

WARREN COUNTY HEALTH DISTRICT

News and Information



Public Health
Prevent. Promote. Protect.

WCHD News and Information is going Digital!

We're excited to share that the WCHD News and Information will soon be transitioning to a fully digital format, with the last physical copy being mailed in May of 2026.

This change will allow us to deliver timely updates, share important information more efficiently, and reduce printing and mailing costs. You will be able to access our newsletter anytime, anywhere- right from your computer, tablet, or smartphone. We'll also be able to include more interactive content, helpful links, and up-to-date resources.

If you're not already subscribed to receive our newsletter by email, we encourage you to sign up to stay connected and informed. To sign up to receive the digital version of WCHD News and Information please email combar@warrencohealthoh.gov or scan the QR code to be taken to our website to be placed on our mailing list. You can also view the monthly newsletter on our website at: warrencohealthoh.gov/about/newsletters.

If you prefer to continue to receive a mailed paper version of the newsletter please call 513-695-3126 or email combar@warrencohealthoh.gov by May 15, 2026.



warrencohealthoh.gov/about/newsletters

What's Happening at WCHD?



We are hitting the road this month! To see where we are headed, visit 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.



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.





Spring Into Better Health With WCHD's Mobile Health Unit

The Warren County Health District's Mobile Health Unit is back on the road for the 2026 season, bringing convenient, community-based care directly to residents across the county. This year's route includes eight scheduled stops, offering families and individuals more opportunities than ever to access essential health services close to home.

Designed to reduce barriers and expand access to healthcare, WCHD Mobile Health provides on-site clinical support, preventive care, and health education in neighborhoods where it's needed most. A licensed physician will be available at select locations throughout the season to offer expanded clinical services.

Services Available:

WCHD Mobile Health will provide a range of public health services, including: Acute Care Visits, TB Skin Tests, Maintenance Visits (including hypertension, diabetes and other chronic illnesses), Urinalysis, Immunizations, Blood Testing, Development Screening, Lead Testing and Counseling, and Physical Exams (including routine physicals, well child check ups, sports physicals, work physicals, and pre-operative physical exams).

Where Can I Find the Mobile Health Unit?

The unit will visit 8 community locations between spring and fall. A full schedule, including dates, times, and site addresses is available on the WCHD website and shared regularly on social media.

The Mobile Health Unit is part of WCHD's ongoing commitment to preventing illness, promoting wellness, and protecting the health of every resident. By meeting people where they are, the unit helps ensure that essential services remain within reach for all residents, including families, seniors, and individuals with limited transportation.

For updates, schedules, and additional information, visit warrencohealthoh.gov/mobile-clinic-calendar, by calling 513-787-3335, or by following the Warren County Health District on social media.

Stress: What is it? How Can I Promote my Well Being?

Stress is a normal part of life, but when it builds up or goes unmanaged, it can take a real toll on both physical and mental health. April is recognized as Stress Awareness Month and reminds us that recognizing stress and taking steps to prevent it can make a meaningful difference in how we feel, function, and connect with others.

What is Stress?

Stress is the body's natural response to pressure, change, or challenge. A little stress can help us stay alert and motivated. But ongoing or intense stress can lead to headaches, trouble sleeping, irritability, difficulty concentrating, and long-term health concerns if left unaddressed.

Understanding your own stress signals is the first step toward managing them. If stress begins to interfere with daily life, making it hard to work, sleep, or enjoy activities, it may be time to reach out for support. Talking with a healthcare provider, counselor, or someone you trust can help you find healthy ways to cope.

What Can I Do to Help Prevent Day to Day Stressors from Building Up?

Small, consistent habits can help keep stress from building up. These strategies are simple, realistic, and effective for people of all ages:

- **Take short movement breaks:** Even a 10-minute walk can reset your mind.
- **Practice deep breathing:** Slow, steady breaths help calm the nervous system.
- **Stay connected:** Talking with friends, family, or coworkers can ease tension.
- **Set boundaries:** It's okay to say no or step back when you're overwhelmed.
- **Limit screen overload:** Taking breaks from news and social media can reduce anxiety.
- **Prioritize sleep:** Consistent rest helps your body recover from daily stressors.

THE WCHD NEWS AND INFORMATION IS A MONTHLY PUBLICATION THAT IS AVAILABLE FREE OF CHARGE. SUBSCRIPTIONS ARE AVAILABLE BY MAIL OR EMAIL. IF YOU WOULD LIKE TO BE ADDED TO OUR DISTRIBUTION LIST, PLEASE CONTACT ALLISON COMBS, 513-695-3126, OR COMBAR@WARRENCOHEALTHOH.GOV.

