



Pg. 3 Emergency Preparedness
National Preparedness Month

Pg. 4 Vital Statistics
Birth/Death Certificates

Pg. 5 Nursing
Flu Shot Facts/Information

Pg. 6 Accreditation
Updates

Pg. 7 Sanitation Station
Eating Safe



Kevin Risner & Hannah Beltz have joined the Kenton Hardin Health Department this fall.

Hannah Beltz, RN

Hannah is a recent RN graduate from the 2017-2018 Tri Rivers Career Center LPN to RN Diploma program. She is planning on beginning work on her bachelors soon. She has 9 years experience as an LPN working in federally funding healthcare centers. She will be helping with BCMH, Immunizations, Infection Control/Communicable Disease as well as helping with other programs as needed.

Kevin Risner, PDO Grant

Kevin serves as the Prescription Drug Overdose Prevention

Coordinator. He has a bachelors degree in Journalism and a masters in Theology. He has professional experience as a newspaper reporter and editor, including working with the Ada Herald. Kevin has in recent years worked at various K-12 schools and colleges as a substitute teacher and part-time instructor, as well as being an ordained Christian minister. Throughout his various career pathways, Kevin has always focused on the goal of inspiring and empowering individuals to experience success. The Health Department is happy to welcome them to the community.

Tips for the Season

Flu season is nearly upon us. We do offer flu vaccines but what else can you do to protect yourself and your family?

- Wash your hands more often. Germs are spread most frequently by coughing, sneezing, and close contact. The more you wash your hands, the less germs we are exposed to. If soap and water are not available use an alcohol-based hand scrub.
- Stay home when you are sick. This helps to keep the virus from spreading to others.
- Cover your mouth & nose when coughing or sneezing.
- Avoid touching your eyes, nose or mouth. This is how germs are passed to you.
- Clean high traffic areas for germs during the season such as door knobs, faucets and handles, refrigerator handles, etc.



Peek Inside our Social Media

Have you seen our posts on our Family Bike Program? We had a great response and the program was very successful! Check out our Facebook page for all our fun pictures of families with their new bikes! We are looking forward to continuing the program!

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

HELPING YOU STAY
PREPARED WHEN
DISASTER STRIKES

National Preparedness Month is the month of September. Look for our website and social media to give you tips on how to protect & prepare yourself before the disaster is upon us. FEMA and Ready.gov works to bring us information to share with the public on many topics. This years weekly themes are:

- **Week 1: Make and Practice Your Plan**
- **Week 2: Learn Life Saving Skills**
- **Week 3: Check Your Coverage**
- **Week 4: Save For an Emergency**

The National Day of Action is September 15th, activities will be conducted around the country to prepare communities and community members to be ready for emergencies.

Look for lots of videos and graphics talking and explaining how to prepare now before the weather comes. This is a good time to check those go kits and make sure you are prepared.

We are fortunate in Ohio to not be affected by some disasters, but we are all subject to experiencing

situations that were not forecast or foretold popping up and causing chaos.

This is when preparation is the most important. Now when the problem or emergency isn't a situation or concern.

Many citizens may not even realize how important being ready and having a plan can be. Having your important documents ready to take with you could be very important in a home fire or flood. Being able to contact family and

let them know you are ok can be very important if a strong storm or winter weather storm comes to the area. If you and your family prepare now you will know what to expect. If you are interested in making a plan or need help on where to start please contact our emergency preparedness coordinator Arin Tracy or our Public Information Officer Kelsey Ralston to get information on how to develop and prepare now, call 419-673-6230.

NATIONAL PREPAREDNESS MONTH 2018



PREPARE NOW

LEARN HOW



FEMA



Preparing Financially

Some things to keep in mind

1. Gather financial, personal, household, and medical information.
2. Consider saving money in an emergency savings account that could be used for any crisis.
3. Obtain relevant insurances (homeowners/renters, health, and life) and review policies.
4. Have photo ID's and

identification documents for members of your household.

5. Social Security card to apply for FEMA disaster assistance.
6. Pet ID tags and current photos, to help reunite or identify your pets.

For more information:
www.ready.gov/financial-preparedness

Vital Statistics

The Kenton Hardin Health Department offers birth and death certificates for \$27.00 each. You can obtain death certificates from the county vital statistics officer where the event occurred. Birth records are available from any vital statistics office regardless of where the birth event occurred in Ohio (Exception: sealed adoption records may only be obtained from

the state office of Vital Statistics in Columbus, OH.)

You can request certificates by phone or by mail. If by phone payment can be made by credit/debit card. By mail the check or money order should be made out to KHHD and include a return Name, Address and Daytime phone number with requests. For more information visit our website

at: www.hardinhealth.org/vital-statistics-2/.

Birth & Death Certificates prior to 1909: <http://www.hardincountyconnections.com/>

Passport Information: <https://travel.state.gov/content/travel/en/passports.html>

For records outside the U.S. go online: <https://www.cdc.gov/nchs/w2w/foreign.htm>

Family Planning

Women's Fest @ the Square

The Soroptimist group from Hardin County have developed a women's health & protection event. The event will take place on the square on September 29th. Look for more details to follow in social media posts, and website updates. There will be some services available as well as a guest speaker. There will also be a mobile mammogram bus available. These appointments need to be made in advance of the event.

Women's Clinic September

Our women's clinic will be September 18th by appointment. If you are in need of our services please call our offices and schedule your appointment today.



Nursing Updates

Vaccine Information

Flu is a word no one likes to hear. Anyone can get it, and it can happen when you least expect it. Protect yourself this flu season by getting a flu shot. The flu vaccine can help you from getting the flu, make it less severe if you do get it, and keep you from spreading it to your family and other people. The flu vaccine does not contain a live virus as some have thought. The flu shot can NOT give you the flu.

After your flu shot is administered

it can take up to 2 weeks for protection to develop after vaccination, and will last the flu season from October to May.

Want More...

If you still want more ways to protect yourself check out our website for more ideas! Watch our flu video on the homepage! Also visit the CDC's website on the flu at www.cdc.gov/flu. There you can find more helpful tips, information about vaccines and surveillance work done by the CDC.



Polly getting vaccines ready.

Immunization Clinics

Flu Vaccine will be available at our regular clinics as well as the following dates for the general public:

**Friday, September 7th from 9am-2pm
@ Hardin County Fair Rest Tent.**

Saturday, September 22nd from 10:30am-1pm Drive Thru Clinic Under the Annex Building.

We are also offering groups to have their own flu shot clinics. If you are interested in scheduling a flu shot clinic for a group or for a business, call and schedule your date now.

Please call our offices to schedule your immunization appointments.



Accreditation

Our accreditation has been a large project for the entire Health Department. At this time we have applied and been granted access to the Accreditation Training. Cindy Keller our Director of Nursing, and Arin Tracy our Accreditation Coordinator attending training in Alexandria, Virginia in late August. Once the training is complete, the Health Department has one year to upload documentation and receive

a Site Visit Team for review of the documentation. This part of the process will be in the fall of 2019. Until then the Health Department continues to work on gathering the appropriate documents and accessing whether those documents meet the requirements of the domain. The goal is Accreditation is achieved by 2020.



Upcoming Events

Hardin County Fair Flu Shot Clinic
September 7th from 9am-1pm
@ Resting Tent

Board of Health Monthly Meeting
September 25th @ 7pm
Health Department Conference Room

10 Million Steps to Prevent Falls
September 21st @ 10am
Hardin County Square
Screenings, information, Walking for Awareness

National Child Passenger Safety Week
September 23-30th
Contact Kelsey to get a seat or have your current seat checked.

Women's Health Clinic
September 18th
Contact the Health Department for an appointment

Quality Improvement Projects

There has been continued work to improve the many workings of the Health Department. We are currently testing the methods developed from two of the current improvement projects and have scheduled a date to go over how those improvements are working regarding current events. This is a part of accreditation that we continue to improve the way we

function as a Health Department. We have continued work on the third quality improvement project and expect to make steps to finish that and monitor it along with the other two projects. We will begin new projects in the near future. We hope this brings more structure to how we work and brings efficiency to the department as a whole.



Do you think it's too early to start talking to your child about drugs? Did you know the most commonly used drugs among 8th graders are:

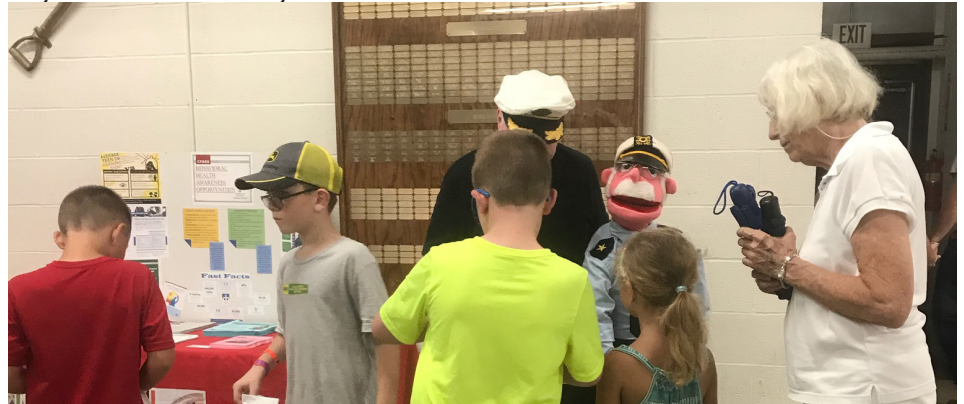
- Marijuana (11.7%)
- Inhalants (5.3%)
- Synthetic Marijuana (3.3%)
- Cough Medicine (2%)
- Tranquilizers (1.7%)
- Adderall (1.3%) "study drug"
- Hallucinogens (1.3%)
- OxyContin (1%)
- Vicodin (1%)
- Cocaine (1%)
- Ecstasy (.9%)
- Ritalin (.9%)

One percent may not seem like a large number but nationally it is tens of thousands of boys and girls. Why is it important to speak to kids now about drugs? Why do we need to change the behavior now? According to Teen Substance Abuse Statistics, kids who use drugs and alcohol are more at risk for other

consequences as well. These can include:

- **Auto Accidents** - The risk of these types of accidents increase 7-fold.
- **Sexual Assault** - 89% of victims self-report drinking prior to the assault.
- **Violence** - Roughly half of both assailants and victims admit to using alcohol or drugs before the incident.

Contact us for some helpful information on how to start talking to your children today.



Kevin and Admiral Birdbrain talking to kids about saying NO!

Prescription Drug Overdose



Sanitation Station

September is National Food Safety Education Month! Perfect timing to discuss how to keep yourself healthy eating while at the County Fair and at home this fall.

Every year it's estimated that 1 in 6 Americans get sick, 128,000 are hospitalized from eating contaminated food.

There are some groups of individuals that should use extra caution when eating food. Pregnant women, young children, older adults, and those with weakened immune systems are more at risk of food poisoning than a healthy

individual not covered in those groups.

Some common symptoms of food poisoning are:

- **Nausea**
- **Vomiting**
- **Stomach Cramps**
- **Diarrhea**

However symptoms can vary from person to person. Food poisoning can be severe and even life-threatening. Those individuals who experience severe symptoms should see a doctor.

There are four simple steps to follow when preparing food at home:

- **Clean**

Wash your hands and surfaces often.

- **Separate**

Don't cross contaminate (keep meats and vegetables separate from each other)

- **Cook**

To the right temperature. Check to see what that temperature is.

- **Chill**

Refrigerate promptly. If there are left overs do not leave those out for longer than 2 hours (1 hour if outside).

Follow these simple rules to keep you and your family safe.





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