



# WARREN COUNTY COMBINED HEALTH DISTRICT

## Prevent-Promote-Protect



NO. 291  
March 2010

## NEWS & INFORMATION

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

### PREPARED FOR A TORNADO?

The American Red Cross has outlined a checklist for homeowners to use to prepare for a tornado. The major points of the checklist are:

Designate a place where your family can gather if a tornado is headed your way. Basements or a center hallway or closet on the lowest floor are suggested locations.

Listen to local radio and TV stations for updated storm information and understand what a tornado watch and tornado warning mean.

**Watch** means a tornado is possible in your area.

**Warning** means a tornado has been sighted and may be headed your way.

***Go to safety immediately.***

Assemble a disaster supply kit containing: First aid kit and essential medications, Canned food and can opener, Drinking water—3 gallons per person is suggested, Protective clothing, bedding or sleeping bag, battery-powered radio, flashlight and extra batteries, special items for infants, elderly, or disabled family members. Written instructions on how to turn off electricity, gas and water if authorities advise you to do so.

Spring is the time of year typically associated with tornadoes although a tornado can develop at any time of the year. Take time to be prepared for tornado or any other emergency situation.

### HAVE YOU HAD YOUR WATER TESTED?

The Warren County Combined Health District routinely collects water samples for analysis at an Ohio EPA certified laboratory every Monday and Wednesday. It is recommended, by this office, that if you are on a private water system (well, cistern, etc.) that you have your water tested at least once per year. The standard bacteriological analysis fee is \$44.00 and it takes approximately 3



working days to get results. It is also recommended that if you have a well, you disinfect it at least yearly as part of normal well maintenance. To obtain an instruction sheet on the well disinfection process, contact our office. If you have any questions about private water systems or want to schedule a water sample collection and analysis, please contact the Environmental Health Division, Warren County Combined Health District at 513-695-1220, 937-425-1220, or 513-261-1220.

### H1N1 Flu Vaccination Update

The Warren County Combined Health District is still offering FREE H1N1 Vaccine to all Ohioans.

To schedule an appointment please call 513-695-1229 or for more information on clinic dates and time visit our website at [www.co.warren.oh.us/health](http://www.co.warren.oh.us/health)

### MUSHROOM POISONING

Each Spring and Fall, when the weather is warm and the ground is moist, mushrooms crop up in large numbers. There are about 5,000 types of mushrooms in the United States. The majority of them are harmless. Most poisonings are related to about 100 types, and only about a dozen are considered deadly. Mushrooms are the most dangerous to young children, the elderly and the immunocompromised. Some people are allergic even to the safest mushrooms. The three most dangerous types are called the amanitas, the false morels and little brown

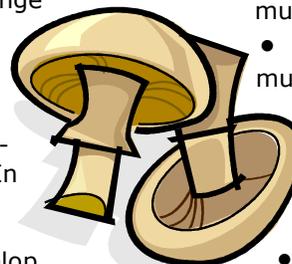
mushroom. Amanitas account for 90% of mushroom related deaths. The consequences of mushroom poisoning can range from a mild stomachache to severe physical distress and possibly death. In most cases, symptoms may not develop until several days after eating the wrong mushrooms. A few precautions you should take to protect yourself and your family include:

- Check your yard for mushrooms before let-

ting small children and pets outside.

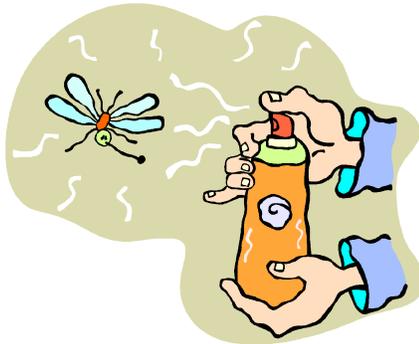
- Teach children not to taste or touch any outside mushrooms.
- Never consume mushrooms found in the wild unless you are certain that the mushrooms have been properly identified as safe.
- Do not eat store purchased mushrooms that are rotting or don't appear fresh.

If you suspect mushroom poisoning call your local Poison Control Center at 1-800-222-1222.



## TAKE STEPS TO MINIMIZE WEST NILE VIRUS AROUND YOUR HOME

It is time to start thinking about mosquitoes and West Nile Virus again. This is a great time of year, while the vegetation is still down, to start looking for those places that provide mosquito harborage areas in and around your yard. The type of mosquito most likely to carry West Nile Virus likes to lay its eggs in small, water holding areas. Usually these are man-



made containers like flower pots, tires, bird baths, buckets, etc. These mosquitoes are often referred to as tree-hole mosquitoes because without man-made containers, these mosquitoes look for holes or depressions in trees that hold water to lay their eggs in. These natural and man-made types of containers are easily seen while the vegetation is down at this time

of year and the sites can easily be eliminated by filling in tree-holes or depressions in trees with cement. Tires should not be stored outside where they can fill with water. Lastly, pick up any containers lying about the yard that can fill with water and put them inside a garage or shed. If you have any questions about WNV or things you can do to minimize your exposure, please contact the Environmental Health Division, Warren County Health Department at 513-695-1271, 513-261-1271, 513-925-1271, or 937-425-1271.

## NATIONAL COLORECTAL CANCER AWARENESS MONTH

Colorectal cancer is a cancer that occurs in the colon or rectum. It's the second leading cancer killer in the US, but it doesn't have to be. If everyone age 50 and older had regular colorectal cancer screenings, more than one third of deaths from this cancer could be avoided. Colorectal cancer affects both men and women of all racial and ethnic groups, and is most often found in people aged 50 years or older. For men, colorectal cancer is the third most common cancer after prostate and lung cancers. For women, colorectal cancer is the third most common cancer after breast and lung cancers. Colorectal cancer screening saves lives. Colorectal cancer almost always



develops from precancerous polyps in the colon or rectum. Regular screenings are important because there may not be any symptoms of the cancer, especially at first. Colorectal cancer screening can find precancerous polyps so that they can be removed before they turn into cancer. Screening tests can also help find colorectal cancer at an early stage, when treatment often leads to a cure. You should begin screening for colorectal cancer soon after turning 50, and then continue at regular intervals. However, you may need to be tested earlier or more often than other people if you or a close relative have had colorectal polyps or cancer or if you have an inflammatory bowel disease. Talk to your doctor about when you should begin screening and how often you should be tested. Most insurance plans and

Medicare help pay for the screening. Colorectal cancer screening saves lives. If you are 50 years or older or if you think you have an increased risk of colorectal cancer talk to your doctor today, about getting screened.

**Daylight Savings Time Begins**  
**Sunday, March 14th.**

