



Quarter 3 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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**Sandusky County
Public Health**

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

New Employee Spotlight!

We are excited to welcome our four new staff members to our team, Steph Carter, Matthew Kuyken, Trevor Richards-Baines, and Travis Bates!



Steph is an RN who comes to us with 24 years of nursing experience.

After many years in Cardiac ICU nursing at The OSU Medical Center, and University Hospitals of Cleveland, she has spent the last 10 years working in Occupational Health and Wellness, and Business Outreach for Mercy Health Tiffin Hospital, where she continues to work, while also assisting in Cardiac Rehab, and in overseeing the Covid vaccine clinics, as well as flu immunization clinics.

Steph is married to her husband, Bobby Carter, and they enjoy two sons. Reece Carter, who recently graduated high school this year, and Ayden Carter who is entering his Senior year at Ross. Steph enjoys spending time with her family, and two beloved dogs, Boa and Diesel.

Matthew Kuyken is a new Sanitarian Specialist in Training here at SCPH. Matthew graduated from Fremont Ross High School in 2018. He attended Malone University and graduated with a Bachelor of Arts in Zoo and Wildlife Biology in 2022 and minored in Environmental Science and Psychology. While at Malone, Matthew competed in Cross Country and Indoor and Outdoor Track. He enjoys golfing, looking for salamanders, and watching sports in his free time. Some of Matthews accomplishments include satellite tagging sharks with the University of Miami and conducting research on salamanders in Northeast Ohio during his junior and senior years at Malone.

Trevor Richards-Baines is also one of SCPH’s newest Sanitarian Specialist in Training. Trevor is 25 years old and is eager to get his career started after college. Trevor is originally from Sandusky, Ohio, the home of Cedar Point as many of you know! He went to college at Marshall University and graduated in 2019 with a Bachelor’s in Health Science with a minor in Psychology. Trevor is laid back and can be found cracking jokes around the office. Trevor’s hobbies include basketball and going on hiking trails with his dog Roscoe. A fun fact about Trevor is that he used to be the mascot for the Thundering Herd at Marshall University.

Travis Bates has also joined the SCPH as a part-time Sanitarian Specialist in Training. Travis is from Rockford Ohio and graduated from Huntington University in 1991 where he competed in Track and Field.

Travis has been married for 28 years to Debbie with two daughters Allison (26) and Morgan (24). He has been teaching biology, physical science and coaching at Fremont Ross for 31 years. Travis has been the head girls track coach since 2012 along with coaching the



Pictured left to right: Matthew, Trevor, Travis

Reaccreditation Update

Sandusky County Public Health (SCPH) achieved national accreditation status from the Public Health Accreditation Board (PHAB) in November 2018. This voluntary national program is designed to help improve public health practices and quality of services of health departments in the nation. To maintain accreditation status, a health department is required to begin a new accreditation cycle every five years. With updated guidance and requirements from PHAB being released in early 2022, Sandusky County Public Health has initiated the preparation step of the process with the review of agency programs, policies, plans, and day to day operations. This step involves all agency staff and will demonstrate continued accountability to stakeholders, capacity to evolve, improve, and advance to ensure our community receives the highest quality of care. Our goal is to achieve reaccreditation status in early 2024.



Importance of Immunization in Children

As parents, we all want to do what is best for our children, including protecting them and keeping them safe. One of the best ways to protect them is to make sure they have all their vaccines.

Immunizations can save your child's life. Some disease that once injured or killed thousands of children, have been eliminated completely, or almost eliminated due to safe and effective vaccines, such as the polio vaccine.

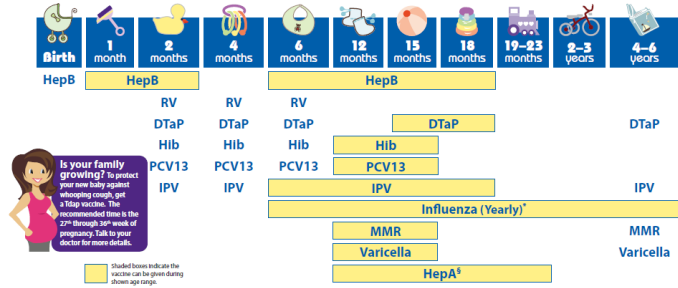
Vaccines are very safe and effective. Vaccines are only given to children after long and careful review by scientists and health care professionals. Some vaccines may cause side effects, but the benefits of getting vaccinated are much greater than the possible side effects.

Immunizations protects others you care about. Children in the US still get vaccine preventable diseases. In recent years, the US has seen a resurgence of measles and whooping cough (pertussis). According to data from the CDC, there have been about anywhere between 10,000

and 50,000 cases of pertussis each year in the US, and 10 to 20 babies, many who are too young to be fully vaccinated, die each year. Some children cannot receive vaccines due to underlying health issues, so its up to others to keep those children safe by being vaccinated. Vaccination not only protects your child, but other children as well.

Now is the time to see if your child is up to date on their vaccinations. Call your local health department or your child's health care provider today to see if they are behind. Data from the CDC shows that children are behind on their routine vaccines due to the COVID pandemic. **Also, with school just around the corner, now is the time to schedule their back-to-school vaccines.** Clinics available for all ages Mondays-Wednesdays 8:00-4:00, Thursdays 8:00-6:00, & Friday 8:00-2:00. **Call 419-334-6367 to schedule your appointment today!**

2022 Recommended Immunizations for Children from Birth Through 6 Years Old



Is your family growing? To protect your new baby against meningitis, cough, and a 5th vaccine, the recommended time to the one through 3rd level of pregnancy. Talk to your doctor for more details.

Shaded boxes indicate the vaccine can be given during shown age range.

COVID-19 VACCINATION IS RECOMMENDED FOR AGES 5 YEARS AND OLDER.

NOTE: If your child misses a shot, you don't need to start over. Just go back to your child's doctor for the next shot. Talk with your child's doctor if you have questions.

FOOTNOTES:
 * Two doses given at least four weeks apart are recommended for children age 6 months through 8 years of age who are getting an influenza (flu) vaccine for the first time and for some other children in this age group.
 * Two doses of HepA vaccine are needed for lasting protection. The first dose of HepA vaccine should be given between 12 months and 24 months of age. The second dose should be given 6 months after the first dose. All children and adolescents over 24 months of age who have not been vaccinated should also receive 2 doses of HepA vaccine.
 † If your child has any medical conditions that put her or him at risk for infection or is traveling outside the United States, talk to your child's doctor about additional vaccines that he or she may need.

See list B page for more information on vaccine preventable diseases and the vaccines that prevent them.

For more information, call toll-free 1-800-CDC-INFO (1-800-232-4636) or visit www.cdc.gov/vaccines/imzparents



U.S. Department of Health and Human Services Centers for Disease Control and Prevention



American Academy of Pediatrics

Childhood vaccines schedule birth 6 years of age. [Click here for full graphic.](#)

Recommended vaccine schedule for ages 7 through 18 years. [Click here for full graphic.](#)

INFORMATION FOR PARENTS 2022 Recommended Immunizations for Children 7-18 Years Old

Age	Flu	Tdap	HPV	Meningococcal	Pneumococcal	Dengue	Hepatitis B	Hepatitis A	Polio	MMR	Chickpox
	Influenza	Tetanus, diphtheria, pertussis	Human papillomavirus	MenACWY	MenB					Measles, mumps, rubella	Varicella
7-8 Years	Shaded	Shaded		Shaded						Shaded	Shaded
9-10 Years				Shaded		ONLY in places where dengue spreads					
11-12 Years				Shaded							
13-15 Years				Shaded							
16-18 Years				Shaded							

More information:
 - Shaded boxes indicate when the vaccine is recommended for all children unless your doctor tells you that your child cannot safely receive the vaccine.
 - These shaded boxes indicate the vaccine SHOULD be given to all children in catching up on missed vaccines.
 - This shaded box indicates children not at increased risk MMR get the vaccine if they wish after speaking to a provider.
 - These shaded boxes indicate the vaccine is recommended for children with certain health or lifestyle conditions that put them at an increased risk for serious diseases. See vaccine-specific recommendations at www.cdc.gov/vaccines/imzparents/.
 - This shaded box indicates children not at increased risk may get the vaccine if they wish after speaking to a provider.

COVID-19 vaccination is recommended for ages 5 years and older. Talk to your child's doctor or nurse about the vaccines recommended for their age.

Logos for CDC, U.S. Department of Health and Human Services, American Academy of Pediatrics, and AAFP.

August is Breastfeeding Awareness Month

It's another year to nationally honor and celebrate breastfeeding! August is breastfeeding awareness month with specific weeks in the month to recognize diverse groups of women. We have a little acronym we use in WIC called BAM (Breastfeeding Awareness Month). BAM is a very special time of the year for the WIC staff. We like to do as much outreach as we can to promote breastfeeding during this month. Our BAM plans often take several weeks to plan, and we often start hashing out details during May! This year we are happy to have our new breastfeeding coordinator, Alyssa Davidson, to assist our WIC team with our activities and celebrations.

A time honored tradition we do during BAM is that the breastfeeding coordinator and the breastfeeding peer helper will go to our two local hospitals to draw chalk art on their sidewalks and entrance walkways. All of our artistic designs are for promotion of BAM and outreach for our local WIC office. The WIC office will also be donating tee shirts to the delivery unit nurses and breastfeeding goodie bags for new moms in our community!

Another tradition is placing BAM billboards throughout Sandusky County to encourage and support breastfeeding. There is no Big- Latch On event this year, however, this has not stopped us from planning a get together for our WIC moms! While plans are still being finalized, we will be hosting a breastfeeding event for our moms at the office. We will have some giveaways, goodie bags, and also have WIC staff and WIC moms paint rocks with breastfeeding messages and promotional art.

We are also restarting our infant feeding class again in August, with a completely newly design and format. We are excited to restart this class as well as our breastfeeding support groups in August! We hope to have a great BAM 2022, and we hope you will join us in supporting breastfeeding mothers everywhere!



WABA | WORLD BREASTFEEDING WEEK 2022



For more information on these upcoming events or how to apply for WIC benefits, contact our office at 419-334-6363.

August 31st, International Overdose Awareness Day

Each year, International Overdose Awareness Day (IOAD), is held on August 31. It is a global event to raise awareness that overdose death is preventable, reduce the stigma associated with drug-related death and provide support to families of overdose victims. The day is set aside to acknowledge the grief felt by families and friends remembering those who have died or had a permanent injury because of drug overdose.

Another goal of the day is to spread information about how to detect signs of substance abuse and overdose, and what to do when encountering a person who may be having an adverse reaction to a drug.

IOAD is a time to remember and a time to act. It is also a day of hope, in recognition of the tens of thousands of lives that have been saved from overdose and serves as a call to further action to end the overdose crisis. Promoting the day helps to spread the message that addiction is a disease, and that with help and awareness, lives can be saved.

The signs and symptoms of an opioid overdose emergency can include:



Unusual sleepiness or unresponsiveness



Breathing will be slow or absent



Slow heartbeat or low blood pressure



Skin feels cold and clammy



Pupils are tiny



Nails and lips are blue



Purple and silver are the colors adopted by IOAD. Silver is the awareness color for drug overdose, while purple is the awareness color for opioid addiction.

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 Walk-ins welcome or 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



Important Upcoming Dates:

Board of Health Meetings:

7/15/2022

8/19/2022

9/16/2022

All meetings held at Sandusky County Public Health.

Health Department Closings:

7/4/2022 Happy 4th of July!

9/5/2022 Happy Labor Day!

9/14/2022 Employee Staff Development Day

Come see us at community events!	Community Cookouts	Farmer's Markets
Help Me Grow	July 20th August 2nd	August 6th September 25th
Health Education	July 20th August 2nd	August 6th
WIC	July 20th August 2nd	September 17th
Cribs for Kids	July 20th August 2nd	

Cookout- Wednesday, July 20th, 6pm-8pm at Rodger Young Park.

Cookout- Tuesday, August 2nd, 6pm-8pm at Ozzie Rauch Park (2nd St. Fremont)

Farmers Markets are held on S. Front Street in Downtown Fremont from 9am-1pm



April is Alcohol Awareness month. During April, we discussed the dangers of underage drinking and wanted to hear from Sandusky County students. We invited any 6th through 12th grader to submit their original short essay on the following topic; Who in their life inspires them to be drug, alcohol and tobacco free. We also like to see their creativity and encouraged them to draw a picture as well!

Our winner this year was Camryn Gomez, a 6th grader at BHCS-SJCC. He received a certificate recognizing him as the 2022 Alcohol Awareness Essay Contest Winner as well as a Bluetooth speaker, and many coupons to businesses around Sandusky County. Camryn also submitted a poster that was a sun showing who in his life are his true heroes of why he chooses to be drug and alcohol free. Congratulations Camryn and we will continue to cheer you on as you stay drug and alcohol free!



Customer Satisfaction Survey

Tell us how we are doing

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Complete the Survey in [Spanish](#)

