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**Back To School Vaccines.** *Contact your local school or Health Department to see what your child might need.*

It's that time of year again. This year may look a little different than past years but you might still need those back to school vaccines.

We want to help make the school year start right by offering school immunizations at the Kenton Hardin Health Department. Required vaccines to attend school are:

- **Kindergarten** - 5th DTAP, 4th Polio, 2nd MMR, 2nd Varicella
- **7th Grade** - Tdap, Meningitis
- **12th Grade** - Meningitis

We are always available to discuss

with you any vaccines that we have and recommendations. Feel free to contact our offices at any time to talk to our nurses.

Our Kenton vaccine clinics are by appointment only on Thursday's. Please bear with us as we do our best to serve our community and keep the staff and clients health a priority. Please review our vaccine clinic document on our website before your appointment to ensure you are prepared.

Thank you for your understanding as we continue to bring you services during the current times.

### Tips for the Season

Our tips for this season as we try to resume our daily routines.

- 1.** Get your flu shot early this year. With the potential for Coronavirus to see an increase in the winter months we recommend you protect yourself and your loved ones with a flu shot this year.
- 2.** Stay home if you feel ill with any symptoms if possible, as the list of COVID-19 symptoms is quite comprehensive we want to remind everyone to be vigilant in your assessment of your symptoms daily and stay home if you feel ill.
- 3.** Increase your Vitamin intake to build your immune system. Such as Vitamin D, Zinc, & Vitamin C. Consult with your doctor on which vitamins would be best for you.
- 4.** Wash your hands often, but also make sure you are using a quality lotion to keep your skin from drying out in the process.

### MAKE YOUR OWN BUBBLE WAND

- Reuse your plastic 6-pack from refreshments
- Pipe cleaners - twist into any shape as long as it makes a full loop
- Funnel - Dip large end into solution and blow through smaller end.
- Plastic cup - Punch a hole in the bottom, dip the large end in the solution and blow through the hole made.
- Uncoated wire - Twist into any shape as long as it makes a full loop.

### Peek Inside our Social Media

Our social media is a great way to stay informed and up to date on our department and what we are doing. We share information that is helpful to all citizens in our community as well as keep you up to date on what is happening with the current COVID pandemic.

### **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

## How Often Should I Check My Go Kit?

It is recommended to check your kit every 6 months. Consider putting a reminder on the calendar or in your phone?

Things to check when you are looking at your supplies: check and replenish all expired food, water, medicines and other perishable supplies; also relace items that will expire in the next 6 months in the event you would need to use the items in the kit, they need to be up to date.

## Do I Need Different Kits for Different Situations?

While you may need different things depending on the situation, for the most part a kit should include the same things for any situation. Being aware of the different possible situations you could encounter is important for what might need to be included in your kit.

All kits should include at least 72 hours worth of water and food. Consider flashlights, battery powered radio, first aid kit, personal sanitation supplies and

other supplies as well. For a list of supplies visit [www.ready.gov/kit](http://www.ready.gov/kit) and download the Recommended Supplies List available on the site.

## Why is Having a Kit Important?

Many times during an emergency you can be in a hurry to either evacuate or move to a safe place. Having your go kit ready and easy to grab makes your decision to move quick and convenient, which in an emergency can be the difference between getting to your destination safely. When everything you need is all in one place in an easy to carry comfortable bag it eliminates searching for items to take with you and possibly forgetting something you may need.

## What if I Have Pets, Kids or Seniors Living With Me?

Involving kids in the process can teach them vaulable lessons in how to plan for an emergency! Consider letting your child pack their own individual go bag, and helping to pack for the pets! Children learn from doing and they will love the responsibility of packing for the

family pets!

Include your seniors in the process as well! Consider packing them a separate bag to include items they may need in their own bag, such as medications, eyeglasses, important documents.

Also consider preparing a support network to help with

your seniors in an emergency. Having family or friends that can assist when needed can be helpful for all involved. Make sure everyone has a communication card with important phone numbers to call and check in, in the event that you become separated and are without a phone to communicate.

## GO KIT SUPPLY

What to add today;  
to prepare for  
tomorrow.

What is one thing to add to your go kit to always have available? Batteries! You can use them in a radio in case of a power outage, you can use them in the flash-light... They have many uses in a power outage!  
Also many do not have a landline

in the home now, one thing to add is a power pack charger for your mobile phone, one maybe two to ensure you have power, but make sure you keep them charged and in a safe place.  
One last thing, easy to prep meals are always handy!



**Darlene Ellis**  
*Nurse*

Darlene Ellis started with us part-time in December 2019 and during the pandemic was hired full time to respond to the increase in nursing

## *Employee Spotlight*

capabilities. She has been an asset to our team as contact tracing increased significantly throughout our response.

Darlene also helps with immunizations as well as works on the information for our posts regarding parent connectors with the Help Me Grow program. She is always willing to help with any

projects as the need arises. Darlene brings with her 17 years of experience in nursing, she received her Licensed Practical Nursing (LPN) in 2003 from the Nancy J. Knight School of Nursing.



**Kelsey Ralston**  
*Public Relations*

Kelsey Ralston was hired in 2017 for a new position within the health department, public relations. With accreditation and the need for information to be shared

## *Employee Spotlight*

with the community and partners it was a needed new position. She is also the Public Information Officer which puts her in charge of communication to the public in an emergency. Shortly after starting she also assumed the position of Car Seat Technician and handles the Ohio Buckles Buckeyes car seat program that is funded through the state. As

we approached accreditation work Kelsey was also asked to help with that project as Assistant Accreditation Coordinator and helped develop the documents to send to PHAB. Kelsey graduated from Kenton High School in 2005 and received her Bachelors in Agricultural Communications from The Ohio State University in 2009.





# Nursing Updates

## Pandemic Response

Many may not know what the health department's response looks like in a pandemic. Considering it's been over 100 years since this last happened, it's hard to imagine what that may look like.

Our nurses begin their work when we receive a positive test result from a laboratory. The lab contacts us (by phone or fax normally) with information about the individual that has a positive test result. Our nurses take down any contact information that is available and makes contact with the case usually within the same day of receiving the results (depending on when we receive the information). We make contact with the case and ask them information about their condition, and ask about their activity in the last week. When we ask that question it is to determine who might be a close contact and need to be monitored to watch for symptoms of illness.

Our nurses top priority is the

health of our community and slowing the spread of the virus as much as possible.

## Help Me Grow

We still continue many of the programs available at health department throughout the pandemic.

One of those programs is Help Me Grow which is a program available to first time mothers that allows the mother to have access to our knowledgeable nurses in the first 3 years of your babies development to ask questions and give advice on how to help your baby develop through the first few years of life. Although this program looks different than it has in the past, it is still very helpful to those first time mothers. We are doing these visits virtually or by phone, this is to protect mother and child as well as staff. We are still here for all your questions and help you and your baby with those early years, call our offices if interested at 419-673-6230.



Our nurses (from left): Cindy (Director), Tracie, and Darlene.

## Immunization Clinics

### Regular Immunizations

**Thursdays** by appointment only in the office.

### Flu Clinics

#### **Wednesday afternoons**

after September 16th in a drive up fashion in the parking garage located downstairs.

#### **Saturday, September 19th**

in a drive up fashion in the parking garage located downstairs. There will be signage to direct traffic.

#### **Saturday, October 3rd**

in a drive up fashion in the parking garage located downstairs. There will be signage to direct traffic.

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



## TIMELINE

### *Accreditation*

At this time the timeline for accreditation has been paused with the response to the pandemic. Please read the section below for a better explanation as to where we are in the accreditation process.

Accreditation is an important process for any business, as it was for health departments in Ohio as well. The definition of accreditation is the action of officially recognizing a business as having a particular status or being qualified to perform a particular activity. How would this be applied to health departments? We worked to submit documents that would show that as a department we were able to provide the same level of service as other health departments in the state. This does not mean that we would provide the same services or programs, but that we would carry out what services and programs we have with the same level of professionalism as other health departments across the state. Many staff hours were spent working on

the documents needed to submit to the Public Health Accreditation Board, (PHAB) and we submitted those documents on time. PHAB had selected a document review team from around the country and had begun their review of the 12 domains and over 300 documents we submitted for the process. Then COVID-19 came to the United States. As most of the document review teams are also employees of a health department in their areas, understandably they responded to the event. We have been in contact with PHAB and they have kept us up to date on where we are in the process. At this time a second document review team has been selected to continue the process of reviewing our documents. When that is

completed they will respond to us with anything they need clarification on or would like additional documentation on. In a normal process we would have 30 days to respond to these requests. As we are a small department we have expressed our concern with this timeline. We have multiple job duties and the timeline is not reasonable for us to respond. They have taken note of that and we will stay informed as we move forward in the process. After resubmission we will have a virtual site visit with the review team. We have invested a large amount of time, effort and budget to accreditation, we look forward to completing the process and ultimately becoming an Accredited Health Department.

## Quality Improvement Projects

We continue to work on bettering the health department for our community even during these difficult times. We currently are working on a continuous quality improvement project that would give us the ability to work remotely. This ability would be helpful to continue providing services in future in the case of an absence that is needed due to exposure or

potential for exposure. We strive to keep our staff and community as healthy as possible throughout this response. We are meeting and discussing how to do this while also providing the same level of service to our jurisdiction. We look for this project to be implemented by fall and evaluate as we implement to allow us to make any adjustments for maximum quality of service.





Returning to school looks a little different this year than it has in the past. Here are a few of the recommendations from our nursing department here at the health department to make this year a successful start and healthy year.

- 1.** Do not send your child to school if they aren't feeling well.
- 2.** Give your child their own personal hand sanitizer to have with them at all times (at least 60% alcohol).
- 3.** Let your child pick out their face

covering, taking pride in something they chose will encourage them to wear it.

- 4.** Once home, start a routine of washing hands, changing out of school clothes, shoes and backpacks to wash and sanitize.
- 5.** Clean any phone/technology that goes to the school with your child.
- 6.** Try introducing smaller children to face coverings slowly and in small time intervals so they can adjust to wearing a face covering while at school.

# 6 Tips for Returning to School



## Upcoming Events

**Drive Thru Flu Clinic**  
**September 19th**  
**10:00 AM-2:00 PM**  
**Parking Garage Under the Health Department**

**Drive Thru Flu Clinic**  
**September 19th**  
**10:00 AM-2:00 PM**  
**Parking Garage Under the Health Department**

**Offices Closed for**  
**Labor Day**  
**September 7th.**

**Regular Clinic Appointments**  
**Thursday's**  
**Call for an appointment**



## Sanitation Station

Many questions have been raised about what is best to use to clean surfaces during the virus. Our environmental department recommends you use a disinfectant that is Environmental Protection Agency (EPA) approved. How do I know if my cleaner is EPA approved? There is a number located on products that meet EPA criteria, it's called an EPA registration number. You can enter that number at the EPA's website ([https://www.epa.gov/pesticide-registration/list-n-disinfectants-](https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19)

[use-against-sars-cov-2-covid-19](https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19))

and the website will inform you about the product. Please when using a disinfectant remember to follow the label directions for safe and effective use. Make sure to follow the contact time for the product (the amount of time the surface should be visibly wet).

Please remember these products are for use on surfaces only. For best results and safety remember to follow the steps listed to the right, including locking up your cleaning supplies for children's safety.

For more information or questions visit the EPA's website at <https://www.epa.gov/>

Using your supplies effectively.

### 6 Steps for Safe & Effective Disinfectant Use



#### Step 1: Check that your product is EPA-approved

Find the EPA registration number on the product. Then, check to see if it is on EPA's list of approved disinfectants at: [epa.gov/listn](https://www.epa.gov/listn)



#### Step 2: Read the directions

Follow the product's directions. Check "use sites" and "surface types" to see where you can use the product. Read the "precautionary statements."

#### Step 3: Pre-clean the surface

Make sure to wash the surface with soap and water if the directions mention pre-cleaning or if the surface is visibly dirty.



#### Step 4: Follow the contact time

You can find the contact time in the directions. The surface should remain wet the whole time to ensure the product is effective.

#### Step 5: Wear gloves and wash your hands

For disposable gloves, discard them after each cleaning. For reusable gloves, dedicate a pair to disinfecting COVID-19. Wash your hands after removing the gloves.



#### Step 6: Lock it up

Keep lids tightly closed and store out of reach of children.

[coronavirus.gov](https://www.coronavirus.gov)



175 West Franklin Street, Kenton, OH 43326

Phone: 419-673-6230

Email: [khhd@hardinhealth.org](mailto:khhd@hardinhealth.org)

Website: [www.hardinhealth.org](http://www.hardinhealth.org)