

WARREN COUNTY HEALTH DISTRICT

News and Information



Public Health
Prevent. Promote. Protect.

October is Health Literacy Month

According to the National Institutes of Health (NIH) "personal health literacy is the degree to which individuals have the ability to find, understand, and use information and services to inform health-related decisions and actions for themselves and others".

How we use health information is the process of understanding the information that your healthcare provider has just shared and then using the information to determine which course of action might be the best for you.

Improving your health literacy skills can make a difference in managing chronic diseases and help you understand preventative needs such as annual vaccinations. For example, understanding that having diabetes means decreasing your blood sugar by taking any medications prescribed by your health provider and changing your eating habits and physical activity can show a capable level of health literacy.

There are many things that you can do to empower yourself and increase your level of health literacy!

How Can I Become My Own Advocate?

Take a list of questions to ask your provider and take notes during the visit to remember what your provider said during the appointment.

Clarify anything you don't understand by letting your provider know you don't understand- this can help prevent any misunderstandings at appointments, which can jeopardize your health

If you feel overwhelmed at appointments, have someone come with you to take notes and ask questions.

How Else Can I Increase My Health Literacy?

Rely on trusted sources for your health information, such as your doctor, the CDC, and the NIH.

Ask Clear Questions at Appointments.
Write down notes at your appointments.

Improve your digital literacy: Learn how to use patient portals and software related to your health care needs.

Actively participate in your care- share your health goals, bring support, and request materials related to your health condition(s).

What's Happening at WCHD?



October 13th: Columbus Day-
WCHD CLOSED



October 16th from 5-7:00PM:
Warren County Resource
Rally, Warren County
Fairgrounds Welcome Center



November 3rd from 8:30AM-
3:30PM: TriHealth Mobile
Mammography at WCHD. To
schedule an appointment,
call 513-569-6565 or scan
this QR code:



WCHD Mobile Health is on the
road! Check out our calendar
for the mobile unit at
[www.warrencohealthoh.gov/
mobile-clinic-calendar](http://www.warrencohealthoh.gov/mobile-clinic-calendar)



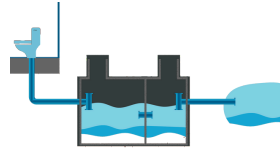
Vaccination Clinics! Adult and
childhood vaccines available.
Call 513-695-1468 or 513-
695-1229 to get scheduled.



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



Fall In Love with Your Septic System



As summer turns to fall, we at WCHD want to remind you to fall in love with your septic system! It is estimated that approximately 25% of homes in the United States depend on septic systems for sewage treatment. If your home is part of the 1 in 4, follow these 10 tips to be a good septic system steward:

- 1 Have your system inspected by a qualified professional.
- 2 Have your septic tank pumped when necessary, generally every three to five years.
- 3 Avoid pouring harsh products (oils, grease, chemicals, paint, and medications) down the drain.
- 4 Discard non-degradable products in the trash (floss, disposable wipes, cat litter) instead of flushing them.
- 5 Keep cars and heavy vehicles parked away from the drainfield and tank.
- 6 Follow the system manufacturer's directions when using septic tank cleaners and additives.
- 7 Repair leaks and use water efficient fixtures to avoid overloading the system.
- 8 Maintain plants and vegetation near the system to ensure roots do not block drains.
- 9 Use soaps and detergents that are low suds, biodegradable, and low- or phosphate free.
- 10 Prevent system freezing during cold weather by inspecting and insulating vulnerable system parts (e.g., the inspection pipe and the soil treatment area).
- 11 If your septic system has two drain fields, be sure to switch them every 6 months.

Have questions about your septic system? WCHD can help! Our Environmental Health Staff issues permits and inspects all new, replaced, and repaired sewage treatment in Warren County in order to assure the installation was completed correctly and to code. Have any questions? Call 513-695-1220 to get started.

Oral Health: It is never too early to start!

Oral health is an essential part of overall well-being. The truth is, it's never too early to begin good dental habits. From the moment a baby's first tooth appears, dental care should become part of daily routines. Wiping an infant's gums, brushing toddler teeth with a soft-bristled brush, and scheduling a child's first dental visit by age one are all simple steps that can set the foundation for a lifetime of healthy smiles.

Establishing early oral care not only prevents cavities but also teaches children the importance of taking care of their bodies. Parents and caregivers play a key role by modeling good brushing and flossing habits, limiting sugary snacks and drinks, and making dental checkups a positive experience.

The benefits last far beyond childhood- early prevention reduces the risk of gum disease, tooth loss, and other health conditions linked to poor oral hygiene later in life. Whether you're caring for a child or looking after your own health, remember: a healthy smile begins with daily care, and it's never too early to start.



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