



# WARREN COUNTY COMBINED HEALTH DISTRICT

## Prevent-Promote-Protect



NO. 293  
May 2010

## NEWS & INFORMATION

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Health Commissioner

### NATIONAL WOMEN'S HEALTH WEEK: May 9-15

#### Ohio's

#### Child Passenger Safety Law is in Full Effect

Just a reminder that Ohio's Child Passenger Safety Law began full enforcement on 4/7/2010.

Ohio Revised Code  
4511.81

Every child under 8 years old must ride in a booster seat or other appropriate child safety seat unless the child is 4'9" or taller.

Follow the seat manufacturer's instructions for weight limits and proper use.

Every child 8 years old and over who is not secured in a car seat should be secured in the vehicle's seat belt.

#### Back Seat is Safest:

Children under 13 years old should ride in the back seat.

National Women's Health Week is a weeklong health observance coordinated by the U.S. Department of Health and Human Services' Office on Women's Health. National Women's Health Week empowers women to make their health a top priority. With the theme "It's Your Time," the nationwide initiative



encourages women to take simple steps for a longer, healthier, and happier life. Women are often the caregivers for others and forget to focus on their own health. But research shows that when women take care of themselves the health of their family improves as well. National Women's Health week is a time when we can remind women

about steps they can take to improve their physical and mental health and lower their risks of certain diseases. Important steps include:

- Getting at least 2 hours and 30 minutes of moderate physical activity, 1 hour and 15 minutes of vigorous physical activity or a combination of both each week.
- Eating a nutritious diet.
- Visiting a health care professional to receive regular check ups and preventative screenings.
- Avoiding risky behaviors, such as smoking and not wearing a seat-belt.
- Paying attention to mental health, including getting enough sleep and managing stress.

For more information on this initiative visit: [www.womenshealth.gov](http://www.womenshealth.gov)

#### H1N1 Flu Vaccination Available

The Warren County Combined Health District will hold walk-in clinics for anyone who would like to receive the H1N1 flu vaccine every Wednesday from 4:00 p.m. to 5:00 p.m.

Clinics will also be held every 2nd and 4th Saturday from 9:00-11:00 a.m. The walk-in clinics will be held at the Warren County Combined Health District

416 S. East St. Lebanon. For more information visit our website at [www.co.warren.oh.us/health](http://www.co.warren.oh.us/health)

### DISINFECTION OF PRIVATE WATER WELLS

It is considered good well maintenance to annually disinfect or shock chlorinate your drinking water well with a strong solution of chlorine laundry bleach (5.25% Sodium Hypochlorite). Normal occurring bacteria will multiply in a well and can cause problems if not occasionally killed with a strong chlorine solution. Most of these bacteria pose no health risk but some can cause aesthetic problems with the water. Iron (Sulfur-Reducing) bacte-

ria will feed on the iron in the water, producing hydrogen sulfide as a byproduct. Hydrogen sulfide imparts a rotten-egg taste to the water and can produce a black precipitate at the tap when you turn the faucet on first thing in the morning. Disinfection of the well will eliminate this problem, though depending upon the level of iron in the water; it might



need to be done more than once per year. The Warren County Combined Health District recommends that all wells be disinfected at least once per year to prevent these types of problems. For a free handout on how to disinfect/shock chlorinate your well please contact the Environmental Health Division, Warren County Combined Health District at 513-695-1220, 513-261-1220, 937-425-1220 or at 513-925-1220.

## WILDLIFE IN OUR NEIGHBORHOODS

Most residents of Warren County are quite familiar with many species of wildlife that have adapted quite readily to living in our neighborhoods with us. Even though these animals can appear quite comfortable in the suburban environment, we must remember that they are still wild animals. They will bite you or your pets if they feel threatened. With Spring here, many of these animals will become more evident as they come out of hibernation and begin looking for food and giving birth to their young. It is recommended that you follow certain precautions when dealing with wildlife in the neighborhood:



Make sure pets (dogs, cats, and ferrets) are vaccinated against rabies.

Don't let pets roam unattended outdoors.

Enjoy wildlife from a distance. Do not approach wild animals or try to keep them as pets.

Do not feed wildlife such as raccoons.

Make sure that garbage cans have a wildlife proof lid and are kept in a secure enclosure.

Keep wildlife from living in and around your home by sealing holes and screens.

When you see an animal acting sick, disoriented, aggressive, or overly friendly, **leave it alone**, and call the proper authorities.

Leave wildlife alone and it will usually leave you alone.

Wildlife can be a source of enjoyment when viewed from a distance in your neighborhood. If the animals become a nuisance, then contact a nuisance animal trapper to properly deal with the offending animal. If you have any questions regarding wildlife or wildlife problems in your neighborhood, contact the Environmental Health Division, Warren County Combined Health District at 513-695-1220, 513-261-1220, or 513-925-1220.

## WOMEN, INFANTS, & CHILDREN PROGRAM (WIC)

One of the services offered at the Warren County Combined Health District is WIC. WIC is the Special Supplemental Nutrition Program for Women, Infants, and Children. It helps income eligible pregnant and breast-feeding women, women who recently had a baby, infants, and children up to 5 years old. WIC provides nutrition education, breast-feeding education and support, and supplemental, highly nutritious foods. The program has been shown to reduce infant mortality and the incidence of low birth weight infants by providing support services necessary for full-term pregnancies. WIC also gives infants and children a healthy start in life by helping provide a nutritious diet. In

addition to helping participants have nutritious diets, WIC also promotes health through counseling families on becoming more physically active. Here are some good eating habit tips for families:

1. Start each day with a good breakfast.
2. Have at least 3 meals a day.
3. Drink milk with meals.
4. Eat together as a family.
5. Don't eat meals or snacks in front of the television.
6. Snack on healthy foods.



7. Eat lots of fruits, vegetables, and whole grains.

8. Keep offering new foods to children. It may take several attempts before they will decide to try it.

For more information, please contact the Lebanon WIC office at 513-695-1217, 513-261-1217, 513-925-1217 or 937-425-1217 or the Franklin WIC office at 937-746-9490.

## REPORTING OF DEAD BIRDS TO THE HEALTH DEPARTMENT

The Ohio Department of Health has informed our office again this year that due to budget constraints they will no longer be testing birds for West Nile Virus. This does not mean that the Warren County Combined Health District does not still want 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 interested 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 or 937-425-1220.

**The Offices of the  
Warren County Combined  
Health District will be closed  
on Monday, May 31st  
in Observance of the  
Memorial Day Holiday.**

