

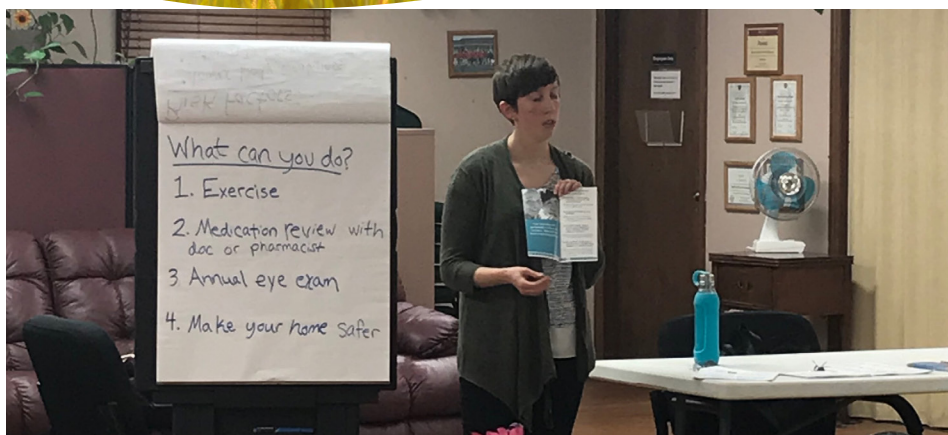
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*Rebecca Honacker, Falls Prevention Coordinator, Union County Health Department discusses falls prevention with seniors.*

As the weather starts to become nice this spring and summer, everyone becomes more active. Unfortunately for those over the age of 65, falls are the number one cause of ER visits and hospital stays in Ohio.

### **How to Protect Yourself**

There are four important things to do to help keep you safe from a fall.

- Talk to your doctor to evaluate your risk of a fall, and review medications.
- Do strength and balance activities to make your legs and balance

stronger.

- Have your eyes checked at least once a year and update glasses as needed.
- Make your home safer. Install handrails in your bathroom and on both sides of the stairs, make sure there is good lighting in all rooms in your home, and remove things that can be tripped over easily.

### **Complete Our Survey**

Visit our website to see our findings on the falls survey, this survey helped us in understanding how to serve our senior population and decrease our falls incidents.

### **Tips for the Season**

These are just a few tips to keep you healthy this Spring & Summer season:

- Wash your hands, thoroughly and often.
- When traveling check cruise ship inspection scores before booking.
- Protect your skin from the sun, wear sunscreen when outside during the day.
- Check your skin and body for anything out of the normal.
- Eat healthy meals at least 2 to 3 times a day.
- Encourage health through play, encourage your children to spend at least an hour playing a day.
- Be active, adults should be active for at least 2 1/2 hours a week. Doing 10 minutes at a time is great!



### **Peek Inside our Social Media**

We were first on the scene to the McGuffey Water Situation in late March. We sent out messaging to inform the citizens on water availability. We were also able to hand out information on safe drinking water guidelines. Check out our social media for all our important updates.

### **Mission Statement:**

We, the Kenton-Hardin Health Department believe that it is our mission to develop and maintain an efficient system which will provide for the highest quality of public health service practicable, and to promote and protect, in varying degrees, the community's physical, mental, social, and environmental well-being.

The Board of health administration will work to promote an organization within which all are encouraged to work cooperatively to fulfill this mission.

By working towards fulfillment of its mission, the health department is striving to enable every citizen the opportunity to realize health and longevity.

**“To Be The Best, Perform The Best”**



**Public Health**  
Prevent. Promote. Protect.

### **Vision:**

Keeping Hardin County healthy by improving the lives of those we serve and strengthen our communities through collaborative partnerships.

### **Values:**

The Kenton-Hardin Health Department is a citizen-driven organization that serves the community based upon its core values: Integrity, quality and excellence in service provisions through collaboration, preparedness, communication and accountability.

# Emergency Preparedness

## 3 Easy Ways to Prepare for Spring Weather

HELPING YOU STAY  
PREPARED WHEN  
DISASTER STRIKES

Although this winter has lasted longer than many of us had hoped, spring and summer weather are on their way. With it brings the potential for spring storms. These can bring with them heavy rain, flooding, and power-outages. There are many ways that you can prepare now for these unpredictable storms. When a storm comes to the area everyone hopes to be prepared to handle whatever may be coming. The best way to do this is for you and your family to create 3 things.

**1.** Make a family communication plan. Prepare for ways to contact your family members in an emergency. Fill out contact cards for each of your family members to keep with them. Choose an Emergency contact, a number your family can remember to call or text to let everyone know you are safe. Lastly know emergency numbers to call. Have them programmed into your cell phone. Some good contact numbers to have are your emergency contact, fire department, police station or sheriff's office, and the nearest hospital.

**2.** Make a family disaster plan. First know what kinds of weather

or emergency situations you have in your area, know the warning signs and types of shelter needed. Find a safe spot in your home for each kind of disaster. Choose more than one meeting place after the disaster has passed. Choose one in your area, one just outside the area, and one place out of town to meet if there is a disaster. Decide on multiple escape routes out of your home for all types of disasters. Practice these escape routes at least once a year. This can be a fun family activity that could prove very valuable if the disaster ever does come to your area. Don't forget to plan and prepare all plans to include your family pets. It is helpful to set up a family member or friend who would be willing to keep your pet should you need to be in an emergency shelter. Many shelters do not allow pets. As a secondary option also consider finding a boarding facility close to your area. Have that contact information on your contact card and programmed into your cell phone.

**3.** Always have a kit or multiple kits for your family available at any time. Disasters happen when you least expect it, have kits prepared

for your home, work, and your car.

### **For More Helpful Tips**

Visit [www.cdc.gov](http://www.cdc.gov) for more information on communication plans and preparing your pets for emergencies. Residents of Ohio should also visit [www.ema.ohio.gov](http://www.ema.ohio.gov) for more

information on what types of disasters and storms to expect in the area and information on planning ahead. You can also find helpful information on our website at [www.kentonhardinhealth.com](http://www.kentonhardinhealth.com) or follow our social media channels.

## **GO KIT SUPPLY**

What to add today;  
to prepare for  
tomorrow.

Each kit should  
contain a 3 day  
supply.

- Gallon of water per person, per day.
- Food that is easily prepared without power.
- Medications
- Toothbrush/Toothpaste
- Soap
- Kit contents for pets & children.
- Can opener
- Flashlight/Extra Batteries
- Radio/Extra Batteries
- First Aid kit
- Extra cash
- Extra set of keys to home & car.
- Multi-purpose tool
- Cell phone with charger & backup battery
- Important family documents





**Pam Romanko**  
*Fiscal Officer*

Pam Romanko is our Fiscal Officer, she was hired to fill this position in May 2017.

## *Employee Spotlight*

She has twenty years of experience as an accountant and office manager of a construction company. She will be utilizing her skills learned to analyze each of our programs to reduce costs and increase efficiency. She is also in the process of working with a

financial committee within the Health Department and Board of Health to continue work on our budget. Pamela earned her Associates of Applied Business in 1982 and her Bachelors of Technical Management in 2011.

## *Family Planning*

### Women's Clinic

Women are known for taking care of those we love, when was the last time you took care of yourself? Here at the Kenton Hardin Health Department women's health is important to us. Once a month we offer a women's clinic that includes a pap smear, breast exam, and consultation. To schedule your appointment or to get more information, call our offices at 419-673-6230.

### What Can You Do to Protect Yourself?

When it's flu season your doctor tells you to wash your hands and get a flu shot. When you get a cold you go to the doctor and get antibiotics. What do you do to take care of your sexual health? The Family Planning clinic at the Health Department offers women's

health exams each month by appointment. Most women should have a yearly exam which includes a Pap and breast exam along with Sexually Transmitted Disease (STD) testing. You can be tested at any time for STD's at the Health Department. We do offer birth control options as well. Men can protect themselves as

well by getting tested regularly for Sexually Transmitted Diseases. Through our Family Planning Clinic at the Health Department these tests are available by appointment.

Not looking to get pregnant? We offer birth control options as well as free condoms and free pregnancy tests anytime walk ins or by appointment. Call our office and ask for Melissa for more information or questions.

### Watch for More Information!

Watch our social media channels in the month of May for our Women's Health focus. Family Planning has worked hard to develop fun informational videos to help you stay healthy. Check out Facebook, Instagram, and our Website for more information.





# Nursing Updates

## Vaccinations at Area Schools

Our nurses have been to our area schools in recent weeks to administer vaccines for the 2019 school year. There are required vaccines for those children entering

- Kindergarten
- 7th Grade
- 12th Grade

If your child still needs vaccines for the upcoming school year please call our offices and schedule your appointment at 419-673-6230.

## Vaccine Available

The nursing department works hard to ensure we have a healthy population. We want to let the public know if you need a T-DaP shot to make an appointment with us. T-DaP protects us from bacterial diseases tetanus, diphtheria, and pertussis.

Tetanus enters the body through a wound or cut, and causes painful

muscle spasms. Tetanus shots should be boosted every 10 years to ensure that you are protected. Diphtheria is a very contagious infection that can make it very difficult to breathe, and could cause heart and nerve damage in severe cases.

Pertussis, or Whooping Cough, is an extremely contagious respiratory infection that can lead to severe breathing problems, especially in infants. It is recommended that anyone coming in contact with a newborn should consider getting a T-DaP to help protect against this contagious disease. You may remember seeing the commercial in recent years reminding us of the dangers of whooping cough.

Our nurses would like to keep the community safe and healthy this summer. If you would like information on vaccines, or to schedule an appointment please call our offices at 419-673-6230.



*Our friendly nurses (from left) Polly, Melissa, and Alexa.*

## Immunization Clinics

**Immunizations are available monthly at the following locations:**

• **Kenton Hardin Health Department** - Every Thursday - 8:45AM-4:00PM. (Closed for lunch 11:30-12:30PM)

• **Forest Fire Department** - Second Wednesday of the month - 9:00AM-12:00PM.

• **Dunkirk EMS Building** - Second Wednesday of the month - 1:30 PM-4:00PM.

• **Ada Presbyterian Church** - Third Tuesday of the month - 9:00AM-4:00PM.

**Please call our offices to schedule your immunization appointments.**





## Accreditation

## TIMELINE

### •May

Accreditation Coordinator will attend in-person training.

Plan will be completed.

### •July

Continued work on Domain documents being collected.

### •June

Performance Management

### Application has been Submitted

The Health Department has officially submitted the application to be accredited at the end of March, it was accepted on April 3rd. We are in the process of collecting documents to be reviewed to determine our accreditation status. As there are 12 domains to have documents for this process has been, and will continue to keep the Health Department busy.

In May, our Accreditation Coordinator will attend an in-person training for part of the process. We will be granted e-PHAB access and have one year to submit documentation.

Our performance management plan will be completed in June. This plan ensures progress is being made toward goals by collecting and analyzing data and determining areas for improvement.

The Community Health Assessment, or CHA, process has started its early stages for 2018. This tool is used to help measure and determining the health status of the county.

The Community Health Improvement Plan (CHIP) is developed from the results of the assessment. The CHIP focuses on areas that need to be addressed in the county. Previous areas of improvement were: Mental Health and Addiction, Chronic Disease, and Access to Healthcare. The

annual CHIP meeting is scheduled for May 2018 for annual review of the plan.

Within the state of Ohio, the mandate is to be Accreditation ready by 2018, with Accreditation achieved by 2020. The Kenton Hardin Health Department is on target to meet these time lines.

### For More Information

Information can be found on the Health Department website under Accreditation [www.kentonhardinhealth.com](http://www.kentonhardinhealth.com). If you would like to view the Standards and measure or Public Health for Accreditation please visit <http://www.phaboard.org>

## Quality Improvement Projects

Quality improvement projects are an important part of the Accreditation process. It works to improve services or processes that the Health Department offers, which helps to improve the citizens of the county.

The Health Department has been working on three separate projects, a Substance Abuse Dashboard, Epidemiology after

hours phone call algorithm, and Environmental Health Nuisance Complaint algorithm. The Epidemiology and Environmental Health improvement projects are completed and the plans have been implemented. The Substance Abuse Dashboard is still being completed. The Health Department will be determining new areas for improvement in coming months.



## **New & Old Drugs Don't Mix**

Ohio's opioid problem has been brought to recent headlines many times. What we are now noticing is the increase in deaths related to mixing new and old to create deadly new drugs. Many reported cases in the U.S. are due to mixing Fentanyl with Methamphetamines and Cocaine. Many drug users are unaware of the mixture and it's deadly affects. Ohio

has seen a 62% increase in Cocaine related deaths in 2017, mainly due to this mixture.

### **What We're Doing**

Our Emergency Preparedness Coordinator & Prescription Drug Overdose Coordinator were fortunate enough to participate in a radio series on WONB radio to talk about our opioid problem listen here [http://www.onu.edu/won.../wonbs\\_opioid\\_crisis\\_interview\\_series](http://www.onu.edu/won.../wonbs_opioid_crisis_interview_series)

# **Prescription Drug Overdose**



## **Upcoming Events**

**Women's Health Clinic  
May 22nd & July 31st  
Call for an Appointment 419-673-6230.**

**FAME & WIC Farmer's Market  
July 17th @ More information to come.  
Call 419-673-6230.**

# **Sanitation Station**

## **Protocols for Sewage Systems**

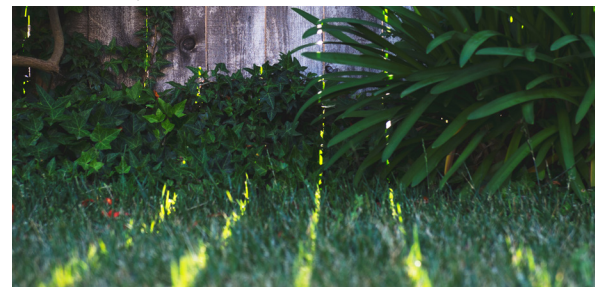
The Kenton-Hardin Health Department (KHHD) tracks all sewage related records for permits, nuisance inspections, service records, sampling and pumping. An operational permit fee charged, starting in 2026 for those property records submitted in 2016 and every year after.

Discharging sewage systems without a secondary treatment (leach field, sand filter etc.) will be offered the chance to comply with

on site disposal of sewage unless an EPA permit is issued. EPA permits are issued to properties in which lot size or soil conditions dictate that on- site treatment is not possible. Compliant systems that are off-lot discharging, will require a yearly maintenance and sampling agreement with a registered service provider. Aeration systems or those installed after 2007 and those systems EPA permitted coverage would be examples. Should this arise, a service provider is required to inspect, service, sample and submit a report to this department. If KHHD does not have septic information for a property, a service provider will inspect or locate system. All service providers are required to submit paperwork

that describes the system as well as documenting the location and performance on the date of inspection.

The Health Department will not require a system be replaced or upgraded provided the system components are on-lot and performing without creating a public health nuisance. If a home is replaced, the homeowner may forfeit all prior septic approvals and may be required to install a new septic system.





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