

May & June. 2025

Important Dates & Info.

Mental Health Awareness Month
- May 2025

National Women's Health Month
- May 2025

Father's Day - 6/15/2025

Mother's Day - 5/11/2025

Men's Health Month - June 2025

National Safety Month - June 2025

Memorial Day - 5/26/2025

Juneteenth - 6/19/2025

Spring has sprung...hopefully!

Public Health Trivia:

An attempt to improve public health by creating a cancer-curing virus instead wiped out most of mankind prior to the events of what 2007 post-apocalyptic Will Smith film?



Public Health
Prevent. Promote. Protect.
Trumbull County



Trumbull County Combined Health District Newsletter

Vol. 4, Issues 5 & 6., (May / June 2025)

With warmer weather on the way, the TCCHD wants you to "Bite Back: and Stay Safe from Mosquitos and Ticks" with these tips:

PROTECT AGAINST MOSQUITOES & TICKS



PRACTICE THE 4 Ds: MOSQUITO PROTECTION



1. DRAIN

Drain standing water from items around your home, yard, and business.



2. DEFEND

Use an EPA registered insect repellent when outdoors. Make sure door and window screens fit tightly with no holes.



3. DAWN TO DUSK

Protect yourself from morning to night, especially during prime times for mosquito activity.



4. DRESS

Wear long sleeves, pants, and close toed shoes when outdoors to cover your skin.

PRACTICE THE STEPS: TICK PROTECTION



1. DRESS

Wear long sleeves, pants, and closed toe shoes when outdoors to cover your skin.



2. DEFEND

Use insect repellent when outdoors and avoid tick habitats.



3. CHECK

Check your entire body for ticks after being outdoors, including your children and pets.



4. REMOVE

Use fine-tipped tweezers to promptly remove ticks.

Family Connects Ohio

Family Connects Ohio, part of the Help Me Grow system of supports and Ohio Department of Children & Youth, is proud to partner with the Trumbull County Combined Health District to provide an in-home visit from a nurse who will offer support, guidance, and connections to additional resources, **at no cost to you.** ***This no-cost in-home visit is available to all families of newborns, who reside in Trumbull County.*** A nurse will come to the home of the newborn to check on the baby, birthing parent, and the whole family. To learn more, please visit helpmegrow.org/familyconnects and sign up to receive this service.

Contact Us

Address:

194 W. Main St.
Cortland, OH. 44410

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330-675-2489

Fax:

330-675-2494

Email:

health@co.trumbull.oh.us

Website:

www.tcchd.org

Wellness Hub:

www.livewelltrumbull.com

Facebook:

www.facebook.com/trumbullpublichealth

Twitter(X):

https://twitter.com/trumbull_health

Instagram:

<https://www.instagram.com/t.c.combinedhealthdistrict>

TCCHD History

1959 – - ODH & Ohio Automatic Merchandising Assoc. jointly sponsored a vending amendment to the Ohio Food Service Law.

TCCHD Industry News

Keeping Trumbull County Safe and Healthy one step at a time!

1. The Environmental division for February & March of 2025:
 - i. Performed **323** Food Service Operations Inspections,
 - ii. **259** Real Estate Evaluations,
 - iii. **350** Residential Sewage inspections,
 - iv. **133** Plumbing Inspections,
 - v. And **435** O&M Samplings.
2. The Nursing division for January, February, & March of 2025:
 - i. Held **9** children immunization clinics and saw **33** clients,
 - ii. Held **3** adult immunization clinic and saw **14** clients,
 - iii. Had **71** families enrolled in their home visiting program and provided **298** tele/home visits.
3. The TCCHD continues to offer Mail-Order Narcan Kits through our Project Dawn program. Please contact **Tammi Krafft** at **330-675-2489** for more details.

Upcoming Events in Trumbull County

- Mother's Day Brunch – 5/11/2025, 11 am, The Grand Resort, 9519 East Market St., Warren, OH., 44484.
- Annual Father's Day Weekend Root Beer Tasting – 6/14-15/2025, 10 am – 7 pm, Sweet Memories Vintage Tees, 1335 Trumbull Ave., Girard, OH., 44420.

TCCHD Nursing Department offers many services

- Safe Sleep classes
- Car seat classes
- Immunization clinics for adults and children
- TB testing and treatment
- Narcan training
- Pregnancy testing
- Covid and flu testing
- Sight for Students Program
- Family Connects Ohio Nurse Home Visiting Program
- Help Me Grow Home Visiting Program
- Complex Medical Help Program (aka BCMH)
- Communicable Disease Investigation
- Rabies and Animal Bite Investigation
- Emergency Preparedness

Celebrating Mental health Awareness Month Stigma Busting Language:

Addict < Person with a substance abuse disorder

Clean < In recovery

Addiction is a decision < Addiction is a disease

Everyone gets sad sometimes < I'm here for you

Committed Suicide < Died by suicide

It's all in your head < Mental illness is real and treatable

Just tough it out < It's okay to ask for help

Live Well Trumbull Hub



Customer Satisfaction Survey QR



Immunization Clinics

The TCCHD offers many routine vaccinations for adults and children, including the up-to-date influenza and Covid vaccinations. Please contact our office at 330-675-2489 for more information or visit our website at tcchd.org.

"Your one Trusted, and Unified source for all resources related to Health and Wellness in Trumbull County"

Visit the Trumbull County Wellness Hub at:

<https://livewelltrumbull.com/>

- ✚ Create a Free account,
- ✚ Register for and take Challenges,
- ✚ Access our Calendar of Events,
- ✚ Hear from experts,
- ✚ Access great resources from a number of partners.

Don't Wait...Explore the site today!

Ever visited the Trumbull County Combined Health District?

Let us know how we did with our survey below!

Customer Satisfaction Survey:

<https://www.surveymonkey.com/r/TKBSNMT>

Would you like to see something else added to the newsletter?

Let me know! Email me at hebonack@co.trumbull.oh.us

Contact info for Family Connects in Trumbull County!

Do You Live in Trumbull County?

Family Connects Ohio

Part of the Help Me Grow system of supports

The first few days and weeks home with a newborn can be a challenging time for everyone. Let Family Connects Ohio lend a helping hand.

Help Me Grow is proud to partner with Trumbull County Combined Health District and Family Connects International to provide an in-home visit from a nurse who will offer support, guidance, and connections to additional resources—at no cost to you.

Help for baby

- Baby health check
- Infant feeding and fussiness
- Bathing, diapering and swaddling
- Safe sleep

Help for mom

- Mom's health check
- Breastfeeding support
- Family planning advice
- Post-partum depression screening

Help for family

- Scheduling doctor's appointments
- Understanding child care options
- Early literacy information
- Community connections

Schedule your personalized visit

A representative will contact you or use the QR code.



To learn more, please call (330) 616-3322 or email hmgreferrals@helpmegrow.org.

Team



Erin Heckman, RN
Nursing Supervisor



Shannon Wellacher, RN
Nurse Home Visitor



Department of
Children & Youth
Help Me Grow Home Visiting

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Eighth Employee Spotlight

Meet Susan Coleman



Susan is our Emergency Preparedness Coordinator in the Administrative Division.

I had the opportunity to sit with Susan for a few minutes and ask her a few questions.

Me: What is your job here?

Susan: Emergency Preparedness Coordinator. A Public Health Emergency Preparedness Coordinator's primary responsibility is to plan, organize, and administer public health emergency preparedness activities, including pre-emergency planning, emergency response, and post-emergency functions. They focus on building the capacity of public health and healthcare systems to prevent, protect against, and respond to public health emergencies.

Me: What is your favorite pastime?

Susan: My favorite pastime has to be the grandchildren. There's never enough time with them. I also like to spend time in various places like the botanical gardens, museums and checking out new places.

Me: What was your first job?

Susan: My first job (other than babysitting) was a cashier at Burger Chef. It wasn't the most glamorous job, but I worked with several classmates and that made it fun.

Me: Who or What inspires you?

Susan: The opportunity to learn new things inspires me, making a positive impact on others and knowing that my work directly contributes to improving lives are a few things that inspire me.

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A Message from the TCCHD regarding the importance of and purpose of public health regulations.

As many of you have seen in previous versions of The Trumbull County Combined Health District Newsletter, we ALWAYS offer a segment known as

**"TCCHD Industry News
Keeping Trumbull County Safe and Healthy one step at a time!"**

This segment was introduced as a means to demonstrate the volume of work the TCCHD does on a monthly basis. However, the question has been raised as to why we do (or what is the purpose of) these inspections and services we offer. So, the TCCHD wanted to provide the purpose behind these inspections and services so all the Trumbull County residents that use these services have a better understanding.

Food Inspections – These are performed to mitigate the public's possible exposure to foodborne illness which is highly preventable if the right steps are taken.

Point of Sale/Real Estate Inspections – These inspections are performed to prevent raw and poorly treated sewage from entering and contaminating surface and ground waters, resulting in human illness.

Plumbing Inspections – These inspections ensure proper drainage of water and wastewater from households and businesses while preventing sewage odors from entering the household

With Fair and Festival Season around the corner, The TCCHD would like to share the following information.

People and Animals Can Share Germs

5 STEPS To Help Keep You and the Animals HEALTHY

Even well cared for, healthy animals can have germs that can make people sick. Follow these key steps to have a safe and fun animal-visiting experience.

- 1** Do not enter the barn if you feel sick. Your germs can also make animals sick.
- 2** Leave food, drinks, strollers, and pacifiers out of animal areas.
- 3** Don't kiss or snuggle with the animals. Closely supervise young children to make sure they don't put anything in their mouths.
- 4** Avoid touching your face while in the barns. This is one way germs can get into your body and make you sick.
- 5** Wash your hands with soap and water, after visiting with the animals.

