

## November 2022

### Important Dates & Info.

Diabetes Awareness Week –  
11/11/2022 thru 11/17/22

G.E.R.D. Awareness Week –  
11/23/2022 thru 11/29/2022

Alzheimer's Disease  
Awareness Month - 11/2022

World Diabetes Day –  
11/14/2022

Diabetic Eye Disease Month –  
11/2022

National Healthy Skin Month -  
11/2022

Thanksgiving Day –  
11/24/2022

Veterans Day – 11/11/2022

**November is American  
Diabetes and National  
Epilepsy Month!**

**Fall is in full swing, look at  
the leaves!**

#### **Holiday Trivia Challenge:**

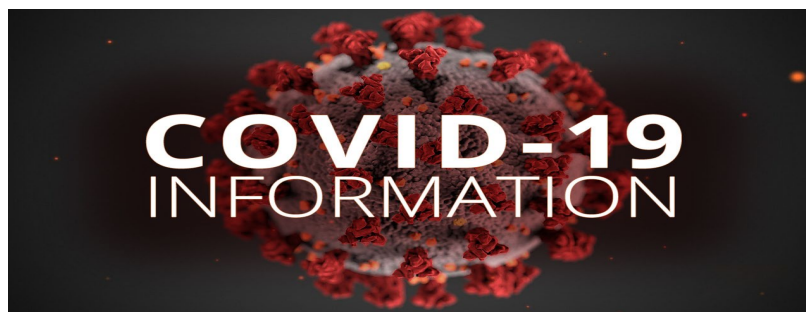
Be the first to answer and win  
\$10 dollars.

**How long was the first  
Thanksgiving celebration?**

Please do not use the internet!  
First to come, is first served with right  
answer!  
There can only be one winner!

# Trumbull County Combined Health District Newsletter

Vol. I, Issue 9., (November 2022).



#### **Covid-19 Vaccine Clinics**

The TCCHD has been and continues to work diligently against the Covid-19 virus and Pandemic within Trumbull County. Throughout the month of November, the TCCHD will hold Covid-19 vaccination clinics throughout all of Trumbull County. Please contact the Nursing division of the TCCHD at 330-675-2489 for details about those clinics. All 3 vaccinations (Pfizer, Moderna, and Johnson & Johnson) are generally available. Covid-19 booster shots are also available!

#### **Covid-19 Testing**

Currently the TCCHD has a number of over the counter and home Covid-19 test kits. Anyone interested in receiving at home/over the counter test kits should reach out to the nursing division of the TCCHD at 330-675-2489. Meanwhile, if possible continue to mask, maintain safe distance from others, wash your hands, and get vaccinated. These measures will help protect you from COVID-19.

#### **Covid-19 Data**

##### **As of October 17<sup>th</sup>, 2022:**

- The TCCHD has administered approximately **43,042** doses of the Covid-19 Vaccine.
- **20,921** are first doses,
- **17,832** are second doses,
- **3,419** are monovalent first booster doses, **532** are monovalent second booster doses, and **338** are bivalent boosters (original and Omicron),
- **365** doses of the COVID vaccine have been administered since the last board meeting,
- The TCCHD uses **the CDC Covid-19 Community Levels tool** to recommend what prevention steps to take. Levels can be **Low, Medium, or High.**
- Currently, Trumbull County, Ohio is **Medium.**
- **Prevention steps include:**  
**Staying up-to-date with Covid-19 vaccines, getting tested if you have symptoms, and if you are at a high risk for severe illness, talk to your healthcare provider about whether or not to wear a mask and take other precautions.**
- As of **10/24/2022**, Trumbull County currently has a case rate of **166.7** per 100,000, and a positivity rate of **10.2%**.

# Contact Us

## Address:

176 Chestnut Ave. NE  
Warren, OH. 44483

## Phone:

330-675-2489

## Fax:

330-675-2494

## Email:

[health@co.trumbull.oh.us](mailto:health@co.trumbull.oh.us)

## Website:

[www.tcchd.org](http://www.tcchd.org)

## Wellness Hub:

[www.livewelltrumbull.com](http://www.livewelltrumbull.com)

## Facebook:

[www.facebook.com/trumbullpublichealth](https://www.facebook.com/trumbullpublichealth)

## Twitter:

[https://twitter.com/trumbull\\_health](https://twitter.com/trumbull_health)

## Instagram:

<https://www.instagram.com/t.c.combinedhealthdistrict>

### TCCHD History

**November 28, 1952** – Motion to send letter to TC Commissioners as going on record of not being in favor of opening new allotments in TCGHD w/o suitable drainage being supplied.

**October/November 1975** – Swine Flu Clinics are held, with over 1,300 persons inoculated.

### Another Important Message Regarding Covid-19 and Trumbull County

Recently, Trumbull County was downgraded from **High** to **Medium** on the CDC Community Level Tool. A step in the right direction! With this reduction it is still important to remember that one of the primary prevention steps for reducing the spread of Covid-19 is testing. The TCCHD (as stated above) has tests available for the general public. Please remember that if you are sick with Covid-19 symptoms, and (or) test positive for Covid-19, you should stay home and isolate yourself for five days from the time of symptom manifestation.

### TCCHD Industry News

#### Keeping Trumbull County Safe and Healthy one step at a time!

1. The Environmental division for September of 2022:
  - i. Performed **186** Food Service Operations Inspections,
  - ii. **126** Real Estate Evaluations,
  - iii. **247** Residential Sewage inspections,
  - iv. And **447** O&M Samplings.
2. The Nursing division for September of 2022:
  - i. Held **2** children immunization clinic and saw **30** clients,
  - ii. Held **1** adult immunization clinic and saw **11** clients,
  - iii. Had **58** families enrolled in their home visiting program and provided **37** tele/home visits.
3. The TCCHD continues to offer Mail-Order Narcan Kits. Please contact Kathy Parrilla for more details.

### Upcoming Events in Trumbull County

- Veteran's Day Parade – 11/11/22, 11 am, First Presbyterian Church, Mahoning Ave. NW Warren OH, 44483, free to the public.
- A Christmas Carol – 11-19-22, Show at 7 pm, doors open at 6 pm, Robins Theatre, 160 E. Market St. Warren OH. 44481.

### Another exciting opportunity for TCCHD and its Social Media Endeavors!

Recently, the TCCHD has linked its wellness HUB (LiveWell Trumbull) with the agency website. Now when you visit the TCCHD website, a link to the wellness HUB is located near the top of the page for easy navigation to the wellness HUB. Also, the TCCHD has unveiled its Instagram account with brand new content. Please follow us on Instagram.

### Would you like to see something else added to the newsletter?

Let me know! Email me at [hebonack@co.trumbull.oh.us](mailto:hebonack@co.trumbull.oh.us)



**Public Health**  
Prevent. Promote. Protect.  
**Trumbull County**



### Live Well Trumbull Hub



### Customer Satisfaction Survey QR



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#### Tips for Preventing the onset of Type 2 Diabetes:

- Engage in physical activity or exercise on a regular basis,
- Reduce your number of daily carbohydrates taken in,
- Try to drink water as your primary beverage daily,
- Try to lose excess weight,
- Quit smoking,
- Consume a healthy diet, with fiber,
- Avoid processed foods if possible,
- Avoid a sedentary lifestyle,
- Reduce food portion sizes,

Source: Mayo Clinic: <https://www.mayoclinic.org/diseases-conditions/type-2-diabetes/in-depth/diabetes-prevention/art-20047639>

#### "Your one Trusted, and Unified source for all resources related to Health and Wellness in Trumbull County" ....

#### Visit the Trumbull County Wellness Hub at:

<https://livewelltrumbull.com/>

- ✚ Create a Free account,
- ✚ Register for and take Challenges,
- ✚ Access our Calendar of Events,
- ✚ Hear from experts,
- ✚ Access great resources from a number of partners.

*Don't Wait...Explore the site today!*

#### Ever visited the Trumbull County Combined Health District?

*Let us know how we did with our survey below!*

#### Customer Satisfaction Survey:

<https://www.surveymonkey.com/r/TKBSNMT>

#### TCCHD monitoring the Monkeypox virus in Trumbull County

The TCCHD is aware of the public's growing concern about the spread of the Monkeypox virus. The current risk of Monkeypox in Ohio is low, and there are currently no reported cases in Trumbull County. The TCCHD is continuously monitoring the situation, and the public is invited to check our website for the latest information as it becomes available: [www.tcchd.org](http://www.tcchd.org).

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Prevent. Promote. Protect.

**Trumbull County**



### Young Lungs at Play!

When it comes to children and their potential exposure to tobacco and vaping these three ladies are not playing around! While personally witnessing some individuals smoking at a youth baseball game, **Julie Callen** of the TCCHD knew something had to be done and she knew right where to go. Enlisting the help of fellow coworkers **Terry Merrick (RN)** who works on Tobacco Cessation at the TCCHD, and **Lindsay Adams (RN)** the TCCHD's unofficial graphic designer, the three worked together to develop eye catching signage to be posted in areas, letting visitors know the area is now "Smoke and Tobacco Free"! The signs aptly named (**Young Lungs at Play**) immediately drew attention, and at the time of publication, these signs have been placed in 14 different communities, including recreational parks in Leavittsburg and Lordstown. The first order of 100 signs was gone within a matter of weeks, and the need for more has grown 3 fold, meaning 300 more were ordered. These signs are sure to fly out the TCCHD doors to a new home letting everyone know that Young Lungs are indeed...at play, and have no room for exposure to both tobacco and(or) vaping. *Well done to all involved in this endeavor and keep it going!*





