



Keep Your Heart
Healthy



Heart disease is the leading cause of death for both men and women in the United States.

You can take steps today to lower your risk of heart disease and heart attack.

To help prevent heart disease:

Eat healthy and get active.

Watch your weight.

Quit smoking and stay away from secondhand smoke.

Control your cholesterol and blood pressure.

If you drink alcohol, drink only in moderation.

Take steps to prevent type 2 diabetes.

Manage stress.

For more information visit www.heart.org

Hepatitis A Outbreak

The Ohio Department of Health (ODH) has declared a statewide community outbreak of hepatitis A after observing an increase in cases linked to certain risk factors since the beginning of 2018. ODH and affected local health departments, including Warren County, are investigating these cases.

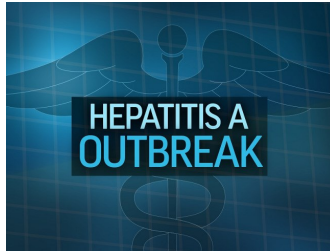
Outbreaks of hepatitis A are occurring in several states across the United States, including neighboring states of Indiana, Kentucky, Michigan and West Virginia.

Hepatitis A is a vaccine-preventable liver disease that usually spreads when a person ingests fecal matter - even in microscopic amounts - from contact with objects, food or drinks contaminated by the stool of an infected person. Hepatitis A can also be

spread from close personal contact with an infected person, such as through sex.

People at increased risk for hepatitis A in this outbreak include:

- People with direct contact with individuals infected with the virus
- Men who have sex with men
- People who use street drugs whether they are injected or not
- People who are



- incarcerated
- People experiencing homelessness
- People who have traveled to other areas of the United States currently experiencing outbreaks.

Symptoms of hepatitis A include fatigue, low appetite, stomach pain, nausea, clay-colored stools and jaundice. People with hepatitis A can experience

mild illness lasting a few weeks to severe illness lasting several months.

People who believe that they are at high risk for hepatitis A infection should contact their healthcare provider or local health department for information about vaccination.

People who know that they have been exposed to someone with hepatitis A should contact their healthcare provider or local health department to discuss post-exposure vaccination options. Individuals who experience symptoms of hepatitis A should contact their healthcare provider.

WCHD offers the Hepatitis A vaccine. To schedule an appointment for the vaccine call 513-695-1468 or for more information on Hepatitis A visit www.cdc.gov/hepatitis/hav.

Tire Recycling Event

WCHD will be offering a Tire Recycling Event again this year.

The tire recycling events are held as a way to help residents get rid of old tires that can serve as mosquito breeding grounds when water builds up in-side unused rimless tires and allows



an area for mosquitoes to lay their eggs.

WCHD will be sponsoring the tire recycling event which will be held on March 2, 2019 from 9:00 a.m.—2:00 p.m. at the Lebanon Sports Complex (900 McClure Rd. Lebanon, OH).

WCHD will be collecting scrap tires for recycling. There is no cost for the event however, please no businesses and no tires on rims.

For more information call 513-695-1220 visit our website at www.warrenchd.com or follow us on Facebook at www.facebook.com/WCCHD.Ohio/

FDA Warns Against Use of Teething Necklaces

The U.S. Food and Drug Administration (FDA) is alerting parents, caregivers, and health care providers that necklaces, bracelets, and other jewelry marketed for relieving teething pain



should not be used with infants or to provide sensory stimulation to persons with special needs, such as autism or attention-deficit/hyperactivity disorder.

Such use could lead to strangulation, choking, serious injuries, or death. The safety and effectiveness of teething jewelry to treat teething pain and/or provide sensory stimulation have not been established.

Instead the FDA recommends that parents and caregivers talk to your doctor about alternative ways you can reduce teething pain such as:

- Gently rubbing or massaging the gums with a clean finger

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- Giving the teething child a teething ring made of firm rubber. Make sure the teething ring is not frozen. If the object is too hard, it can hurt the child's gums. Parents and caregivers should supervise the child during use.

For more information and tips on teething from the American Dental Association visit www.mouthhealthy.org

Flu Activity: It's Not Too Late To Get Your Flu Shot

Flu activity in Ohio is increasing and widespread throughout the state, as reflected by the increase in the number of flu-associated hospitalizations. The Ohio Department of Health (ODH) tracks hospitalized flu cases reported from local health departments and provides weekly summaries of influenza activity. The weekly summary can be found at www.odh.ohio.gov/wps/portal/gov/odh/know-our-programs/seasonal-influenza/ohio-flu-activity/ohio-flu-activity



An annual seasonal flu vaccine is the single best way to help protect against the flu. It's not too late to get a flu shot. ODH and the Centers for Disease Control and Prevention recommend that everyone 6 months old and older get one as the best protection against seasonable flu viruses. It takes about two weeks for a flu shot to take full effect.

Influenza is a potentially serious disease that can lead to hospitalization and sometimes even death. Flu can lead to

missed work or school. Some people, such as older people, young children, pregnant women and people with certain health conditions (e.g., asthma, chronic lung disease, diabetes, heart disease, weakened immune system) are at high risk of serious flu complications.

Flu symptoms can include fever, cough, sore throat, body aches, headache, chills and fatigue. Although most people fully recover from the flu, some experience severe illness like pneumonia and respiratory failure, and the flu can sometimes be fatal. People who think that they may have the flu and are pregnant, have an underlying medical condition or who are extremely ill should contact their healthcare provider immediately.

Flu vaccines are offered by WCHD, many doctor's offices, clinics, pharmacies and college health centers, as well as by many employers and some schools.

To schedule an appointment to get the flu shot at WCHD, please call 513-695-1468.

The Offices of the Warren County Health District will be closed Monday, February 18th in observance of President's Day.

