

TRUMBULL COUNTY COMBINED HEALTH DISTRICT NEWSLETTER



Public Health
Prevent. Promote. Protect.

Flu Season—Protect Yourself & Others

Prevention

1. Vaccinate

- Most important step to prevent the flu
- Everyone 6 months & older should get a flu vaccine every year



2. Stop Germs

- Wash your hands often
- Avoid sick people (when possible)
- Cover your cough/sneeze (use tissue or upper sleeve, NOT hands)
- If you have the flu, STAY HOME to prevent spreading the flu to others



3. Anti-Viral Drugs (if prescribed)

Work best if given within 48 hours of when symptoms start

Flu Symptoms

Adults

- Fever or Feeling Feverish/Chills
- Muscle/Body Aches
- Headache
- Fatigue (very tired)
- Cough
- Sore Throat
- Runny Nose/Stuffy Nose



Children

In addition to the symptoms listed above, children may also experience: Nausea, Vomiting and/or Ear Pain (inflammation)

Flu Facts

- The stomach flu is NOT INFLUENZA!
- Influenza (Flu) is a contagious respiratory illness.
- There is no live flu virus in flu shots, so *they don't cause the flu.*
- Protection against the flu virus develops about 2 weeks after vaccination.
- Flu season runs generally from October through March.

-Centers for Disease Control

Flu Shots (By Appointment Only)

Call Us at 330-675-2590, Option #3
For More Information

Fall is Deer Season

Fall and winter are peak seasons for deer-related crashes. Fall is the height of Ohio's deer breeding season, so deer movement increases. With more than 22,000 deer-related motor vehicle crashes reported in Ohio each year, here are some steps motorists can take to help avoid a collision:

- Drive attentively in areas with deer-crossing signs.
- Deer often travel in packs—if you see one deer, expect others to follow.
- Highest-risk periods are from sunset to midnight, followed by shortly before and after sunrise.
- When driving after dark, use high-beam headlights when there is no opposing traffic.
- If a collision with a deer is unavoidable, it is usually best not to swerve—jerking the steering wheel may cause the car to spin out of control or into oncoming traffic.

-Ohio Dept. of Public Safety

Keep Your Child Safe While You're Driving

Rear-Facing Car Seat

Birth through 2 years, or until reaching the max height or weight of the convertible car seat.

Forward-Facing Car Seat

Outgrown rear-facing car seat through 4 years and weighs at least 40 pounds.

Booster Seat

Must be 4 years old and weigh at least 40 pounds through 8 years old or 4'9" tall.

Call Us for Eligibility Info —Monthly Car Seat Classes
Low Cost/Free Car Seat•Installation Instructions•Laws



LET'S TALK TURKEY

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:



*For more information about each type of turkey, visit fsis.usda.gov.

3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

Refrigerator:

Safe to store the turkey for another 1 – 2 days in the refrigerator.

This is the USDA recommended thawing method.

How to thaw:

Allow approximately 24 hrs. for every 4-5lbs of bird.

Cold water:

Cook immediately after thawing.

How to thaw:

Submerge the bird in cold water & change every 30 mins.

Microwave:

Cook immediately after thawing.

How to thaw:

Use defrost function based on weight

For more information on safe thawing methods, visit fsis.usda.gov

DID YOU KNOW?

It's safe to cook a frozen turkey though cooking time will be 50% longer!

Clean

Wash your hands for 20 seconds with soap and warm water.

Utensils
Plates
Countertops
Cutting boards

SHOULD ALSO BE WASHED

Bacteria, which can be present inside and outside a turkey, can't be washed off the bird! **Cooking is the only way to destroy this potentially dangerous bacteria.**

SO DON'T WASH YOUR TURKEY!!

SEPARATE

Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.

Keep dishes that touch raw food separate, too!

Wash items that touch raw meat with soap and warm water.

COOK

Your bird is not safe until it reaches 165 °F — you cannot tell by the color.

Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!

Use three places to check the temperature.

- Thickest part of breast
- Innermost part of wing
- Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

Safe in fridge: 3-4 days

Safe frozen, but use within 2-6 months for best quality.

Last day Thanksgiving leftovers are safe from the fridge.

Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.

Be sure to pack leftovers in a cooler if traveling.

Reheat thoroughly to a temperature of 165 °F.

Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!

FOR MORE INFORMATION:
Visit foodsafety.gov

If you have a specific question, call the **USDA Meat and Poultry Hotline** at 1-888-MPHOTLINE or visit AskKaren.gov. Visit PregunteleaKaren.gov for questions in Spanish.



Environmental Division

Food Service

The Trumbull County Combined Health District (TCCHD) has authority to license and inspect food operations within Trumbull County with the exception of those in Warren City. The purpose of these inspections is to ensure a safe dining experience for our residents. The licensing period runs from March 1 through February 28. To date, we have licensed 883 food operations for the current licensing period.

During the third quarter (July through September) our inspectors completed 417 inspections. The inspectors found 484 violations with 27 being critical. This equates to 1.2 violations per facility. All the critical violations were addressed before the inspection is complete. Our inspection reports are public record and can be viewed upon request.

Our agency's food programs was surveyed (reviewed/audited) by both the Ohio Department of Health and the Ohio Department of Agriculture in 2017. Both agencies found that TCCHD's food program is being conducted in an acceptable manner. No restrictions were placed on TCCHD.

Household Sewage Treatment Systems (HSTS)

It is time to renew your Permit-to-Operate. Renewal notices have been mailed out and are due by 12/31/17.

Wet weather restrictions for on-lot HSTS installations begin November 1st and run through April 30th. Off-lot HSTS installations will continue as site conditions allow.

Mosquito Surveillance

Another season of mosquito surveillance has been completed. All mosquitoes trapped by TCCHD Sanitarians were sent to the Ohio Department of Health (ODH) for analysis. The tested mosquitos were found to be free of both West Nile virus and Zika virus.

Stay Fit through the Holidays

Stepping Out

Warren Program Activities for November 2017
For information or scheduling with Nutritional Educator or Personal Trainer call
Doris Bullock, Project Coordinator, (C) 330-720-3293, (O) 330-480-8659
Email: dibullock@mercy.com

Mondays: Zumba 4:30 pm – 5:30 pm Grace AME
Line Dancing 5:30 pm – 7:30 pm Grace AME
Core Strength Training 7:30 pm – 8:30 pm Grace AME
Tuesdays: Core Strength Training 5:00 pm – 6:00 pm First Church
Line Dance 6:00 pm – 8:00 pm First Church
Thursdays: Zumba 5:30 pm – 6:30 pm First Church

Health Screenings

Nov. 27, 4:30 pm – 6:30 pm Grace AME
Nov. 28, 4:30 pm – 6:30 pm First Church

Healthy Eating/Cooking Classes

Nov. 27, 4:30 pm – 6:30 pm Grace AME
Nov. 28, 4:30 pm – 6:30 pm First Church

Grace AME Church 330-394-6270
1137 Main Street SW, Warren, Ohio 44483

First Church (United Methodist Community Center) Warren 330-373-6490
309 North Park Ave, Warren, Ohio 44481

Please note: Due to circumstances beyond our control (weather, instructor illness, etc.) classes sometimes are cancelled. We attempt to notify you via email or social media in advance. No Classes on November 23 or 24, 2017

Stepping Out!
Eat Healthy. Get Active.
Lose Weight.

Being fit and making healthier choices is never easy. But our Stepping Out program is a free and fun way to improve your health and reduce your risk for diabetes and heart disease. From fitness and cooking classes to free health screenings, your healthier lifestyle is just a phone call away.

FREE CLASSES AND PROGRAM

- fitness activities, including line dancing, aerobics, Zumba and strength training
- healthy cooking demonstrations, weight management classes and healthy eating workshops
- health screenings, including weight, waist, body fat, BMI and blood pressure

Must be 18 or older to participate.

To register or learn more, call Doris Bullock, Project Coordinator, at 330-720-3293.

PROGRAM LOCATIONS

Associated Neighborhood Centers McGuffey Center
1649 Jacobs Road, Youngstown, OH 44505
330-744-4377

Grace AME Church
1137 Main Avenue SW, Warren, OH 44483
330-394-6270

Mill Creek Community Center
496 Glenwood Avenue, Youngstown, OH 44502
330-743-0020

OCCHA - Organizacion Civica y Cultural Hispana Americana
3660 Shirley Road, Youngstown, OH 44502
330-781-1808

Taft Elementary School
730 East Avondale Avenue, Youngstown, OH 44502
330-746-8494

United Methodist Community Center
2401 Belmont Avenue, Youngstown, OH 44505
330-743-5149

United Methodist Community Center Warren
309 North Park Avenue, Warren, OH 44481
330-373-6490

This program is provided through a grant from the Mercy Health Foundation Mahoning Valley.



A Catholic healthcare ministry serving Ohio and Kentucky

Trumbull County Drug Crisis Continues:

As most of us are aware September was a devastating month for our county considering the amount of overdoses that occurred. The final number for September was 215 total overdoses. We have had 60 confirmed overdose deaths and 53 are still pending. I want to take this time to acknowledge all of our stakeholders and especially our first responders that are out on the front lines every single day battling this disease. If not for everyone's commitment and dedication Trumbull County would have lost a lot more lives to this dreaded disease. As we move forward together even though it seems, many times, that we are fighting an uphill battle always remember that even one life saved is worth all the time and effort we spend fighting this epidemic. Thanks again to the most dedicated group of people that I have ever had the honor to work with!

-Kathy Parrilla, TCCHD Public Health Nurse

Trumbull County's Overdose (OD) Epidemic

Year	OD Deaths	ER Visits for OD
2015	87	949
2016	107	1254
2017 YTD	60 (thru 10/20/17) (+53 Suspected/Not Confirmed)	1118 (thru 10/20)

Project Dawn

- A community-based overdose education and naloxone distribution program.
- Naloxone is offered free to the public along with education to effectively administer Naloxone in the event of an overdose to **save a life**.
- To receive a free kit and the training, call TCCHD at 330-675-2590, option #3.

Available through funding from TC MHRB and The Trumbull Memorial Health Foundation.

Treatment Options

- TC Mental Health and Recovery Board, 330-675-2765
- Coleman Access Center, 330-392-1100
- Call 211 or text: FORHOPE to 741741

**Recovery is Possible and
People can Recover**

Addiction: Choice vs. Disease

There is a misconception in the community that addiction is a choice; however, studies have proven that addiction is a disease of the brain. In a scan of the brain there are definite differences between the non-addicted brain and the addicted brain. Addiction is a disorder of the Brain's Reward System. Drugs of addiction affect the pleasure center of the brain which results in "craving" when the drug is not present. Craving is a response to the symptoms of withdrawal such as: sweating, stomach cramps and increased respirations. The body sees these symptoms as a threat to "survival" and it needs more of the addictive substance to relieve these symptoms. Craving is the reason the "choice" argument fails. No person can choose to crave or not. That is why treatment as well as counseling is so critical.

Prescription Drug Drop-Off Locations

Bazetta Township Police Department
2671 McCleary Jacoby Rd, Cortland
8 am-4 pm, M-F

Brookfield Police Department
6844 Strimbu Dr, Brookfield
8 am-4 pm, M-F

Champion Police Department
149 Center St E, Warren
24 hrs/7 days

Hubbard Police Department
233 School Street, Hubbard
8 am-4 pm, M-F

Hubbard Township Police Department
2600 Elmwood Dr. Extension, Hubbard
8:30 am - 4:30 pm, M-F

Kinsman Police Department
8070 State Route 7, Kinsman
Call 330-876-7403 to schedule a time

Liberty Township Administration Building
1315 Churchill-Hubbard Road, Liberty
7 am-4 pm, M-F

Lordstown Police Department
1583 Salt Springs Road, Lordstown
24 hrs/7 days

Newton Falls Police Station Admin Bldg
19 North Canal St, 1st Floor Hall Newton Falls
24 hrs/7 days

Trumbull County Sheriff's Office
150 High Street, Warren
7:30 am-4 pm, M-F

Vienna Police Department
856 Youngstown Kingsville Rd (SR 193), Vienna
7 am-3 pm, M-F

Weathersfield Township Police Dept.
1451 Prospect St, Mineral Ridge
8 am-4 pm, M-F



An alarming trend is occurring. When youth in Trumbull County schools were asked during the 2015-2016 school year whether they had taken a prescription drug not prescribed to them, 10% said they had done so within the last 30 days. This is a higher number than the national average of 6%. Commonly abused prescription drugs range from pain relievers and depressants to stimulants and over-the-counter medicine.

-Courtesy of http://www.trumbullmhrb.org/mhrb_prescriptions.html "Information on Prescription Drug Abuse"



Brought to you by the Trumbull County STAND group
(stand up speak out against tobacco)

TheTruth.com

ODH.com



This work is furnished either in whole or in part by a grant awarded by the Ohio Department of Health



HAVE YOU SEEN OUR VIDEO ADVERTISING DURING INTERMISSION AT THE NILES BOULEVARD THEATER?

BE A PART OF THE MOVEMENT – GIVE YOUR OPINION ON OUR TRUMBULL COUNTY FACE BOOK PAGE.

[FACEBOOK.COM/TRUMBULLPUBLICHEALTH](https://www.facebook.com/trumbullpublichealth)

Tell us if you liked the advertising and is it a factor in your decision to be tobacco free?



Contact Us

176 Chestnut Ave. NE
Warren, OH 44483

Phone: 330-675-2489

Fax: 330-675-2494

health@co.trumbull.oh.us

www.tcchd.org



Public Health
Prevention • Promotion • Protection

www.facebook.com/trumbullpublichealth



https://twitter.com/trumbull_health

BOARD MEETINGS

Board of Health meetings are held the 4th Wednesday of the month at 1:30pm at the Trumbull County Combined Health District.

Due to the Holidays the November and December 2017 dates are as follows:

November 15, 2017 at 1:30pm

December 13, 2017 at 1:30 pm

All meetings are open to the public.

Important Dates

November

- 11/05/17 Daylight Savings Time Ends
- 11/07/17 Election Day
- 11/10/17 Veterans Day (Observed)
- 11/11/17 Veterans Day
- 11/15/17 November Board of Health Meeting
- 11/23/17 Thanksgiving Day

December

- 12/13/17 December Board of Health Meeting
- 12/31/17 HSTS Renewal Due Date
- 12/31/17 New Years Eve



"Building a Healthy Community"

Trumbull County Combined Health District

Mission, Values & Vision Statements

Mission Statement

We are committed to protect and promote the health and well-being of our community and prevent disease, disparity and harm to our residents. This is accomplished by responding promptly to serve the needs of the public in a professional and respectful manner with emphasis on public health education and outreach.

Vision Statement

The effective exchange, collaboration and communication of ideas and thoughts with all internal and external stakeholders will enhance our policies, procedures and programs. This along with the promotion of our public health services will eliminate disparities and have a stunning effect on our community.

Employee of the Month

July 2017—Bob O'Connell



We appreciate the effort and time that Bob has put into his duties as our Plumbing Inspector over the past 13 years. In addition to being a certified plumbing inspector, Bob is also a certified inspector for the Ohio Manufactured Home Association, is the Vice Chairman for the Plumbing Section on the Ohio Construction Industry Licensing Board and sits on the Trumbull County Board of Health Sewage Appeals Board. Bob interacts well with his fellow staff members, is always willing to lend a helping hand and has a good working relationship with the plumbing contractors in the county.

August 2017—Sharon O'Donnell



We appreciate the effort and time that Sharon puts into her duties as Secretary in our environmental division. Sharon has worked for the health department for 21 years, working primarily as the secretary for the sewage program. Prior to Sharon's "official" start with the health department, she worked under contract as the Project Coordinator for the G.I.F.T.S. grant, which was a grant to reduce the infant mortality rate in Trumbull County, was the Project Director for a lead probe screening program and also assisted with various administrative duties. Sharon interacts well with her fellow staff members and is always willing to lend a helping hand. She has worked closely with Julie Green from the County Commissioners' office in gathering paperwork and the necessary information Julie needed to obtain hundreds of thousands of dollars in grant money to assist Trumbull County residents with failing sewage systems.

September 2017—Natalie Markusic



We appreciate the effort and time that Natalie puts into her duties as our Accreditation Coordinator. Natalie has worked for the health department for 11+ years, first as a Sanitarian-In-Training, and then Sanitarian in our environmental division, and now in her current role as our Accreditation Coordinator. Natalie interacts well with her fellow staff members and is always smiling, no matter what! As you are all aware, Natalie has been working tirelessly, here and at home, toward getting our health district accredited. Natalie just recently finished uploading 500+ documents to PHAB, which was a huge undertaking, and gets us one step closer to being accredited.