaccurately described as "poison" when "allergic" is a

more appropriate word for the irritation to the skin caused by contact with these plants. These plants produce a sticky substance which contains an active ingredient known as "uroshiol" which produces the allergic reaction of itching red skin



and blistering. The best prevention is learning to recognize the plants and not coming into contact with them. If you are accidentally exposed, wash the exposed area thoroughly with strong laundry soap two or three

times as quickly as possible. The allergen only takes about 10 minutes to establish a skin reaction. Many over-the-counter medications are available for mild cases. If you have a severe allergic reaction you should consult with your physician. For more information

please contact the Environmental Health Division, Warren County Combined Health District at 513-695-1271, 937-425-1271, 513-925-1271 or 513-261-1271.

### Stay Safe & Get Fit with Self-Defense

In a dangerous situation, it is important to act quickly to protect yourself. Knowing what to do can help save you and your property. Many people are beginning to take self-defense classes across the country. Self-defense classes can go from a week-end workshop to an intense martial arts training. Make sure the class focuses on safety tips in a combination of practical physical moves when facing an attacker. Signing up for a self-defense class can help protect you in more ways than one. The physical activity involved in a class can help you get and stay active, which in turn can help lower your risk of health problems. Whether you are working to stay safe or to get more exercise, taking a self-defense class can be a smart move. Call your local police department or community center for possible times and classes.