



WARREN COUNTY COMBINED HEALTH DISTRICT

Prevent - Promote - Protect



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NEWS & INFORMATION

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

H1N1 Flu Vaccination Update

The Warren County Combined Health District is now 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

The health department is also continuing to coordinate with the schools in Warren County to provide the second dose of H1N1 to the students who are 9 years of age and younger, as recommended by the Centers for Disease Control.



Public Health
Prevent. Promote. Protect.

HEALTHY TIPS FOR A HEALTHY LIFE

EAT HEALTHY: “An apple a day keeps the doctor away.” There is more truth to this saying than we once thought. Eating five or more servings of fruits and vegetables a day and less saturated fat can help improve your health and may reduce the risk of cancer and other disease.



MAINTAIN A HEALTHY WEIGHT: Obesity is at an all time high in the United States. Those who are overweight or obese have increase risks for diseases and conditions such as diabetes, high blood pressure, heart disease and stroke. **GET MOVING:** More than 50 percent of American men and women do not get

enough physical activity to provide health benefits. For adults, thirty minutes of moderate physical activity on most, preferably all, days of the week is recommended. Start slowly, work up to a satisfactory level, and don't overdo it.

BE SMOKE-FREE: Health concerns associated with smoking include cancer, lung disease, and early menopause, infertility, and pregnancy complications. Smoking triples the risk of dying from heart disease among those who are middle-aged. If you smoke – quit today! Help lines, counseling, medications and other forms of support are available to help you quit.

MANAGE STRESS: Job stress poses

a threat to the health of workers and, in turn, to the health of organizations. Balancing obligations to your employer and your family can be challenging. Protect your mental and physical health by engaging in activities that help you manage your stress at work and home. **BE SAFE – PROTECT YOURSELF:** Wear your seat belt, apply sunscreen, wear your helmet, wash your hands and check your smoke detectors in your home. Take steps to protect yourself and others wherever you are. **BE GOOD TO YOURSELF:** Healthy is not merely the absence of disease; it's a lifestyle. Whether it is getting enough sleep, relaxing after a hard day, or enjoying a hobby, it's important to take time for yourself. Pay attention to your health, and make healthy living a part of your life.

PREPARE YOUR CAR FOR WINTER WEATHER

You can avoid many dangerous winter travel problems by planning ahead. Have maintenance service on your vehicle as often as the manufacturer recommends. In addition, prior to winter it is recommended that you have your mechanic check the following:

- Have the radiator system serviced, or check the anti-freeze level yourself with an antifreeze tester. Add anti-freeze, as needed.
- Replace windshield-wiper fluid with wintertime mixture. Check the blades on your windshield wipers. Also,

remember the new law that went into effect that requires all Ohioans to turn on their lights when using their windshield-wipers.

- Replace any worn tires and check the air pressure in all of your tires.

During winter you will also want to keep the gas tank near full to help avoid ice in the tank and fuel lines. It is also a good idea to keep a winter sur-

vival kit in your car in case of an emergency. The kit should include items such as blankets, first aid kit, a can and waterproof matches for melting snow for water, windshield scraper, booster cables, a tool kit, paper towels, a collapsible shovel, and a bag of sand or cat litter in case you get stuck.

Remember, should you become stuck in your vehicle, do not leave the vehicle seeking help. Remain in the vehicle until help comes.



UNDERSTANDING SEVERE/HAZARDOUS WEATHER TERMS

The following is a list of forecast and warning terms that are often heard over the winter months as they are issued by the National Weather Service (NWS):

Winter Storm Outlook: Issued prior to an official Winter Storm Watch. The outlook is given when forecasters believe winter storm conditions are possible. This is usually issued 48 to 72 hours in advance of a winter storm. **Winter Storm Watch:** Alerts the public to the potential for blizzard conditions, heavy snow, significant icing, or a combination of these events. Watches are usually issued 12 to 48 hours before the beginning of a winter storm.

*Heavy Snow: Around six inches of snow in 12 hours or less across northern Ohio, and four to five inches in 12 hours across central and southern Ohio; or around eight inches or more of snow in 24 hours or less across northern Ohio and six inches or more of snow in 24 hours across southern Ohio.

*Significant Icing: Usually an ice ac-

cumulation of ¼ inch or more from freezing rain, and accumulation of ½ inch or more of sleet, or a combination of freezing rain and sleet.

Blizzard Warning: Issued for sustained or gusty winds of 35 mph or more and falling or blowing snow creating visibilities below ¼ mile. These conditions should persist for at least three hours.

Winter Weather Advisories: Issued for accumulations of snow, freezing rain, freezing drizzle and sleet, which will cause significant inconvenience and moderately dangerous conditions.

*For Snow: Three to five inches in 12 hours or less will trigger an advisory for Northern Ohio, while two to three inches will trigger an advisory in central and southern Ohio.

*For freezing rain, freezing drizzle: Any accumulation up to ¼ inch.

*For blowing and drifting snow: When blowing snow will restrict visibility to ¼ mile or less and cause significant drifting snow.

Wind Chill Advisory: Issued when severe wind chill temperatures are expected.



Dense Fog Advisory: Issued when widespread fog will reduce visibility to one quarter mile or less.

It's Not Too Late To Register



A free 6 week smoking cessation class will be offered at the Warren County Combined Health District starting Thursday, January 7th.

Please call 513-695-2475 or email alicia.habermehl@co.warren.oh.us to register.

Funded by Ohio Department of Health
Office: Healthy Ohio
Program: Tobacco Use Prevention and Cessation Program

WORRYING ABOUT A FEW EXTRA POUNDS?

When it comes to weight loss, there's no lack of fad diets promising fast results. But such diets limit your nutritional intake, can be unhealthy, and tend to fail in the long run. The key to achieving and maintaining a healthy weight isn't about short-term dietary changes. It's about a lifestyle that includes healthy eating, regular physical activity, and balancing the number of calories you consume with the number of calories your body uses. If you're worried you may have put on a few



extra pounds this holiday season then consider joining the Weight Management Class at the Warren County Combined Health District. The class is free and is held Monday evenings from 4:00 p.m.- 6:00 p.m. at the health department located at 416 S. East St. in Lebanon. Kathy Dickey, Licensed Dietician at the health department, provides helpful tips each week to help you lose and maintain your weight loss. For more information call 513-695-1477, 513-925-1477, 513-261-1477, or 937-425-1477.



The Warren County Combined Health District will be closed January 18th in observance of Martin Luther King Day.