

WARREN COUNTY HEALTH DISTRICT

News and Information



Public Health
Prevent. Promote. Protect.

Radon Awareness

Radon is a colorless and odorless gas that is naturally released from rocks, soil, and water. All outdoor and indoor air has some radon in it. Some building materials also can release low levels of radon.

Radon can build up in the air in any home or building whether it has a basement, is sealed or drafty, or is new or old. There is no known safe level of radon. You should always aim to have the lowest level. The U.S. Environmental Protection Agency (EPA) recommends fixing your home if radon levels are 4 picoCuries per liter of air (pCi/L) or higher.

Health Impacts

Radon is the second leading cause of lung cancer deaths in the United States after cigarette smoke. The EPA and the Surgeon General's office estimate radon is responsible for more than 21,000 lung cancer deaths each year in the United States. When you breathe in radon, radioactive particles from the decay of radon gas can get trapped in your lungs. It takes many years for lung cancer to develop. Most people don't have symptoms until lung cancer is advanced and at that point it is harder to treat.

For these reasons, it is important to take steps to reduce radon exposure throughout your life to help prevent lung cancer.

Factors that increase your risk of getting lung cancer from radon include the following:

- High radon levels in your home or another building that you regularly spend time in.
- High radon levels in the part of the home or building where you spend the most time (radon levels are often higher in basements and lower levels).
- Smoking cigarettes, currently or in the past.
- Burning wood, coal, or other substances that add particles to air.

Reduce your Risk!

Steps you can take to measure and reduce radon levels include the following:

1. Obtaining a radon test kit
2. Testing your home or office
3. Sending a kit to an approved laboratory to determine radon levels
4. Fixing your home if radon levels are high.

Did you know that Ohio homeowners can request a FREE radon test kit from the Ohio Department of Health? Visit ohio.radon.com to request yours today.

What's Happening at WCHD?



January 19th: WCHD closed, Martin Luther King Jr. Day



The mobile unit is parked until March. See you again in the spring!



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.



Health Education! The Health Education Program keeps the community informed of important health issues and implements services/programs to improve the health, safety and wellness of citizens in Warren County. For more information on programs, services or health presentations available for community groups, please contact 513-695-2475.



Make your New Year's Resolution Stick!

As you make your New Year's resolutions, are you already wondering if you'll be able to keep them? Looking back at promises made this time last year, perhaps you realize you're making the same resolutions all over again. You're not alone; research from Statistics Brain shows that 45 percent of us make specific resolutions each year, only 8 percent follow through on these goals. Here are some tips on how to make resolutions you can keep, and stick to them.

One effective strategy is to focus on small, specific changes rather than big, sweeping resolutions. For example, instead of committing to "exercise more," try aiming for a short daily walk or stretching for a few minutes each morning. Breaking goals into manageable steps can make them feel less overwhelming and easier to maintain over time.

Building new habits works best when they fit naturally into your daily routine. Choose activities you enjoy and schedule them at times that make sense for your lifestyle. Tracking progress—using a notebook, phone app, or calendar—can help you stay motivated and recognize the positive changes you're making, even on days when progress feels slow.



Support can also make a big difference. Sharing your goals with friends or family members, or finding an accountability partner, can help you stay encouraged and on track. Celebrating small wins along the way reinforces progress and builds confidence.

Finally, remember that setbacks are a normal part of change. Missing a day or falling off track doesn't mean you've failed—it's an opportunity to reset and keep moving forward. By staying flexible, being kind to yourself, and focusing on progress rather than perfection, you can turn New Year's resolutions into healthy habits that last all year long.

Childhood Vaccine Awareness

Vaccines are an important tool in protecting children from serious and potentially preventable diseases. Childhood immunizations go through extensive research and testing to ensure they are safe and effective before being recommended for use. They are given at specific ages to provide protection when children are most vulnerable.

Following the recommended immunization schedule helps protect individual children while also reducing the spread of disease in the community. Higher vaccination rates make it more difficult for illnesses to spread, which is especially important for infants, older adults, and individuals who cannot be vaccinated due to certain medical conditions.

Parents and caregivers play a key role in keeping children up to date on vaccinations. Talking with a healthcare provider can help answer questions, address concerns, and provide information about which vaccines are recommended and when they should be given. Maintaining accurate immunization records can also be helpful for school enrollment and routine medical care.

Staying informed about childhood vaccines supports healthier families and communities by helping prevent outbreaks of vaccine-preventable diseases.

Have any questions about childhood vaccines? Need to catch up? WCHD can help! Our childhood vaccination clinic offers all recommended childhood vaccines. For any questions, or to schedule an appointment, call 513-695-1468.

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