

June 2023

Important Dates & Info.

National Cancer Survivors Day –
6/6/2023

World Blood Donor Day –
6/14/2023

Father's Day – 6/18/23

World Sickle Cell Day – 6/19/23

Juneteenth Day – 6/19/23

Men's Health Week – 6/13/23
thru 6/19/23

Helen Keller Deaf/Blind
Awareness Week – 6/21/23 thru
6/27/2023

PTSD Awareness Month – 6/2023

National Alzheimer's & Brain
Awareness Month – 6/2023.

**June is also Men's Health
month, and Pride Month!**

**Summer is right around the
corner!**

Vacation Trivia Challenge:

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

**What was the first year the Health
Department's annual report came out?**

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 6., (June 2023).

Update: With the official end of the Public Health Emergency pertaining to Covid-19 on 5-11-2023, the TCCHD is now restructuring its monthly newsletter to disseminate current content regarding public health issues within Trumbull County and its surrounding areas. The TCCHD monthly newsletter will still continue to report relevant, accurate, and up-to-date data regarding Covid-19 within the county, and the TCCHD's continued and committed efforts to combat the Covid-19 virus.

Community Health Improvement Plan (CHIP) moving forward in Trumbull County.

Recently, the Trumbull County Combined Health District and Warren City Health District met with many other agencies including Mercy Health, the Healthy Community Partnership, and the Trumbull Mental Health and Recovery Board within Trumbull County to discuss the CHIP and many strategies within it (CHIP) to help improve the lives and health of everyone within Trumbull County.

All the agencies in attendance were able to work together and add the final remaining touches and details needed for the strategies that the communities within Trumbull County said needed addressed in this new CHIP. The three areas of focus in the new CHIP are:

- Mental Health and Substance,
- Access to Care,
- And Community Conditions with an emphasis on Community Safety.

In the upcoming months many of these agencies (the TCCHD included) will begin to roll out many of those actions related to the strategies that they have been working on for the past few months. In the meantime, if you have questions regarding the CHIP, please feel free to review the entire document on our website at

<http://www.tcchd.org/PDFS/Trumbull%20County%20Community%20Health%20Improvement%20Plan.pdf>

Covid-19 Data:

For April of 2023:

The TCCHD has administered approximately
43,545 doses of the Covid-19 Vaccine.
20,937 are first doses,
17,862 are second doses,
3,426 are monovalent first booster doses,
532 are monovalent second booster doses,
and **788** are bivalent boosters (original and
Omicron),
In **May of 2023**, the TCCHD gave 49 Bivalent
vaccines,
As of **6/5/2023**, Trumbull County has a case rate
of **22.2** per 100,000. *Positivity Rate is no longer
being quantified by the CDC.*

Air Quality Alert Issued for the Mahoning Valley!

Due to the many Canadian Wildfires currently burning out of control, the Mahoning valley is under a Minor air quality advisory day from the US Air Quality Index or AQI. The AQI states that if possible stay indoors and limit being outside as much as possible, and those with respiratory issues such as COPD or emphysema, should take greater caution when venturing outside during this advisory. This advisory is expected to be lifted on 6-9-23.

Contact Us

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www.facebook.com/trumbullpublichealth

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https://twitter.com/trumbull_health

Instagram:

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

TCCHD History

1943 – The first Annual Report was produced for the TCGHD.

1943 – The Trumbull County General Health District (TCGHD) comprised the entire county, with the exception of the cities of Warren, Niles, and Girard.

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)

TCCHD Industry News

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

1. **The Environmental division for March of 2023:**
 - i. Performed **178** Food Service Operations Inspections,
 - ii. **175** Real Estate Evaluations,
 - iii. **231** Residential Sewage inspections,
 - iv. **122** Plumbing Inspections,
 - v. And **537** O&M Samplings.
2. **The Nursing division for April of 2023:**
 - i. Held **1** children immunization clinics and saw **5** clients,
 - ii. Held **1** adult immunization clinic and saw **8** clients,
 - iii. Had **63** families enrolled in their home visiting program and provided **107** 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.

Upcoming Events in Trumbull County

- **Farmers Market at the Amp/ Health Fair Day** – 6/13/23, 3 pm to 6 pm, 321 Mahoning Ave. NW, Warren, OH., 44483.
- **Coffee & Conversations, Trumbull County Historical Society-** 6/14/23, 10 am to 11 am, 4100 N. River Rd. NE., Warren, OH., 44484

Quality Improvement QI Contender for June of 2023

Please join me in congratulating *Kris Kriebel*, our health educator within the administrative division for becoming the TCCHD's fifth QI contender. Kris is the June 2023 QI contender. Kris was chosen by members of management for going above and beyond his typical work roles by accepting to be our emergency PIO that is not part of his normal job duties, and for successfully completing a 3 day intensive interactive PIO course. Kris 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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Would you like to see something else added to the newsletter?

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

Men's Health Month Facts and Tips:

According to the CDC, the average lifespan for men is about five years less than women, and over the years there has been a gradual increase in this gap. The top three causes of death for men include heart disease, cancer, and unintentional injuries. Men are almost twice as likely as women to die of a heart attack, and significantly more likely to die of cancers as compared to women. Men are also less likely to undergo treatment for mental health conditions such as depression, resulting in nearly a 4x increased likelihood of committing suicide. The following are some tips for Men to possibly improve their overall health and well-being.

- **Stay updated on your vaccinations,**
- **Do your screenings,**
- **Lower your stress level when possible,**
- **Watch your risky behaviors,**
- **Watch what you eat when possible.**

"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>

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.

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.

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 of 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)

TCCHD shout outs are back again!

First **Shout Out** goes to [Jenna Amerine](#) for receiving the planning commission's "Something Good Initiative" Award in April of 2023, Second **Shout Out** goes out to [Julie Callen](#) in Sandy's words for "taking the initiative to work in the Tobacco Use, prevention and Cessation Program at TCCHD. This kept the membership and collaboration with the TFOA. TCCHD was awarded a certificate for this continued support."

Way to go ladies, and keep up the good work!

PERTUSSIS "WHOOPIING COUGH" VACCINATION CLINICS AVAILABLE in TRUMBULL COUNTY

Trumbull County Combined Health District (TCCHD) holds vaccination clinics at the West Farmington Fire Station for childhood vaccines which includes the Pertussis "whooping cough" vaccination. Whooping cough, also known by the technical name Pertussis, is an illness that affects the lungs and is easily spread from person-to-person through coughs and sneezes. A person who contracts whooping cough may be able to spread the illness to other people for up to 21 days, and may not be able to return to work, school, or daycare for the same amount of time.

In addition to flu-like symptoms, whooping cough can cause violent "whoop-like" coughing, difficulty breathing, turning blue, vomiting after coughing, and fatigue. The cough can last for several weeks, even after the person is no longer infectious. Other complications include pneumonia, convulsions, brain disease, and death. **One-third** of babies under the age of one will be hospitalized for whooping cough.

The best way to protect yourself and others from whooping cough is to get a Pertussis vaccination. To be fully protected, a child should receive five doses of the vaccine between the ages of two months to six years of age.

The following schedule of doses is recommended:

- Two months
- Four months
- Six months
- 15 through 18 months
- Four through six years

Pregnant women should receive a Pertussis vaccine (Tdap) with each pregnancy, during the **third trimester** of pregnancy. This is to protect the newborn until the child reaches 2 months of age and can be vaccinated with the Pertussis vaccine.

Check our social media websites for the dates and times of our child immunization clinics.



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