



Quarter 1 Newsletter

Our mission is to meet the needs of our residents by preventing disease, promoting health, and protecting the environment through high-quality cost-effective services.

Prevent. Promote. Protect.

Read the newsletter and look for Champ the Frog, when you find him [click here](#) to enter the drawing!

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2022 SCPH Annual Report Coming Soon!

Visit our website!

scpublichealth.com

Follow us!



Sandusky County Public Health

2000 Countryside Drive
Fremont, OH 43420
419-334-6377

Reaccreditation Update

In 2022, Sandusky County Public Health (SCPH) started the reaccreditation process that shows continued efforts to adhere to national standards set by the Public Health Accreditation Board (PHAB). SCPH gained accreditation status in 2018 and must apply for reaccreditation every five years. This process consists of addressing the Ten Essential Public Health Services which is a framework used in Public Health to protect and promote all people in all communities. All SCPH staff are involved in the process to work towards reaccreditation status. In addition to the reaccreditation process, SCPH also started to work on two quality improvement projects and performance management goals.



Flu Season Update

In the United States, flu season usually occurs in the fall and winter. While influenza viruses spread year-round, most of the time flu activity peaks between December and February. The overall health impact (e.g., infections, hospitalizations, and deaths) of flu varies from season to season.

Hospitals are required to report influenza associated hospitalizations to the local health department where the individual resides. As of Week 52, there were **34 influenza associated hospitalizations** reported for Sandusky County this flu season.

INFLUENZA ASSOCIATED HOSPITALIZATIONS (OCTOBER 2, 2022-DECEMBER 31, 2022)	
TOTAL HOSPITALIZATIONS:	34
INFLUENZA A:	97.1%
INFLUENZA B:	0%
UNTYPED:	2.9%
MEDIAN AGE:	66.5 years
UNDERLYING HEALTH CONDITION:	67.6%

Visit www.scpublichealth.com/flu-activity to view monthly reports throughout the 2022-2023 flu season.

Spooktacular 2022 Recap



On October 27, 2022 Prevention Partnership and Sandusky County Public Health in partnership with Terra State Community College, were able to host and bring back “Spook”tacular. This event had not been held since 2019, and after a three year break due to the pandemic, the event was able to be brought back to Terra State with much success as 307 people attended, there were over 22 vendors with different activities, inflatable games, and trick or treating for youth. To help encourage people to attend, we hold a contest with all of Sandusky County Elementary Schools to whomever has the highest percentage of their students attend “Spook”tacular, will receive



\$75.00 for their prevention efforts that school year, pictured are the winners of the contest in 2022, Otis Elementary. This was a great opportunity for families to spend time with their children, trick or treating regardless of how the weather turned out, and to provide all types of education on traffic safety, medication safe storage, nicotine, and many more topics. We are looking forward to hosting this event again in 2023 and many more events in our communities in this coming year. We hope to see you there!

We would also like to thank our Red Ribbon Week Sponsors for making this all possible!



WIC 2022 in Review

In 2022, our WIC program served 718 new participants in Sandusky County. The average caseload per month was 865 participants, and an average 42 referrals were made monthly to prenatal and pediatric health care or other maternal and child health and human service programs. Our breastfeeding rates remained strong with an average of 50% of all postpartum women on the WIC program initiating breastfeeding their infant in the first month of life, and 43% continuing to exclusively or partially breastfeeding.

We were happy to welcome our participants back into the office in May of 2022 for full appointments while still offering appointments over the phone for those who prefer not to bring their infants or children into the office.

We were also able to return to some community outreach events this year! This summer we attended the Downtown Fremont Farmers Market to distribute our seasonal Farmers Market Coupons, provided nutrition education and a fun nutrition game at the Grove Fest, Fremont Community Cookouts, and ProMedica Family Fest. We also look forward every August to celebrate Breastfeeding Awareness Month by providing breastfeeding goodie bags to newly delivered mothers at both ProMedica Memorial Hospital and The Bellevue Hospital. You may have also seen a couple of our WIC billboards in your community! We look forward to being able to attend all of these events again in 2023!



Stay Healthy in Winter Weather

Winter can be tough on our bodies – we are exposed to many cold and flu viruses, and when outside the cold temperatures can be dangerous. Here are some tips to keep you and your family healthy:

- ⇒ **Wash your hands.** Washing your hands regularly, and particularly before you touch your face or eat, is one of the most effective ways to avoid getting sick.
- ⇒ **Get a flu shot.** While a flu shot won't protect you from the common cold, it will lower your risk of getting a serious case of the flu, which at best means a week in bed and at worst leads to dangerous complications. This is particularly true for children and the elderly, who are more likely to develop serious complications from the flu.
- ⇒ **Stay up to date with COVID vaccines.** They are effective at protecting you from getting seriously ill, being hospitalized, and dying. Updated boosters are now approved for ages 6 months and older.
- ⇒ **Eat right, drink plenty of fluids, and exercise.** Though it is easy to skip workouts in dark cold weather, or to snuggle on the couch with a less-than-healthy snack after a long day, letting healthy nutrition and exercise habits slide could weaken your immune system. Drink plenty of fluids before and during activities in the cold. You may not feel as thirsty in cold weather, but you still lose fluids through your sweat and when you breathe.
- ⇒ **Dress in layers.** You need a lightweight inner layer that wicks sweat away from skin, an insulating middle layer, and a water-resistant outer layer for the best protection.



Quitting Smoking. For Good.

Quit Smoking. This is a common New Year's Resolution among nicotine users. You know it's not good for your health and want to quit but aren't sure where to start or how to be successful. The Ohio Tobacco Quit Line (OTQL) can help you with starting your quit journey and give you the tools you need to quit for good.

The Ohio Tobacco Quit Line is a free quit program for all Ohioans over the age of 18 provides free telecounseling and

eCoaching. They work with you to create a personalized quit plan just for you. Each person is offered free nicotine replacement therapy in the form of patches, gums, or lozenges for every coaching session that is completed. You can sign up for motivational text messages and they have a 24/7 hot-line to help you get through cravings or provide additional support between counseling sessions. Using a quit line for added support increases your chances of quitting for good.

Enrolling in the Ohio Tobacco Quit Line is easy. You can either call 1-800-QUIT-NOW (1-800-784-8669) or visit ohio.quitlogix.org.

Other Tips for Quitting:

- * Talk to your doctor about quitting.
- * Make a quit plan. Pick a date that you want to start your quit journey.
- * Learn your smoking triggers and how you will overcome them.
- * Download a quitting app such as quitSTART to help you
- * Learn about common withdrawal symptoms and how to overcome them
- * Find support from family and friends

For additional quit tips and resources, you can visit cdc.gov/tobacco

NEW YEAR'S
RESOLUTIONS

- Quit smoking/vaping
- Feel better physically
- Breathe easier
- Spend less money on nicotine products
- Have better quality of life

SANDUSKY COUNTY
PUBLIC HEALTH
12/2022

Upcoming Vaccine Clinics:

Location: Sandusky County Public Health–
2000 Countryside DR. Fremont, Ohio 43420

Dates & Times:

COVID-19 Vaccine Clinic: Wednesdays from 8:30-4:00 & Thursdays from 3:00-6:00 visit
<https://www.scpublichealth.com> to schedule!

Immunization Clinics: For all ages Mondays-Wednesdays 8:00-4:00, Thursdays 8:00-6:00, & Friday 8:00-2:00
for an appointment please call 419-334-6377

Flu Shot Clinics: Appointments available or Walk-ins welcome!



Important Upcoming Dates:

Board of Health Meetings:

January 20, 2023

February 17, 2023

March 17, 2023

*All meetings held at Sandusky County Public Health
and will begin promptly at 8:30.*

Health Department Closings:

Martin Luther King Jr. Day 1/16

Presidents Day 2/20

Microwave Oven Safety from the Environmental Health Division

Did you know the U.S Food & Drug Administration regulates the production of microwave ovens? Manufacturers must meet safety performance standards created and enforced by the FDA. Microwaves cook by electromagnetic radiation causing water molecules in food to vibrate producing heat which cooks the food. This type of radiation does not pose risks like x-rays.

Safety tips include...

1. Always follow the manufacturer's guidelines.
2. Never use a microwave if the door hinges, latch, or seals are damaged. Microwaves are equipped with a safety interlock switch which should prevent the oven from operating if the unit is damaged.
3. Use the proper containers for heating food, so check the labels. Never use metal pans or aluminum foil in a microwave. Some plastic containers can become weakened during the cooking process so beware!
4. Most injuries occur from spilling hot food. So, use proper containers and use hot pads when removing containers from the oven to prevent burns!
5. If defrosting food, continue the cooking process immediately. Don't wait, as bacteria can multiply rapidly which can make you sick.
6. When reheating leftovers, heat to an internal temperature of 165°F
7. Don't forget to clean up those spills & splatters!



Customer Satisfaction Survey

Tell us how we are doing

Complete the Survey in [English](#)

Complete the Survey in [Spanish](#)