



WARREN COUNTY HEALTH DISTRICT

Prevent - Promote - Protect



NO. 387
August 2018

NEWS & INFORMATION

Duane Stansbury, R.S., M.P.H.
Health Commissioner

www.wcchd.com

National Immunization Month

Infant Feeding Class

FREE

Please join us for education and breastfeeding support!

August 8

12:30 PM

Women's Center
736 Columbus Ave.
Suite A
Lebanon

Please RSVP to
513-695-1477

One of the most important things a parent can do to protect their child's health is getting their child vaccinated according to the recommended immunization schedule.

Whether parents have a baby starting at a new child care facility, a toddler heading to preschool, a student going back to elementary, middle or high school – or even a college freshman – parents should check their child's vaccination records.

Child care facilities, preschool programs, schools and colleges are prone to disease outbreaks.

Children in these settings can easily spread illnesses to one another due to poor hand washing, not covering their coughs and sneezes and other factors related to interacting in crowded environments.

Serious health consequences can arise if children are not

vaccinated. Without vaccines, children are at increased risk for disease and can spread disease to others in their play groups, child care centers, classrooms and communities. This includes spreading

diseases to babies who are too young to be fully vaccinated and people with weakened immune systems due to cancer and other health conditions.

Additionally, Ohio requires children who are entering child care or school to be vaccinated against certain diseases. Colleges and universities may have their own requirements, especially for students living in residence halls.

For vaccine requirements for Ohio Public Schools visit www.odh.ohio.gov

For more information on vaccines or schedule an appointment for immunizations with the Warren County Health District call 513-695-1468 or visit our website at www.warrenchd.com



READY FOR SCHOOL?
Check those vaccine records.

Restaurant Inspections Available Online

Did you know Warren County restaurant inspections are available for you to view online?

The reports created from these inspections are public records and have always been available to the public by request.

In 2014, our office began conducting inspections using a new computer program which makes it possible for the inspections to be viewed on our website. This allows the consumer to see inspection reports at their leisure any-

where they have access to the internet. Only inspections since January 2014 and beyond will be

available on the website. However, all inspections from the previous five years are available at the Warren County

Health District.

Please keep in mind that an inspection report may not be representative of the overall, long-term conditions within a facility. It is important to understand that inspection information provided

shows only the conditions of the facility at the time of the inspection. It is a "snapshot" of the day and time that the inspection occurred. A single inspection report should not be used to evaluate the overall operation of an establishment. Looking at a facility's inspection results over a period of time gives a more accurate picture of that facility's commitment to compliance.

To view the inspection reports visit www.healthspace.com/warrenco



No Cost Blood Pressure Checks

High Blood pressure is a major risk factor for heart disease and stroke. High blood pressure is called the “silent killer” because it often has no symptoms or warning signs and many people do not know they have it.

If you have high blood pressure, your heart is having a difficult time pumping blood through the blood vessels. The easiest way



to find out if you have high blood pressure is to monitor it on a regular basis.

The Warren County Health District offers walk-in blood pressure checks at no cost Monday– Friday from 7:30 a.m.– noon and 1:00 p.m. - 4:00 p.m. at our office located at 416 S. East St. Lebanon.

It is important to measure your blood pressure regularly. If you haven’t had your blood pressure monitored lately, call your physician or visit the health department to have it checked.

For additional information on WCHD services, call 513-695-1229 or visit our website at www.warrenchd.com

Dangers of Raw Milk

Milk and milk products provide a wealth of nutrition benefits. But raw milk can harbor dangerous microorganisms that can pose serious health risks to you and your family.

Raw milk is milk from cows, sheep, or goats that has not been pasteurized to kill harmful bacteria. This raw, unpasteurized milk can carry dangerous bacteria such as *Salmonella*, *E. coli*, *Campylobacter*, *Brucella*, *Mycobacterium bovis*, *Yersinia enterocolitica*, *Streptococcus pyogenes*, *Shigella* and *Listeria*, which are responsible for causing numerous foodborne illnesses.

Raw milk and raw milk products (such as cheeses and yogurts made with raw milk) can be contaminated with bacteria that can cause serious illness, hospitalization, or death.

From 1998 through 2011, 148 outbreaks due to consumption of raw milk or raw milk products were reported to CDC. These resulted in 2,384 illnesses, 284 hospitalizations, and 2 deaths.

Most of these illnesses were caused by *Escherichia coli*, *Campylobacter*, *Salmonella*, or *Listeria*.

Because not all cases of foodborne illness are recognized and reported, the actual number of illnesses associated with raw milk is likely much greater.



In addition, CDC reported that unpasteurized milk is 150 times more likely to cause foodborne illness and results in 13 times more hospitalizations than illnesses involving pasteurized dairy products.

These harmful bacteria can seriously affect the health of anyone who drinks raw milk, or eats foods made from raw milk. However, the bacteria in raw milk can be especially dangerous to people with weakened immune systems, older adults, pregnant women, and children. For more information on raw milk visit www.cdc.gov/foodsafety/rawmilk/raw-milk-index.html.

‘My Alternatives’ Campaign

Mental Health Recovery Services of Warren & Clinton Counties (MHRS), in partnership with the Warren County Health District and the Clinton County Health District, have launched the “My Alternatives” campaign to provide education and information about other options to opiates that residents may want to explore with their health provider.

Please visit the website below to learn more:

mhronline.org/myalternatives