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Keeping Food Safe This Winter



Keep your family safe this holiday season by following these easy tips.

Cook Food Thoroughly- Meat, Poultry, Seafood, and eggs carry germs. Use a food thermometer to make sure food is cooked to the safe minimum internal temperature.

Keep Food Out of the Danger Zone- Bacteria grows rapidly at room temperature. Keep hot foods hot, and cold food cold. Refrigerate or freeze perishable food within 2 hours.

Keep Foods Separated- Keep meat, poultry, seafood, and eggs separate from all other foods.

Safely Thaw Your Turkey-

Thaw turkey's in the refrigerator, in a sink of cold water that is changed every 30 minutes, or in the microwave. Avoid thawing foods on the counter. A turkey must thaw at a safe temperature to prevent germs from growing.

Wash Your Hands- Wash your hands with soap and water before and after preparing food, touching raw meat, raw eggs, unwashed vegetables, and before eating and drinking.

Enjoy!- Your meal and time spent with loved ones this holiday season.

Peek Inside our Social Media

The Kenton Hardin Health Department is dedicated to helping improve the health of the community. Please visit our social media or website to find the link to our survey on the need for safe biking in Hardin County. We continue to develop new programs to improve health in the community.



Tips for the Season

Power outages happen in Ohio due to snow & ice. The most important thing to remember is to keep you & your family safe & warm.

- Hypothermia - can occur in cold and mild temperatures if someone becomes wet and becomes chilled.
- Frostbite - can go undetected because the frozen tissue becomes numb.
- Keep refrigerators and freezers closed as much as possible while the power is out to ensure food doesn't spoil.
- Stock up on non-perishable food items such as peanut butter, granola bars and water. Try to keep stock of foods that don't require much preparation.
- Keep blankets and candles handy for power outages, and never use a generator indoors.

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

Winter is almost here. With that comes snow, cold, and ice. Those things lead to power outages, snowy roads, and longer stays in the house. There are some things you can do to prepare now for winter weather to come!

Things to do at Home

- Install weather stripping & extra insulation.
- Insulate water lines.
- Clean gutter and repair roof leaks.
- Have your heating system and chimneys checked and clean.
- Install smoke detectors & carbon monoxide detectors in the home.
- Have a alternate heating source available.

Things to do for Your Car

- Get it serviced and maintain antifreeze levels.
- Check tire tread.
- Keep your gas tank full to avoid ice in the tank and fuel lines.
- Use winterized windshield washer fluid.
- Prepare a kit in case you become stranded. Blankets, booster cables, bag of sand or cat litter (traction), and a first aid kit.

Preparing for a Power Outage

- Stock food that needs no cooking or refrigeration, and store water in clean containers.
- Make sure your cell phone is fully charged.
- Keep an emergency kit available: flashlight, weather radio, battery operated lamps, extra batteries, and first aid kit.
- Protect you & your family from carbon monoxide, keep generators and other devices that generate fumes at least 20 feet from the house. Leave your home immediately if the CO detectors sound.

Outdoor Precautions

- Wear appropriate clothing, jacket, inner layers of warm clothing, hats, gloves, scarves, and waterproof shoes.
- Sprinkle cat litter or sand on icy patches for traction.
- Work slowly when working outdoors & carry a cell phone.

Traveling in Weather

- Avoid traveling when weather is expected to be bad.
- If you must travel, tell friends and family how you plan to get there and when you expect

you'll arrive.

- If you become stranded make your car visible, stay with your car, keep your body warm, stay awake and moving, and run the motor for about 10 minutes per hour opening a window slightly for air.



Make sure snow isn't blocking your exhaust.

- Bring pets inside or provide adequate shelter and fresh water.

Information gathered from www.cdc.gov/features/winterweather/index.html

Winter Essentials

What you should have on hand this winter.

- Salt for driveways and sidewalks.
- A good sturdy easy to use shovel.
- If you are older and cannot clear off your driveway or sidewalk, ask a neighbor or a teenager on your street to come help.
- Have a good long ice scraper for vehicles/windshields.
- Have something you can use for traction in your driveway this can help you or your car gain traction on the slick surface.



Tracie Simon
Registered Nurse

Tracie Simon joined our organization in October, she

Employee Spotlight

attended Lima Technical College and graduated in 1994. She has 26 years of nursing experience including community health, orthopedics, long term care and became an Independent Provider for the State of

Ohio in 2016. Tracie is currently training in Public Health Nursing for BCMH, Communicable Diseases, Immunizations and other programs throughout the Health Department.

Family Planning

Women's Health Clinic

Our women's health clinic will be December 4th by appointment. We will be offering services such as:
a pap smear and a breast exam as well as talking about your health. We also offer pregnancy tests and confirmation. We offer

general health information for men as well as offer STD testing for both men and women. Call today to schedule your appointment 419-673-6230.

STD Testing

We continue to offer STD testing

all month long for men and women. We test for all forms of STD's. Call and make your appointment today.

Upcoming Events

November 14th 5:30-6:30 PM
Project DAWN Naloxone Kit Distribution
Ada Public Library
Call to Register! 419-673-6230

Health Department Board Meeting
November 27th 7:00PM in
Health Department Conference Room

Health Department Board Meeting
December 18th 7:00PM in
Health Department Conference Room

Women's Health Clinic
December 4th By Appointment
Call and Schedule your appointment 419-673-6230

Nursing Updates

Flu Shots

Every year you see all over the community information on flu shots and when and where you can get them. But have you ever heard why you should get them?

Every year millions of people get the flu, and hundreds of thousands are hospitalized. The best way to protect yourself, your family, and your co-workers is to get a flu vaccine.

How Does the Vaccine Work?

The flu vaccine makes your body develop antibodies. These antibodies help protect against infection from the flu virus. Flu vaccine is developed to combat the most common strains of the flu during the upcoming season.

Can the Flu Vaccine Give Me the Flu?

No, a flu vaccine cannot cause you to get the flu. The vaccine is made one of two ways; with a inactivated virus which would not be infectious, or with proteins from the flu vaccine virus. You can however experience some side effects with the flu shot which can seem like flu symptoms such as:

- soreness & swelling where the shot was given
- a low grade fever
- aches

if these problems occur they begin soon after vaccination and are mild

and short-lived.

Does Flu Vaccine Work Right Away?

No, it takes about two week for antibodies to develop in the body. That's why it's better to get vaccinated by the end of October to be protected during flu season.

Why Do I Need a Flu Shot Every Year?

Two reasons

1. The body's response from vaccination declines over time.
2. Because flu viruses are constantly changing, the flu vaccine is reviewed each year and updates as needed to keep up with changes.

Who Should Get a Flu Shot?

Everyone ages 6 months and up should get a flu vaccine every flu season. Come see our friendly nurses for yours!

Information from
www.cdc.gov/flu/protect/keyfacts.htm

Our friendly nurses are ready to answer your questions about the flu shot this season.

Immunization Clinics

Kenton Hardin

Health Department

Thursdays from 8:45

AM to 4:00 PM by appointment.

Our outreach clinics will be on break through December and January. Look for more information on those clinics in February.

Please check our website upcoming events and calendar page for more information.





Accreditation

Community Health Assessment in Hardin County

We have recently in the process of our next Community Health Assessment. We are very excited to have partnered once again with the Hospital Council of Northwest Ohio to facilitate the process, and produce the new Assessment for Hardin County. At this time, the Adult Surveys have been sent to community residents. These surveys are confidential, and we ask that any county resident who receives a survey to please fill it out and returned with the

enclosed postage-paid envelope. In completing the surveys, you are contributing information to make Hardin County a healthier place to live. Once the data has been collated, an assessment report will be approved and a presentation will be provided to Hardin County residents.

Performance Management in Public Health

A Performance Management Plan will be completed by the end of November. This Plan will encompass the practice of actively using performance data to improve the public's health. This practice involves strategic use of performance measures and standards to establish performance targets and goals. Performance management practices can be used to prioritize and allocate resources; to inform managers about necessary adjustments or changes in policies or programs; to frame reports on success in meeting performance goals; and to improve the quality of public health practice (PHE, 2011). Some positive outcomes from a PM Plan include:

- **Better return on dollars invested in public health, and better data for illustrating that value.**
 - **Better alignment of strategic objectives with relevant measures of success.**
 - **Greater accountability for funding and increases in the public's trust.**
 - **Reduced duplication of efforts.**
 - **Better understanding of public health accomplishments and priorities among employees, partners, and the public.**
 - **Increased cooperation and teamwork.**
 - **Refocused emphasis on quality, rather than quantity.**
 - **Improved problem solving.**
- (PHAB, 2011)**

Visit our website at www.hardinhealth.org for more information on accreditation and the Community Health Assessment.

Quality Improvement Projects

Two of the three of our current quality improvement projects have been completed, implemented and will be evaluated in the coming months. This process ensures that the new improvements we have made to existing areas are working to improve the working of the Health Department. Our third quality improvement project has proved a challenge with staff changes over the past year. We

continue to work on this project and foresee work to continue in the near future. These improvement projects help to make the Health Department more efficient. We continue to evaluate areas and look for areas of improvement. After we complete evaluation we will begin new projects to ensure we continue to bring the best service the the Hardin County area that we can.



Recently our Prescription Drug Overdose Coordinator attended a speaking engagement at Ohio Northern University. Here are some of his thoughts on the speaker and topic.

Sam Quinones, the author of “Dreamland: The True Story of America’s Opiate Epidemic,” offered his view as a journalist and author about the Opiate ‘crisis’. He explained how the desire of individuals throughout the country to not experience pain was a major contributing factor in paving the way for the rise of opioid use and abuse, as well as the increased abuse of black tar heroin. He spoke about the breakdown of communities and the greater isolation on individuals as more and more people developed substance use disorders. I was reminded of a mantra I had heard at a conference recently:

“The opposite of addiction is not sobriety, but connection.” As the statement was explained, it was more clear that part of the recovery process for those seeking to end substance abuse was to build and participate in stronger and healthier groups of people – to find connections in a healthier community.

Community – Connections – Relationships.

No matter what else we might believe about individuals who develop substance use disorders, we should understand the need for all of us to find ways to rebuild our communities and create stronger and healthier relationships within our families and with our neighbors. If we talk to our kids about important issues, including substance abuse issues, we may help prevent bad decisions in their

Prescription Drug Overdose



futures. If we commit ourselves to a ‘good neighbor’ policy with those around us, we might help prevent others from traveling a rugged road of experiences. And if we find ways to strengthen our broader community, we might be able to establish a new foundation that can lift us all up to greater heights together. I hope we will always maintain a unified vision of a stronger and healthier community in Hardin County. - Kevin Risner

Sanitation Station

So those cold days of winter are just around the corner and with that comes snow, ice, and... power outages.

We talked earlier on the front page about keeping your refrigerators and freezers closed but what if the power is out for longer than just a few minutes or an hour?

Here are some tips to make sure you are keeping your food safe for everyone.

1. Place appliance thermometers in both the refrigerator and freezer. safe temperatures are 40F in the refrigerator and 0F or lower in the

freezer.

2. If you have empty space in your freezer fill empty juice or milk jugs with water and freeze them if the power goes out the frozen blocks will help maintain the temperature. A full freezer can hold its temperature for about 48 hours, but a half-full freezer only lasts about 24 hours.

3. Place ice cubes in a ziploc bag and put them in the freezer, during the power outage keep your freezer shut until the power is restored and freezer temperature is back to normal. If the ice cubes have melted and the bag is a solid block of ice most likely your freezer contents have thawed and will no longer be safe.

4. Do not open refrigerator doors

any more than necessary, a fridge can keep food cold for 4-6 hours if the door is closed.

6. Have coolers on hand to use for prolonged outages.

7. When in doubt toss it! Don’t taste food to determine if it’s safe to eat!

If you are looking for more information on what food to keep and what food to toss visit https://www.foodsafety.gov/keep/charts/refridg_food.html for more information on food safety and power outages.





175 West Franklin Street, Kenton, OH 43326

Phone: 419-673-6230

Email: khhd@hardinhealth.org

Website: www.hardinhealth.org