WARREN COUNTY HEALTH DISTRICT

News and Information

Public Health
Prevent. Promote. Protect.

Mental Health Fast Facts:

May is recognized as mental health awareness month. It is important to take some time to learn about some of the most popular mental health myths:

Myth: Mental health issues can't affect me.

Fact: Mental health issues affect many people. In fact, 35% of Warren County adults rated their mental health as "not good" on four or more days in the past 30 days (2022 WCHD Community Health Assessment).

Myth: Children don't experience mental health issues.

Fact: Even very young children may show early warning signs of mental health concerns. These mental health conditions are often clinically diagnosable and can be a product of the interaction of biological, psychological, and social factors.

Myth: Therapy and self-help are a waste of time. Why bother when you can just take a pill?

Fact: Treatment for mental health conditions vary depending on the individual and could include medication, therapy, or both. Many individuals do best when they work with a support system during the healing and recovery process.

Myth: Mental health issues are a result of personality weakness or character flaws, and people can "snap out of it" if they try hard enough.

Fact: Treatment for mental health conditions vary depending on the individual and could include medication, therapy, or both. Many individuals do best when they work with a support system during the healing and recovery process.

Myth: It is impossible to prevent a mental health condition.

Fact: Prevention of mental, emotional, and behavioral disorders focuses on addressing known risk factors, such as exposure to trauma that can affect the chances that children, youth, and young adults will develop mental health conditions.

There are many things that you can do to support your mental health and wellness! Whether it is as simple as taking a ten minute walk outside to reading a book, it is important to take time to practice mindfulness.
To learn more mental health and wellness tips, visit www.cdc.gov/mental-health/caring/index.html.

What's Happening at WCHD?

Monday, May 26th : Memorial Day, WCHD closed.

May 21st-June 13th: Health Source of Ohio's Mobile Dental will be at WCHD! You can see a dentist for exams, x-rays, cleanings, sealants, and fluoride. To register, visit bit.ly/4d4v7om

WCHD Mobile Health is on the road! Check out our calendar for the mobile unit at www.warrencohealthoh.gov/mobile-clinic-calendar

Vaccination Clinics! Adult and childhood vaccines available. Call 513-695-1468 or 513-695-1229 to get scheduled.

Various Health Clinics. Need to see a doctor or medical professional? Visit warrencohealthoh.gov to read a description of the clinics WCHD offers or call 513-695-2428.

FREE naloxone kits and fentanyl test strips. To set up a time for pick up, call 513-695-1271.

Salmonella and Poultry: What's the Deal?

On May 5th, the Centers for Disease Control and Prevention (CDC) announced a salmonella outbreak linked to backyard poultry. As of May 6th, there are 7 individuals from six states who became ill, none of which are from Ohio. Now is a good time to remember safe poultry handling practices- with proper precautions, you can reduce your risk of getting sick with salmonella.

What do I need to know about Salmonella?

Backyard poultry, like chickens and ducks can carry Salmonella germs even if they look healthy and clean- salmonella bacteria is part of the naturally occurring bacteria in their systems. When people get sick with salmonella, they can experience diarrhea, fever, stomach cramps, nausea and vomiting. Their symptoms can start as soon as 6 hours to as long as 6 days after exposure to the virus, and last for 4-7 days. If you suspect you have salmonella, contact your medical provider.

How can I keep myself and my family healthy?

Wash your hands with soap and water immediately after touching and handling backyard poultry, their eggs, or anything in the space where they are kept.

Don't kiss or snuggle backyard poultry, and don't eat or drink around them. This can spread Salmonella germs to your mouth and make you sick.

Don't let children younger than 5 years touch chicks, ducklings, or other backyard poultry. Young children are more likely to get sick from germs like Salmonella.

Collect eggs often. Eggs that sit in the nest can become dirty or break.

Cook eggs until both the yolk and white are firm. Cook egg dishes to an internal temperature of 160°F to kill all germs.

To learn more about Salmonella, and the outbreak announced on May 5th, visit www.cdc.gov/salmonella/outbreaks/mbandaka-05-01/index.html

Sun Safety

Sun safety is essential for protecting your skin and overall health from the harmful effects of ultraviolet (UV) radiation. Prolonged exposure to the sun can lead to sunburn, premature aging, and an increased risk of skin cancer, including melanoma. To stay safe, it's important to wear broad spectrum sunscreen with at least SPF 15, reapply it every two hours, and seek shade during peak sun hours between 10 a.m. and 4 p.m. Wearing protective clothing, wide-brimmed hats, and sunglasses with UV protection can also help reduce exposure.

In general, the FDA recommends using broad-spectrum sunscreen with an SPF of 30 or higher, even on cloudy days. When you wear sunscreen, be sure to:

Apply sunscreen liberally to all uncovered skin, especially your nose, ears, neck, hands, feet, and lips.

Reapply at least every two hours. Apply more often if you're swimming or sweating. (An average-size adult or child needs at least one ounce of sunscreen, about the amount it takes to fill a shot glass, to evenly cover the body.)

If you don't have much hair, apply sunscreen to the top of your head or wear a hat.

Wear additional protections such as protective clothing, sunglasses, and staying in the shade.

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