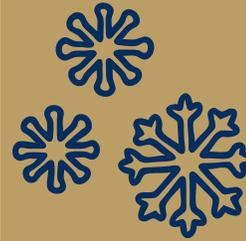


# WARREN COUNTY HEALTH DISTRICT

## News and Information



**Public Health**  
Prevent. Promote. Protect.

### Cold Weather Safety

Extremely cold air comes every winter into at least part of the country and affects millions of people across the United States. The arctic air can be dangerous. Combined with brisk winds, dangerously cold wind chill values can result. People exposed to extreme cold are susceptible to frostbite and can succumb to hypothermia in a matter of minutes. Areas most prone to frostbite are uncovered skin and the extremities, such as hands and feet. Hypothermia occurs when the body loses heat faster than it can produce it.

#### What is wind chill?

The wind chill temperature is how cold people and animals feel when outside. Wind chill is based on the rate of heat loss from exposed skin caused by wind and cold. As the wind increases, it draws heat from the body, driving down skin temperature and eventually the internal body temperature. Therefore, the wind makes it FEEL much colder. If the temperature is 0°F and the wind is blowing at 15 mph, the wind chill is -19°F. At this wind chill temperature, exposed skin can freeze in 30 minutes.

#### Tips for staying safe in the cold:

- Layer up: Wear layers of loose-fitting, lightweight clothing. Inner layers should be moisture-wicking (like wool or silk), insulation layers should be warm (like fleece or down), and the outer layer should be wind and water-resistant.
- If you are going to be outside, take breaks! Go inside or take frequent breaks in a warm place to prevent overexertion and rewarm yourself.
- NEVER use a generator or gas oven indoors to heat your home. If you are going to use a portable generator, place it outdoors at least 20 feet away from doors, windows, and garages to prevent carbon monoxide poisoning.
- Keep a winter emergency kit in your car with extra clothes, blankets, and other supplies in case you get stranded.
- Avoid overexertion- activities like shoveling snow or walking in deep snow can be hard on the heart. If you must work, take frequent breaks in a warm area.



### What's Happening at WCHD?

# ≡ Welcome ≡

Starting December 1, 2025, WCHD's next Health Commissioner will be Chris Balster. Chris has been with the health district since 2012 and previously served as the Assistant Health Commissioner.



December 25-26: Christmas-WCHD CLOSED



January 1-2: New Year's Day-WCHD CLOSED



December 9 from 3-6PM: Warren County Resource Rally located at 303 South Main Street, Franklin, Ohio 45005



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)



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



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



## Celebrate Safely this Holiday Season

The holiday season is a time for connection, joy, and tradition, but it's also a great opportunity to take simple steps to keep ourselves and our loved ones healthy. Whether you're gathering with family, attending community events, or traveling, a little planning can go a long way toward ensuring a safe and enjoyable season for everyone.

One of the best ways to keep others safe is to stay home if you're feeling sick. Even minor symptoms can spread quickly in close settings, especially during colder months. By resting and recovering, you're not only caring for yourself but also protecting your community. If you're hosting, consider offering outdoor or well-ventilated spaces when possible, and make handwashing stations or sanitizer readily available for guests. Small touches like this help everyone feel more comfortable.

Maintaining healthy daily habits can also go a long way during the busy holiday weeks. Staying up to date on recommended vaccines, washing hands often, and prioritizing sleep, hydration, and balanced meals can help you feel your best. If you're traveling, packing essentials such as tissues, sanitizer, and any personal medications can help to keep you prepared for crowded airports, long drives, and changes in routine. If you need to get your flu, COVID-19, or other vaccinations, WCHD can help! Our vaccination clinics are open Monday through Friday, from 7:30AM-4:00PM. If you have any questions or want to schedule an appointment, call 513-695-1468 for individuals 18 years of age and under or 513-695-1229 for individuals 19 years of age and over.

As gatherings become more festive, it's also important to celebrate responsibly when alcohol is involved. If you choose to drink, pacing yourself, eating beforehand, and alternating alcoholic drinks with water can help you stay in control and enjoy the moment. Make a plan for a sober, designated driver or arrange safe transportation ahead of time. Never drink and drive. Remember, it's always okay to say no to alcohol. Offering non-alcoholic drink options at parties can help make celebrations more inclusive for everyone.



## December 1<sup>st</sup> through 7<sup>th</sup> is National Handwashing Awareness Week

As we move through the winter months and gather with family, friends, and coworkers, handwashing remains one of the simplest and most effective ways to keep ourselves and our community healthy. Germs that cause illnesses like colds, flu, and stomach bugs spread easily through the surfaces we touch every day. Proper handwashing can significantly reduce the chance of getting sick or spreading infections to others.

The most important times to wash your hands include after using the restroom, before preparing or eating food, after coughing or sneezing, after caring for someone who is ill, and when coming home from public places. Using clean, running water and soap, scrub all surfaces of your hands, including between fingers and under nails for at least 20 seconds- try humming the "Happy Birthday Song" from beginning to end twice . If soap and water aren't available, use a hand sanitizer with at least 60% alcohol.



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Warren County Health District



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