



# Health Matters

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**Fairfield County Health Department  
Quarterly Newsletter  
October 2024**



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## From the Commissioner:



The Fairfield County Commissioners have recently completed the purchase of the Colonnade Medical Office Building, which has been the home of the Fairfield County Health Department for the past 12 years.

The Commissioners received a \$2 million dollar grant from the state legislature's capital projects budget to support the purchase and renovation of the facility.

The building will now be called the Sheridan Center. Work has already begun on repaving and upgrading the lighting in the parking lot.

We thank the County Commissioners for their investment in this facility, which will continue to allow FCHD and other county agencies better serve the public in the future!

Joe Ebel, Health Commissioner

*Joe Ebel*



## Healthy Eating Active Living (HEAL)

HEAL is a program created to increase access to healthy and affordable foods and physical activity opportunities. FCHD has been implementing HEAL strategies throughout the county to make healthy eating and active living more accessible for Fairfield County residents.

### Community Garden

The first season of the community garden has come to a close. Garden participants were surveyed to learn the impact that the garden had on them.

We found that fruit and vegetable consumption increased by 20% for participants, and 40% for their household. In addition, 80% of respondents not only agreed that they consumed more fruits and vegetables, but they also reported that they felt more confident in their ability to grow healthy food.



## FALL HEALTH FEST



Health resources - Music - Games - and much more!

**2**

November

**Lancaster Community Garden**

2151 W. Fair Avenue Lancaster, 43130

**Time: 11am-1pm**



### Upcoming Events

Join us at the Community Garden for our first annual Fall Health Fest! The event will take place on Saturday, November 2nd from 11am to 1pm, and will have games, food, resources, and more!



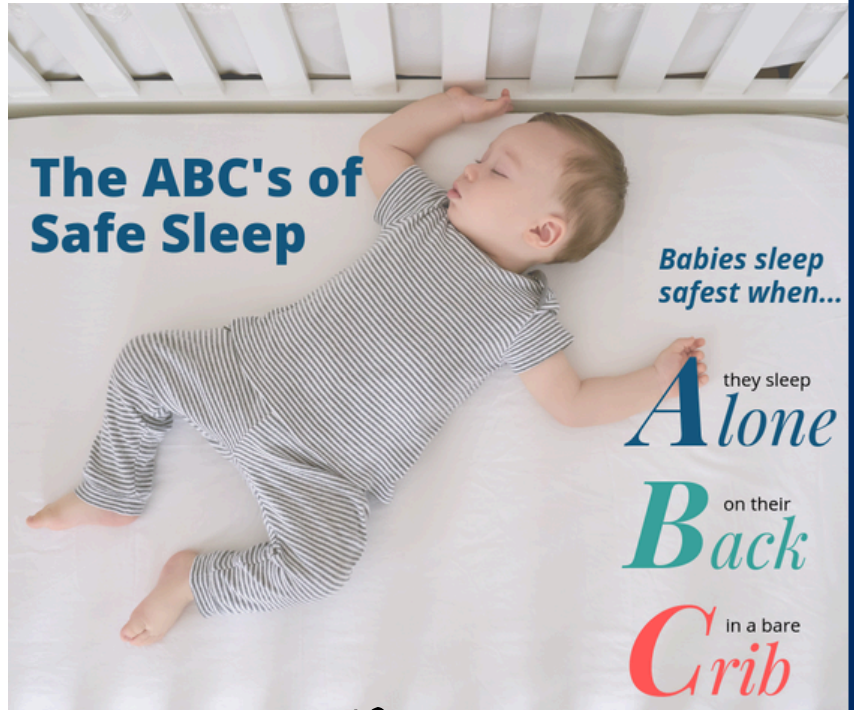




## Cribs for Kids

FCHD continued to promote safe sleep practices for infants and newborns and distributed **39** “crib kits” containing a cribette from July-September of 2024.

For more information on how to see if you are eligible for a crib, contact Kaleigh Pulsinelli  
kaleigh.pulsinelli@fairfieldcountyohio.gov or 740-652-2800



## Newborn Homevisiting

FCHD has a Newborn Home Visit program to provide new parents with extra support after baby is born. This program allows a public health nurse to provide education to the caregiver on how to take care of themselves and the baby.

So far, FCHD has received 67 referrals and completed 30 visits for new moms in Fairfield County. This program has been a huge success with WIC clients and we would love to support a family you know!

The program is done in partnership with the Fairfield County Foundation and the United Way of Fairfield County.



For questions call Shannon Mentzer at 740-652-7169 or email: shannon.mentzer@fairfieldcountyohio.gov

## Safe Kids Worldwide

FCHD distributed over 250 bike helmets to Fairfield County families! If you need a bike helmet, please contact us!

Through, the Safe Kids program FCHD will begin distributing smoke alarms at no cost to eligible families in Fairfield County. If you or a loved one is in need of a smoke alarm, contact us for more information!



**Safe Kids Contact:** [baylie.blevins@fairfieldcountyohio.gov](mailto:baylie.blevins@fairfieldcountyohio.gov)

## The Ohio Buckles Buckeyes (OBB) Program

We are excited to announce that FCHD now offers The Ohio Buckles Buckeyes (OBB) Program! OBB is a car seat program that provides child safety seats and booster seats to eligible, low-income families.

**Goal of Program:** to increase availability of child safety seats for families that would not otherwise be able to afford them and to increase correct installation and proper use of child safety seats.

**Requirements of Program:** Families must be within WIC eligibility guidelines and must attend an educational class on how to properly use the car seat for their child and how to correctly install the seat in their vehicle, taught by the OBB coordinator in county of residence.



**OBB Contact:** [hannah.josefczyk@fairfieldcountyohio.gov](mailto:hannah.josefczyk@fairfieldcountyohio.gov)



# Substance Use Prevention

## Tobacco Use Prevention and Cessation



FCHD continues efforts to reduce dependence on nicotine through the Tobacco Use Prevention and Cessation grant. The two main goals of the program is to prevent youth and young people from starting using tobacco and nicotine-containing products, and to help adults to stop using tobacco and nicotine products.



## Youth Involvement

FCHD has a bunch of new and exciting opportunities for youth in Fairfield County to get involved in this new grant year! We are currently recruiting youth ages 12-20 to participate in youth tobacco/vaping use outreach, tobacco retailer compliance checks, and an Anti-Vaping Video Contest! To learn more about these opportunities reach out to our Tobacco Use Prevention and Cessation Coordinator.

**Tobacco Use Prevention and Cessation Contact:**  
hannah.josefczyk@fairfieldcountyohio.gov

## Substance Use Prevention in the Community

The Tobacco Use Prevention and Cessation Coordinator and the Project DAWN Coordinator have been working together to educate the community on substance use prevention. This presentation is great for schools. FCHD has given this presentation to the staff members of Millersport High School and Lancaster High School. We have also provided them with naloxone, NaloxBoxes, and vaping/tobacco prevention posters for classrooms.

[If you or your organization is interested in free substance use prevention training:](#)

**Project DAWN Contact:**  
megan.baker@fairfieldcountyohio.gov

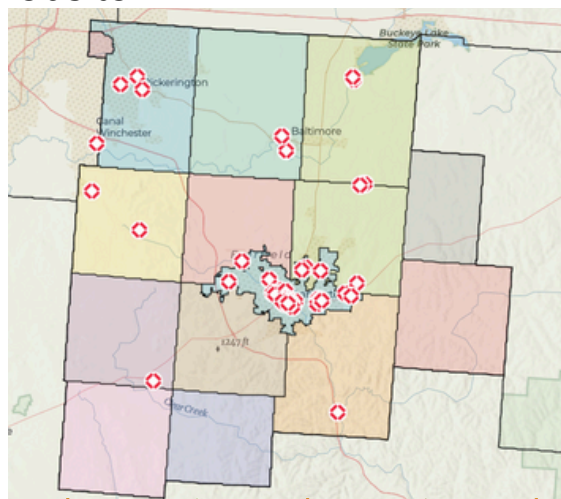
## Project DAWN

FCHD gave out a total of [959](#) Project DAWN Naloxone kits this quarter. Of those kits distributed [41](#) were to first responders in Fairfield County. We also started our mail order this quarter to increase the accessibility of Naloxone.

Currently, FCHD is working to continue placing NaloxBoxes in schools and local businesses and provide training throughout the county. FCHD completed a map for all locations of the Naloxboxes. The map will be accessible to the public from the FCHD Project DAWN tab on the website.



Scan this QR code or visit our website for free naloxone kits shipped directly to you!



## Fairfield County Medical Reserve Corps (MRC)

This quarter, the Fairfield County MRC contributed **158.5 hours** of community service to support emergency preparedness efforts in the county. This equates to **\$8,425.13 of economic benefit** to the community!

- 18 events
- 47 volunteers
- Sponsored 26 new community members' CPR certification training
- Tabling events to provide emergency resource education!



Interested in joining our team and serving our community? Email [riley.ernst@fairfieldcountyohio.gov](mailto:riley.ernst@fairfieldcountyohio.gov) for more information.



## Public Health Emergency Preparedness

As the cold weather months approach, make sure you check on those who are at high-risk for frostbite.



**Young children, babies, and infants without proper clothing or heating.**



**People who stay outdoors for long periods of time (houseless, hikers, hunters, etc.).**



**Older adults without proper food, clothing, or heating.**



## Safe Communities Program

The Safe Communities program is a data-driven initiative to save lives and reduce injury by increasing seat belt usage, increasing impaired driving awareness, increasing motorcycle safety awareness, coalition building with community partners, and traffic fatality review. This program is implemented in collaboration with the Ohio State Highway Patrol and the National Highway Safety Administration.

## Traffic Safety & The Holidays

With the holidays coming up, it's important to stay safe on the road. Here are a few reminders for the next few months:



- Buckle Up. Every Trip. Every Time.
- If you're headed to an event where you plan to drink, make plans ahead of time for a sober ride home.
- Don't let your friends get behind the wheel if they are intoxicated. Take their keys and arrange for sober ride home.
- Remember: if you feel different, you drive different.
- There are a variety share programs available, like Uber and Lyft. If those aren't available, designate a friend to drive.

## AARP Community Challenge

FCHD continues to work on the AARP Community Challenge, which aims to ensure bike paths and walking paths are safe for older adults to use and feel comfortable to get physical activity.

The bike path audits will be conducted in Lancaster in October, and results of the audits will be communicated to Lancaster City to guide future improvements.



### AARP COMMUNITY CHALLENGE

Grants to make communities livable for people of all ages



## Preventing Salmonella

With the upcoming holidays, many of us are eager to spend more time with family and enjoy a hot meal together. However, it's important to be aware of the increased risk of Salmonella during this time. Salmonella can be transmitted by eating contaminated food or drinking contaminated water. Additionally, it can be transmitted by touching infected animals, their feces, or their environment.

### Symptoms of Salmonella

- Diarrhea
- Fever
- Abdominal cramps
- Nausea
- Vomiting



The symptoms of Salmonella may appear **between 6 hours to 6 days** after exposure.

### Holiday Cooking Checklist

- ✓ Cook poultry, eggs, and meat thoroughly
- ✓ Wash hands after handling raw food
- ✓ Wash fruit and vegetables before eating
- ✓ Keep raw and cooked foods separate
- ✓ Clean surfaces and utensils after use
- ✓ Avoid consuming raw or undercooked eggs and meats
- ✓ Refrigerate food promptly

Use a food thermometer to check for the safe minimum internal temperature.



Fish

**145°F**



Red Meat

Beef, Pork, Veal & Lamb  
(Steaks, Roasts & Chops)

**145°F**

(with a 3-minute rest time)



Ground Meat

Beef, Pork, Veal & Lamb  
(Ground)

**160°F**



Egg Dishes

**160°F**



Poultry

Turkey, Chicken & Duck  
(Whole, Pieces & Ground)

**165°F**

## Cold, Flu, Covid, and RSV

Now that everyone is back to school and the weather is getting colder, colds, flu, and Covid are on the rise. To prevent these illnesses, make sure you get your annual booster for flu and Covid. Here are some other tips from the CDC to reduce the spread of illnesses:

- Wash your hands often. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose or mouth.
- Cover your mouth & nose when coughing or sneezing.
- Stay home when you are sick.
- Practice good hygiene and other healthy habits.



**To schedule a  
vaccine call  
740-652-2828**



For questions call Gale Neville  
MSN, RN at 740-652-2828 or  
email:  
[gale.neville@fairfieldcountyohio.gov](mailto:gale.neville@fairfieldcountyohio.gov)

## Vaccine Clinics

FCHD has participated in over **25 Influenza vaccination** clinics so far this quarter.

Flu, Covid-19, and RSV vaccines are available at all Fairfield County Immunizations.

RSV Vaccine is different than the Flu, and COVID Vaccines, in that you should not get an RSV vaccine any closer than every two years. So, if you had RSV last year you will not get it again this year.

Fairfield County Health Department has vaccine clinics on Tuesday and Thursday every week. We also have a clinic in Pickerington once a month on the third Wednesday of each month, by appointment. Call 740-652-2828 to make an appointment for all clinics.

# WIC: Women, Infants, and Children

## WIC Farmers' Market Coupons

WIC staff distributed the WIC Farmers Market coupons at Kids Day at the Lancaster Farmers Market in June and July. 450 WIC Farmers Market Coupons were distributed and 183 were redeemed. The total redeemed amount was \$915, and the redeemed percentage came to 40.67%.

## NUTRITION, SUPPORT, AND THE POWER OF FAMILIES

### ALL CAREGIVERS ARE WELCOME.

We talk a lot about moms. But we offer support to anyone—working or not—who cares for a child, including:

- Moms
- Stepparents
- Foster parents
- Grandparents
- Dads
- Guardians

### WE'RE HERE FOR YOU.

We're here for more moms and caregivers than you might think—in fact, we serve over half of all infants born in the U.S. To get WIC assistance, participants:

- Must be pregnant or have infants or children under 5 years old.
- May need income assistance.
- Can be receiving other benefits like foster care, medical assistance, or SNAP.



## Income Guidelines

Gross income (before taxes) cannot exceed the following amounts:

Family Size	Annual	Monthly	Weekly
1	\$27,861	\$2,322	\$536
2	\$37,814	\$3,152	\$728
3	\$47,767	\$3,981	\$919
4	\$57,720	\$4,810	\$1,110
5	\$67,673	\$5,640	\$1,302
6	\$77,626	\$6,469	\$1,493
7	\$87,579	\$7,299	\$1,685
8	\$97,532	\$8,128	\$1,876

*Every July, the Ohio Income Guidelines are revised. If you are interested in receiving WIC services, please call 740-652-2800, option #4 to schedule a WIC appointment.*





## Mosquito Control

Mosquito spraying is done for the season. FCHD was able to offer low-cost spraying as part of an integrated pest management approach to reduce mosquitos in Fairfield County. Over 300 miles were sprayed for integrated pest management this season!



## Healthy Aging Grant

The Healthy Aging Grant supports the community with replacement parts and installation of septic systems for adults 60 years of age and older. FCHD was awarded \$71,570.60 and was able to help seven people repair or replace their septic system.

### Why is septic maintenance so important?

Adhering to a regular maintenance prevents dangerous property contamination. Clogged septic tanks can overflow, and hazardous waste and water can subsequently spill onto your property. This contaminated material compromises your groundwater and poses a severe public health risk.

## Food Safety

September was Food Safety Month. It is important to remember the basic food safety rules below to prevent foodborne illnesses:

### Clean

Wash hands and surfaces often, and wash utensils throughout and after food preparation.

### Separate

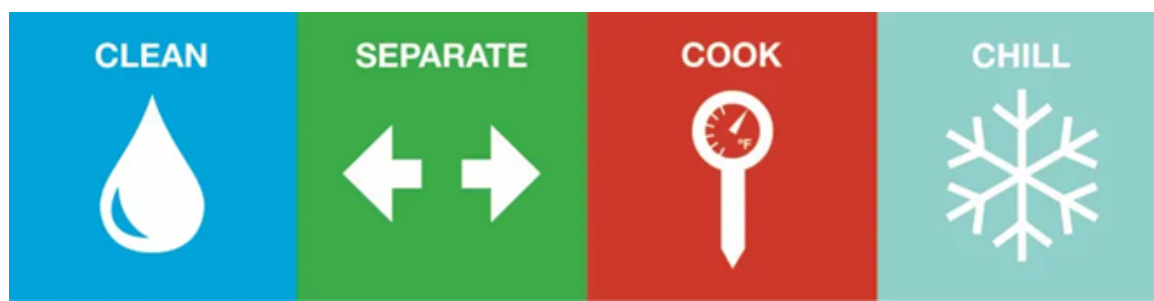
Keep raw meat, poultry, eggs, and seafood separate from ready-to-eat foods. Use different cutting boards for different foods.

### Cook

Cook food to a safe internal temperature, as measured by a food thermometer.

### Chill

Refrigerate food promptly and keep the fridge at 40°F or below. Don't leave food at room temperature for more than two hours, or one hour if the temperature is above 90°F.





# FCHD in the Community



FCHD staff participated in the 4th of July parade in Lancaster

11 FCHD staff participated in United Way's Community Cares Day this year. They worked to update and beautify the new Big Brothers Big Sisters building



FCHD staff all pitched in to donate food during Hunger Action Month



FCHD partnered with Basil Joint Fire District to promote safe driving in Fairfield County



# FCHD in the Community

FCHD staff member at the  
Fairfield Union Land Lab  
Community Event!



FCHD staff participating in Lite the Nite in Downtown Lancaster



FCHD participated in  
Overdose Awareness Day  
in Downtown Lancaster in  
collaboration with our  
friends at Project FORT  
and the Fairfield County  
ADAMH Board



FCHD participated in  
the Fairfield County  
Senior Expo at the  
Fairgrounds



# Stay in touch with us online!

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**Instagram- @fairfield\_health**



**X (formerly known as Twitter)-  
@fairfieldco1550**



**Facebook-  
www.facebook.com/FDHealth**



**Safe Communities Facebook-  
www.facebook.com/FairfieldCountySC**



**LinkedIn-  
linkedin.com/company/fairfieldhealth**



**Website- fairfieldhealth.org**