

# June 2022

Important Dates & Info.

National Egg Day - 6/3/2022

National Hug Your Cat Day –  
6/4/2022

National Gardening as an  
Exercise Day - 6/6/2022

World Ocean's Day -  
6/8/2022

Global Wellness Day –  
6/11/2022

Family Health and Fitness Day  
- 6/12/2022

**Father's Day** – 6/19/2022

National HIV Testing Day –  
6/27/2022

National Camera Day –  
6/29/2022

World Social Media Day –  
6/30/2022

**June is National Safety  
Month!**

**Summer is around the corner!**

## **Name that Scientist Challenge:**

Be the first to answer and win 5  
dollars.

## **Who Invented Penicillin?**

Please do not use the internet!  
First to come, is first served with right  
answer!

# **Trumbull County Combined Health District Newsletter**

**Vol. 1, Issue 5., (June 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 June, 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 May 25, 2022:**

- The TCCHD has administered approximately **42,248** doses of the Covid-19 Vaccine.
- **20,846** are first doses,
- **17,779** are second doses,
- **3,344** are third/booster doses.
- 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, if you at a high risk for severe illness, talk to your healthcare provider about whether or not to wear a mask and take other precautions.**
- Trumbull County currently has a case rate of **212.7** per 100,000, and a positivity rate of **12.7%**

## 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](http://www.facebook.com/trumbullpublichealth)

### Twitter:

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

### TCCHD History

**June 19, 1942** – “Milk Regulations” passed. Regulations published in the June 26, 1942, & July 3, 1942, newspaper for Trumbull County.

**June 19, 1942** – “Eating & Drinking Establishment” Regulations published in the June 26, 1942, & July 3, 1942, newspaper for Trumbull County.

### TCCHD Industry News

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

1. The Environmental division for the month of May 2022:
  - i. Performed **164** Food Service Operations Inspections,
  - ii. **122** Real Estate Evaluations,
  - iii. **181** Residential Sewage inspections,
  - iv. And **311** O&M Samplings.
2. The Nursing division for the month of May 2022:
  - i. Held **1** children immunization clinic and saw **12** clients,
  - ii. Held **1** adult immunization clinic and saw **15** clients,
  - iii. Had **58** families enrolled in their home visiting program and provided **66** 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

- **The Packard Park “Splash Pad”**, is now open 11 am to 7 pm, until 9-6-2022. Beat that summer heat and cool off at the Splash Pad.
- Father’s Day Car Show – 6/19/2022, from 3 to 7 pm at Green Eagle Winery in Cortland.
- Annual Safety Day – 6/25/2022, from 11 am to 2 pm, at Mosquito State Park Marina Concession Area.

### National Safety Month Tips for the Workplace:

According to the most recent data from 2019, there were **5,333** workplace fatalities, or **3.5** fatalities per **100,000** full time workers alone. This is up **2%** from 2018. That equals **1** fatality every **99** minutes. Here are a few safety tips to help you potentially avoid injuries or worse at work:

- **Always attempt to avoid distractions at work.** It does not matter if you are operating machinery or walking down steps...be careful and aware.
- **Stay Cool.** As the weather begins to heat up, be mindful and try to stay cool at every opportunity.
- **Always follow your agencies safety rules and procedures.** For example, if your agency and job description requires you to wear protective gear, please do so to stay safe.



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



### Live Well Trumbull Hub



### Website Re-Design Survey QR



### Customer Satisfaction Survey QR



#### TCCHD Shout-Outs

- ❖ First shout-out goes to **Jenna Amerine** for being featured on the cover of the September Spin Bike Tour Pamphlet from Trumbull Metro Parks.
- ❖ Second shout-out goes to all the Environmental Personnel involved in the Sewer QI Project for reducing the Process Map and possibly making the process more efficient and faster. Well Done **Kris W., Andrea, Bev, Richard, Tony, and Frank.**
- ❖ The administration with the TCCHD is committed to being as equitable as possible with regard to employee recognition.

**“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!**

**Have you seen our new website?**

**If not, check it out with the link below and take our survey!**

**We are Interested in hearing from you!**

**Website Re-Design Survey:**

**<https://www.surveymonkey.com/r/TSLPDBH>**

**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>**

**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)

## Know the Signs:

### Signs and Symptoms of Heat Exhaustion:

- ✓ High body temperature,
- ✓ High heart rate and low blood pressure,
- ✓ Dehydration and electrolyte loss,
- ✓ Extreme weakness,
- ✓ Trouble walking,
- ✓ Fainting, or light headedness,
- ✓ Abdominal cramps, nausea, vomiting, or diarrhea,

### Signs and Symptoms of Heat Stroke:

- ✓ High body temperature,
- ✓ Profuse sweating,
- ✓ Headache,
- ✓ Irrational behavior,
- ✓ Emotional instability,
- ✓ Altered consciousness,
- ✓ Coma, or seizure.

### Who is at risk:

Anyone, but those with the following are at a higher risk:

- ✓ High body mass index, or obesity,
- ✓ Old age,
- ✓ Poor physical health,
- ✓ Sleep deprived,
- ✓ Health conditions that predispose you to dehydration and malnutrition.

### Pool Safety Tips

As the weather begins to warm up, and many Trumbull County Residents begin to open and use their pools and spas this summer season, the TCCHD would like to pass on some helpful safety tips for enjoying yourselves in and around the water:

- ✦ Never leave a child unattended in or near the water,
- ✦ Teach children how to swim,
- ✦ Teach children how to stay away from drains,
- ✦ Ensure your pool has the right drain cover if applicable,
- ✦ Install proper barriers, covers, and if possible alarms on and around your pools and spas,
- ✦ Know how to perform CPR on children and adults

Source: US Consumer Product Safety Commission.

### Tips for staying cool in warm weather:

As temperatures begin to rise, illness such as **Heat Stroke**, **Heat Exhaustion**, and **Dehydration** may set in. To help in potentially avoiding the onset of these illnesses, the TCCHD offers of few possible tips to help your cool down

- ✓ If you work out, please do so early in the morning, and take breaks if it gets too hot,
- ✓ Stay Hydrated,
- ✓ Wear loose, lightweight, light colored clothing if possible,
- ✓ Wear sunscreen and reapply if need be,
- ✓ Spray or mist yourself with cool water,
- ✓ Put a cold pack or cloth on your neck or armpits,
- ✓ Do not leave children in cars,
- ✓ Seek shade or shelter with air conditioning if possible.

Source: FEMA (Federal Emergency Management Agency)

### Food Safety Tips for Outdoor Events:

As we all begin to have outdoor events with family and friends, the TCCHD would like to remind everyone about some simple outdoor food safety tips to keep everyone healthy and happy this summer:

- ❖ Clean food prep surfaces and tools often,
- ❖ Wash your hands frequently when preparing and serving food,
- ❖ Separate the meat from other ingredients if possible,
- ❖ Make sure the food is cooked thoroughly,
- ❖ Refrigerate any leftover food promptly,
- ❖ Make sure to keep certain foods "Cool for the summer", such as potato and macaroni salad.

Source: FDA (Food and Drug Administration)

