



SANDUSKY COUNTY
PUBLIC HEALTH

Quarter 4 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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scpublichealth.com

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**Sandusky County
Public Health**

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

Staff Recognition

On Wednesday, September 14th, 2022 Sandusky County Public Health held our 7th annual Staff Development Day at Creek Bend Farm, in Lindsey. During this all day training topics and presentations included, Bloodborne Pathogens, Performance Management, Diversity and Inclusion presented by Chari Mullens of the City of Fremont, Customer Service presented by Tim Wasserman, and PAWS (Pet Assisted Wellness Services) Presented by Kelly Garza from the Zepf Center.

Along with the topics SCPH employees reviewed all required accreditation plans and trainings and participated in team building activities presented by our own Jim Posey.

The day ended with employees being recognized for their years of service. Jane Molyet, RN, Public Health Nurse running our Cribs for Kids Program and Martha Bowen, REHS Director of Environmental Health celebrating 30 years of service. Nikki Willis, RN Public Health Nurse in our Family Planning division celebrating 25 years of service. Wendy McNelly, Help Me Grow Supervisor, celebrating 20 years of service. Charlotte Stonerook, Health Education Coordinator celebrating 15 years of service, and Angie Ruth, WIC Director celebrating 10 years of service.



Pictured from left to right:
Angie , Wendy, Nikki, Jane, & Martha

Kim Holman, RN, Public Heath Nurse, Amy Reed, WIC Clerk, Sarah Eden, RN, Public Health Nurse, Jennifer MacDonald RD, LD, CLS, Andrea Rodriguez, Environmental Health Clerk, Morgan Call, Emergency Response Coordinator, Nina Johannsen, REHS, and Vidalia Halbisen, Health Educator are all celebrating one year of service at Sandusky County Public Health.

Pictured top left to right:



Vidalia, Kim, Sarah, & Jennifer

Pictured bottom left to right:

Morgan, Amy, Andrea, & Nina

SCPH continues to provide staff development through the year but will not have another full day of training until fall of 2023.



Nationwide Initiative Highlights Importance of Infant Safe Sleep

The final passage of the Safe Sleep for Babies Act represents a huge victory for children's health and is the accomplishment of safe sleep advocates including physicians, nurses, and parents. By banning the sale of dangerous crib bumpers and inclined sleepers nationwide, this legislation will send a clear message to families with infants. The Safest sleep environment for babies is a firm, flat, bare surface.

Follow these updated 2022 guidelines from the American Academy of Pediatrics (AAP)

- * Place baby "Back to Sleep for Every Sleep"
- * Use a firm, flat surface to reduce the risk of suffocation
- * Feeding of human milk is associated with a reduced risk of SIDS
- * Infants should sleep in a separate sleep surface next to the parent's bed, ideally for the first 6 months
- * Keep all soft objects, pillows, quilts, blankets, bumper pads out of the infants sleep area to reduce the risk of suffocation, entrapment, and strangulation
- * Offer a pacifier at naptime and at bedtime to reduce the risk of SIDS
- * Avoid smoke and nicotine exposure during pregnancy and after birth
- * Avoid Alcohol, marijuana, opioids, and illicit drug use during pregnancy and after birth
- * Avoid overheating and head covering in infants
- * Obtain regular prenatal care
- * Keep up to date on all childhood immunizations recommended by the AAP and CDC
- * Do not use home heart/ respiratory monitors as a strategy to reduce the risk of SIDS
- * When baby is awake and alert, offer supervised tummy time increasing the time 15-30 minutes total daily time by age 7 weeks
- * Avoid the use of commercial devices that are inconsistent with safe sleep recommendations



Sandusky County Public Health continues to promote safe sleep for infants by offering the Cribs for Kids program for families in need of a safe place for their infants to sleep. The mission of the Cribs for Kids program is to prevent infant sleep related deaths by educating parents and caregivers on the importance of practicing safe sleep for babies.

[To review the complete updated American Academy of Pediatrics \(AAP\)2022 Recommendations for Reducing Infant Deaths in the Sleep Environment, click](#)

For more information on the Cribs for Kids program, call 419-334-6377.

Family Planning

RHWP better known as Family Planning has been in existence since the 70's providing a variety of services for adolescents and adults to help plan and prevent pregnancy. Services include yearly exams and PAP tests, STI/STD screening and treatment, birth control, and pregnancy testing. Our program at Sandusky County Public Health has started telehealth services over the past 2 years. Sandusky County Public Health has been initiated to be a **PrEP** (Pre-Exposure Prophylaxis) provider for our county to help prevent HIV transmission. Best of all we have an outstanding staff to provide these services and serve those with or without insurance.

To schedule an appointment call 419-334-6377!

November is Early Childhood Mental Health Awareness Month!

The term "mental health" for young children can seem questionable to some, as it is associated closely to mental illness. However, the two are quite different from one another as mental illness refers to a problem (illness) and mental health focuses on something positive (health). When referring to early childhood mental health we are focusing our attention to the *positive* results of early intervention for children who are experiencing challenges socially and emotionally so that they can be successful learners in the future before problems become more serious. Healthy social and emotional development for children includes learning to express and regulate their emotions, forming close and secure relationships and learning to explore their environment.

Tips on Healthy Social and Emotional Development

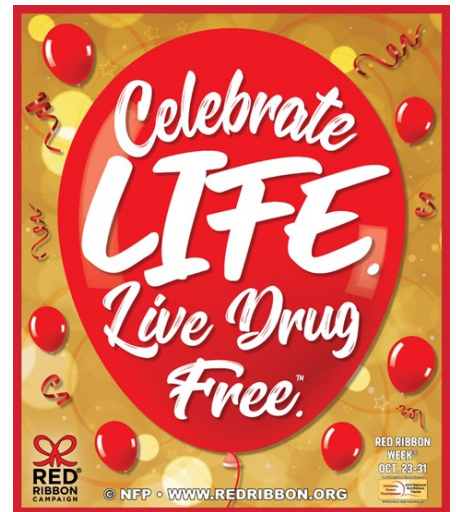
Take time to observe your child to find out what really makes him or her tick. • Be affectionate. • Help your child learn to resolve conflict in appropriate ways. • Support your child's developing skills • Help your child experience give-and-take relationships. • Help your child feel safe. • Ask for help from others when you need it. • Help your child respect differences and appreciate their own and others' culture.

Red Ribbon Week 2022

Since its beginning in 1985, the Red Ribbon has touched the lives of millions of people around the world. In response to the murder of DEA Agent Enrique Camarena, angered parents and youth in communities across the country began wearing Red Ribbons as a symbol of their commitment to raise awareness of the killing and destruction caused by drugs in America. Enrique (Kiki) Camarena was a Drug Enforcement Administration Agent who was tortured and killed in Mexico in 1985. When he decided to join the US Drug Enforcement Administration, his mother tried to talk him out of it. "I'm only one person", he told her, "but I want to make a difference." On Feb. 7, 1985, the 37-year-old Camarena left his office to meet his wife for lunch. Five men appeared at the agent's side and shoved him in a car. One month later, Camarena's body was found. He had been tortured to death. In honor of Camarena's memory and his battle against illegal drugs, friends and neighbors began to wear red badges of satin. Parents, sick of the destruction of alcohol and other drugs, had begun forming coalitions. Some of these new coalitions embraced Camarena's belief that one person can make a difference. These coalitions also adopted the symbol of Camarena's memory, the red ribbon.

Sandusky County Public Health and Prevention Partnership Coalition takes the lead in planning Red Ribbon Week activities and prizes for each of our elementary schools in Sandusky County. They provide boxes to each of the schools filled with activities and prizes to be handed out to the students such as red ribbons, pencils, stickers, and they always provide new playground equipment to each school like basketballs, soccer balls, footballs, and kickballs to make sure they can have fun and exercise with out in the playground and be reminded of the drug-free message throughout the school year.

Sandusky County Public Health and Prevention Partnership also hosts an evening event each Red Ribbon week in partnership with Terra State Community College, Spooktacular. Due to the pandemic, we have not been able to host this event since 2019. We are very excited to say that we will be having the event this year on October 27th, 2022 from 5 pm to 7 pm at the Student Activity Center at Terra State. This provides a safe place for kids to dress up in their Halloween costumes, come get their faces painted, trick or treat, and many more family fun activities.



Recap of Breastfeeding Awareness Month

We recently celebrated Breastfeeding Awareness Month, which occurs every August! This year's slogan was "Step Up for Breastfeeding: Educate and Support," so we did just that! We collaborated with ProMedica Memorial Hospital and The Bellevue Hospital, to paint positive breastfeeding pictures on each facilities windows, and wrote positive breastfeeding messages on their sidewalks. We also provided breastfeeding education and goodie bags to their maternity patients. We displayed Breastfeeding Awareness Billboards throughout the county, and our Breastfeeding Coordinator and Breastfeeding Peer Helper hosted an Infant Feeding Class and Breastfeeding Support Group meeting for our WIC Mothers in the office. If you or someone you know needs breastfeeding education and support, our WIC office has four lactation specialists on staff to help! Call the WIC office at 419-334-6363.



Artwork at Bellevue Hospital

At work done by Sandusky County Public Health's own Melinda our Breastfeeding Peer Helper and Alyssa our Breastfeeding Coordinator.



Artwork at SCPH

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: Monday October 3rd from 9:00-6:00, Monday October 17th from 9:00-4:00, and Monday October 31st from 9:00-4:00 for an appointment please call 419-334-6377



Important Upcoming Dates:

Board of Health Meetings:

10/21/2022

11/18/2022

12/16/2022

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



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Health Department Closings:

10/10/2022 Columbus Day

11/11/2022 Veterans Day

11/24/2022 Happy Thanksgiving!

11/25/2022 Day after Thanksgiving

12/26/2022 Merry Christmas!

Smoke Alarms Save Lives!

In today's time it is very easy to be put in a situation that causes you to wish you were better prepared for that event. Smoke detectors are just one of the many measures you can take to ensure you and your family escape harms way. In the event of a fire, the smoke detector senses the smoke and alerts all in the vicinity that danger is in the home. There are three different type of smoke detectors. The first being what's called an ionization smoke alarm, the second is called a photo-electric alarm, and the last type of smoke detector is a combination of both. Ionization smoke alarms detect flaming fires marginally earlier than photo-electric alarms. Photo-electric alarms detect smoldering fires and fires starting in remote areas earlier than ionization alarms. Whichever smoke detector you chose, test them according to the manufacturer's guidelines and replace the batteries as recommended.

Turkey Basics from the Environmental Health Division

The best way to thaw a turkey for that big Thanksgiving Dinner is by placing it on the bottom shelf of the refrigerator. This will prevent any cross contamination of other foods if those juices spill out. Allow about 1 day of thawing time for every 4-5 pounds of turkey.

If thawing the turkey in the microwave, it must be cooked immediately after thawing because some areas of the meat become warm and begin to cook during the microwaving process. Do not use the color of the meat as an indicator that the turkey is done. Be sure to cook that bird to a minimum temperature of 165° F by checking the temperature in the thickest part of the breast meat.



If you place stuffing inside the turkey, make sure the internal temperature of the stuffing is a minimum of 165° F. Refer to the cooking chart on the website at [food safety and inspection service USDA](https://www.ams.usda.gov/food-safety-and-inspection-service-usda) for cooking times per pound of turkey.

Customer Satisfaction Survey

Tell us how we are doing

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Complete the Survey in [Spanish](#)