

December 2022

Important Dates & Info.

World Aids Day – 12/01/2022

International Day of Persons
with Disability – 12/3/2022

National Handwashing
Awareness Week - 12/5-
11/2022

National Influenza Vaccination
Week – 12/5-11/2022

National Cookie Day–
12/4/2022

National Impaired Driving
Prevention Month - 12/2022

Christmas Day – 12/25/2022

New Year's Eve – 12/31/2022

**December is National Safe
Toys and Gifts Month!**

**Winter is knocking at the
door! Do we let it in?**

Holiday Trivia Challenge:

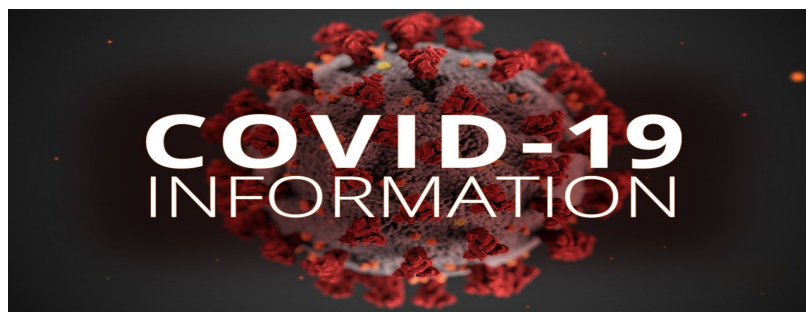
Be the first to answer and win
\$10 dollars.

**In what year was Christmas
first celebrated?**

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 10., (December 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 December, 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 November 4th, 2022:

- The TCCHD has administered approximately **43,233** doses of the Covid-19 Vaccine.
- **20,925** are first doses,
- **17,839** are second doses,
- **3,424** are monovalent first booster doses, **532** are monovalent second booster doses, and **513** are bivalent boosters (original and Omicron),
- **191** 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 **High.**
- **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, and wear a mask indoors in public.
- As of **11/06/2022**, Trumbull County has a case rate of **207.1** per 100,000, and a positivity rate of **9.0%**.

Contact Us

Address:

176 Chestnut Ave. NE
Warren, OH. 44483

Phone:

330-675-2489

Fax:

330-675-2494

Email:

health@co.trumbull.oh.us

Website:

www.tcchd.org

Wellness Hub:

www.livewelltrumbull.com

Facebook:

www.facebook.com/trumbullpublichealth

Twitter:

https://twitter.com/trumbull_health

Instagram:

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

TCCHD History

December 21st, 1967 - Water Well Regulations Adopted.

December 18, 1969 - BOH holds meeting and agree on endorsement regarding the establishment of a Council on Alcoholism.

Another Important Message Regarding Covid-19 and Trumbull County

Recently, Trumbull County was upgraded from **medium** to **high** on the CDC Community Level Tool. This is due in-part to the number of hospitalizations related to Covid-19, and how many new cases of Covid-19 the county has had in the last week. Please remember that a main line of defense against spreading 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 October of 2022:
 - i. Performed **141** Food Service Operations Inspections,
 - ii. **94** Real Estate Evaluations,
 - iii. **176** Residential Sewage inspections,
 - iv. And **533** O&M Samplings.
2. The Nursing division for October of 2022:
 - i. Held **1** children immunization clinic and saw **21** clients,
 - ii. Held **1** adult immunization clinic and saw **3** clients,
 - iii. Had **55** families enrolled in their home visiting program and provided **41** 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

- Hometown Holiday Parade – 12/10/22, 5 pm parade starts. Courthouse Square, 161 High St. NW, Warren, Ohio 44483.
- The Nutcracker – 12-18-22, Show at 3 pm, doors open at 2 pm, Robins Theatre, 160 E. Market St. Warren OH. 44481.

Another exciting opportunity for TCCHD and its Social Media Endeavors!

Recently, the TCCHD has begun ramping up its digital footprint with the LiveWell Trumbull Wellness HUB. A number of collaborators are meeting on a monthly basis to discuss the Hub and make it more visible to the residents of Trumbull County. Please subscribe to and follow our social media sites listed to the left and be on the lookout for not only brand new content, but also plenty of it.

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

Let me know! Email me at hebonack@co.trumbull.oh.us



Public Health
Prevent. Promote. Protect.
Trumbull County



Live Well Trumbull Hub



Customer Satisfaction Survey QR



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TCCHD Shout Outs Are Back!

This shout out goes to **Lisa Spelich** and **Dan Dean** for their respective work getting the O&M online payment portal up and running. Anytime we make it more convenient for the public, we improve our image and build trust with them. Well done to both of you and keep the innovative and creative ideas coming.

Some Tips for Preventing Injury related to toys and gifts:

- Try to inspect toys before purchasing,
- Try to avoid toys and gifts that shoot or include parts that fly off,
- Toys should not have sharp edges or points, and be sturdy enough to withstand reasonable impact without breaking, being crushed etc.
- Look for labels that assure the toy has passed some type of quality and or safety inspection,
- Try to pair appropriate safety gear with gifts, for example pair a bike with a helmet,

Source: American Public Health Association, <https://www.apha.org/events-and-meetings/apha-calendar/2019/safe-toys-and-gifts-month-2019#:~:text=Inspect%20all%20toys%20before%20purchasing,or%20being%20pulled%20apart%20easily.>

“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 mpox virus in Trumbull County

The TCCHD is aware of the public's growing concern about the spread of the mpox virus. The current risk of mpox in Ohio is low, and 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. If you have any questions regarding mpox please call our main line at 330-675-2489.

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Public Health
Prevent. Promote. Protect.

Trumbull County



December 5-9 is NIVW (National Influenza Vaccination Week)

National Influenza Vaccination Week is a critical opportunity to remind everyone 6 months and older that there's still time to protect themselves and their loved ones from flu this flu season by getting their annual flu vaccine if they have not already. Currently, flu activity is elevated across the country, so this week will serve to remind people that there is still time to benefit from the first and most important action in preventing flu illness and potentially serious flu complications: get a flu vaccine today. Trumbull county is currently experiencing a surge in Flu cases. The best preventative measure against getting the flu is getting a flu vaccine. The TCCHD offers the flu vaccine on weekly basis. Please call 330-675-2489 for details.

Measles on the rise in Ohio!

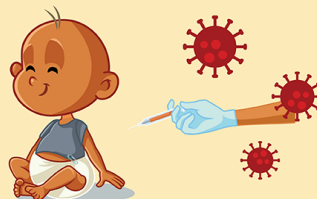
Some areas within Ohio are experiencing an increase in Measles cases. Measles is viral infection that's serious for small children, while also being very preventable by a vaccine. Measles is spread through the air by respiratory droplets from coughing and sneezing, and the symptoms usually don't show up until 10-14 days after exposure. Symptoms include cough, runny nose, inflamed eyes, sore throat, fever, and red blotchy skin rash.

Once the infection sets in, there is no specific antiviral treatment for measles, so the best course of action is prevention steps including getting the MMR vaccine. The TCCHD wishes everyone a safe and healthy holiday season.

Measles

Some people think of measles as just a little rash and fever that clears up in a few days, but measles is very contagious and can cause serious health complications, especially in children younger than 5 years of age.

Protection



The best protection against measles is measles-mumps-rubella (MMR) vaccine. MMR vaccine provides long-lasting protection against all strains of measles.

Your child needs two doses of MMR vaccine for best protection:

The first dose at 12 through 15 months of age.

The second dose at 4 through 6 years of age.

If your child has not been fully vaccinated against measles, has any symptoms, or you or your child could have been exposed, please contact your healthcare provider.

Ohio Department of Health

odh.ohio.gov

Symptoms

Before the rash appears, children with measles develop cold-like symptoms, including:



Cough



Runny Nose



Fever



Red, Watery Eyes



Tiny white spots may appear inside the mouth.



Measles symptoms don't appear until 10 to 12 days after exposure. These symptoms tend to get worse during the first 1 to 3 days of the illness. Rash typically starts at the hairline and moves down, with the face breaking out first.



