

May 2023

Important Dates & Info.

World Hand Hygiene Day –
5/5/2023

National Women's Checkup Day
– 5/8/2023

Mother's Day – 5/12/23

World Hypertension Day –
5/17/23

HIV Vaccine Awareness Day –
5/18/23.

Memorial Day – 5/29/23

Hepatitis Testing Day – 5/19/23

World No Tobacco Day – 5/31/23

National Women's Health Week
– 5/14/23 thru 5/20/23

Lyme Disease Awareness Month
– 5/2023

Global Employee Health and
Fitness Month – 5/2023.

**May is also Mental Health
Awareness month.**

Spring is coming!... I promise!

Monthly Trivia Challenge:

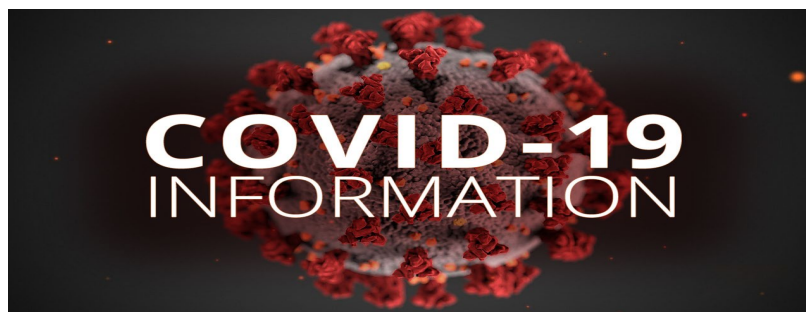
Be the first to answer and win
\$10 dollars.

**Can you name all four of the current Q1
Contenders from February to May of
2023?**

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

Trumbull County Combined Health District Newsletter

Vol. 2, Issue 5., (May 2023).



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 May, 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 vaccinations (Pfizer, Moderna, and Johnson & Johnson, etc.) 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 April 1st, 2023:

- The TCCHD has administered approximately **43,522** doses of the Covid-19 Vaccine.
- **20,936** are first doses,
- **17,862** are second doses,
- **3,426** are monovalent first booster doses, **532** are monovalent second booster doses, and **766** are bivalent boosters (original and Omicron),
- **28** 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 **Low.**
- **Prevention steps include:**
Staying up-to-date with Covid-19 vaccines, including recommended booster doses, follow recommendations for ventilation and isolation, and if you are at a high risk for getting sick, talk with a healthcare provider about additional prevention actions
- As of **3/27/2023**, Trumbull County has a case rate of **55.6** per 100,000, and a positivity rate of **6.5%.**

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:

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Facebook:

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Twitter:

https://twitter.com/trumbull_health

Instagram:

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

TCCHD History

May 27, 1948 – Motion that the Health Commissioner declare a quarantine on dogs in any part of the county if he deems it necessary.

May 29, 1941 – Reps from the DAC met with the BOH to discuss the appointment of a plumbing inspector for Trumbull County.

Another Important Message Regarding Covid-19 and Trumbull County

Trumbull County is now classified at the **Low** level on the CDC Community Level Tool. A definite step in the right direction. It is still important to remember that one of the primary prevention steps for reducing the spread of Covid-19 is staying up to date with your Covid-19 vaccine. The TCCHD (as stated above) is still providing the vaccine through monthly clinics. Please call 330-675-2489 for more information including dates and time regarding these vaccine clinics.

TCCHD Industry News

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

1. The Environmental division for March of 2023:
 - i. Performed **141** Food Service Operations Inspections,
 - ii. **139** Real Estate Evaluations,
 - iii. **285** Residential Sewage inspections,
 - iv. **143** Plumbing Inspections,
 - v. And **251** O&M Samplings.
2. The Nursing division for March of 2023:
 - i. Held **2** children immunization clinics and saw **14** clients,
 - ii. Held **1** adult immunization clinic and saw **18** clients,
 - iii. Had **63** families enrolled in their home visiting program and provided **117** tele/home visits.
3. The TCCHD continues to offer Mail-Order Narcan Kits. Please contact Kathy Parrilla at **330-675-2489** for more details. For all of 2022, **654** were distributed, with **131** being mail order. Kits are also provided to our First Responders in the County as well. Stop Overdoses with Naloxone Because Every Life is Worth Saving. The Life You Save May be Someone You Love. Naloxone is a medication that can reverse an opioid overdose. Overdoses affect people from all walks of life. They could happen to your neighbors, your family or friends. That's why carrying naloxone could be the most important decision you make. Dan

Upcoming Events in Trumbull County

- Trumbull County's Largest Garage Sale – 5/13/23 thru 5/20/23, 8 am to 4 pm, 428 Main St., Warren OH., 44481.
- Gardening Day at the Women's Park, - 5/27/23, 10 am to 11:30 pm. 321 Mahoning Ave. NW., 44483

Quality Improvement QI Contender for May of 2023

Please join me in congratulating **Greg Hall**, an REHS within the environmental division for becoming the TCCHD's fourth QI contender. **Greg** is the May 2023 QI contender. **Greg** was chosen by members of management for going above and beyond his typical work roles by training multiple people in multiple programs during the hiring of a new EHSIT. All the while he has done so efficiently and without complaint. **Greg** is now automatically eligible for the title of annual QI Champion which will be announced at the all-day staff training in November of 2023, where he has a chance to win a substantial grand prize as the QI Champion of 2023.



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Customer Satisfaction Survey QR



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

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

Mental Health Month Info and tips for better mental well-being:

According to a study performed by the National Alliance on Mental Illness in 2022, an estimated 1 in every 5 adults, experiences mental health problems each year. The most common mental disorder in the United States is anxiety, which affects about 40 million adults or about 18.1% of the population. The report also found that 18.57% of American adults, about 45 million, are experiencing a mental health illness and 4.38% are experiencing a severe mental illness. In this study, Ohio ranked number 10 in the top 10 states for the highest rates of mental illness coming at 4.82% of the total state population. Below are a few tips to assist possible achieving a better sense of mental well-being;

- *When possible, relax, and reduce stress,*
- *Try to find ways to learn and be creative,*
- *Spend time in nature when possible,*
- *Connect with others in positive ways,*
- *Look after your physical health,*
- *Always try to get enough sleep.*

“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>

10 ways to reduce blood pressure without medication:

- Lose extra pounds and watch your waistline,
- Exercise regularly,
- Eat a healthy diet,
- Reduce salt (sodium) in your diet,
- Limit alcohol,
- Quit smoking,
- Get a good night's sleep,
- Reduce stress,
- Monitor your blood pressure at home and get regular checkups,
- Get support from family, friends, support groups, and other avenues when possible.

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End of the Covid-19 Public Health Emergency

The federal government plans to end the COVID-19 Public Health Emergency (PHE) on May 11, 2023.

Here are a few topline messages from the CDC and NACCHO regarding the end of the PHE.

- CDC remains dedicated to preventing severe illness and death from COVID-19, particularly for populations at higher risk. We will continue working to reduce the negative impact of COVID-19 after the PHE has ended.
- CDC has established a new program for COVID-19 to tackle this serious health threat. We modernized our approach to tracking coronaviruses and other respiratory threats, and revamped immunization programs.
- CDC is actively working with other federal government agencies and offices to maintain equitable access to vaccines, testing, and therapeutics to the extent possible.
- CDC is working with other federal agencies, as well as academic institutions and research organizations, to learn more about the short- and long-term health effects associated with COVID-19, who is affected, and why.
- CDC is reviewing COVID-19 guidance and will update as needed.
- CDC is continuing regular engagement and communication with jurisdictions and public health organizations about known impacts and changes related to the ending of the COVID-19 PHE declaration. As part of a comprehensive partner engagement strategy, CDC is having technical surveillance discussions with key public health organizations and is holding informational and listening sessions across all HHS regions and with partner organizations representing diverse populations who may be at higher risk for severe COVID-19 outcomes.

*****The CDC is actively engaging with public health partners, communities, and others to learn more about how the end of the Public Health Emergency Declaration will impact them, answer questions, and get their suggestions and feedback.**

Important Information regarding Covid-19 Vaccines!

A message from our Nursing Director Sandy Swann

The FDA amended the emergency use authorizations of the Moderna and Pfizer COVID-19 bivalent vaccines to simplify the vaccination schedule. Moderna and Pfizer's monovalent COVID-19 vaccines are no longer authorized. The current Moderna and Pfizer bivalent vaccines are now authorized to be used for all doses administered to individuals 6 months of age and older, including for an additional dose or doses for certain populations. The recommendations vary depending on the person's COVID vaccine history, medical history and age group. The following are some of the guidelines:

- *Any individual that was previously vaccinated with a monovalent vaccine should receive at least one dose of a bivalent vaccine.*
- *Any individual that did not receive a monovalent vaccine should receive one or more bivalent vaccines depending on their age group.*
- *Any individual that received a bivalent vaccine and is 65 years or older should receive a second bivalent vaccine spaced 4 months from the previous dose.*
- *Any individual that received a bivalent vaccine and is immunocompromised should receive a second bivalent vaccine spaced 2 months from their previous dose and additional doses may be administered at the discretion of, and intervals determined, by their healthcare provider.*

These changes are based on the data that most individuals five years and older have antibodies as a result of vaccination or infection against SARS-CoV-2.

COVID-19 continues to be a very real risk for many people, and TCCHD encourages people to stay current with vaccination, including with a bivalent COVID-19 vaccine booster. Vaccines prevent the most serious outcomes of COVID-19, which are severe illness, hospitalization, and death.

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