



Family Bike Program coming back this summer! We hope to see you there!

The health department is planning for a summer Family Bike Program! We enjoyed bringing the bikes to our local community and getting families out and enjoying time spent outdoors.

We have begun the process of planning the program for early this summer. We have sent out letters to prospective donors to help us provide bikes to those in our community. If you are interested in being a donor please contact our department at 419-673-6230. We have spoken to Walmart as

a local provider of the bikes, as well as reached out to our prior instructor to have them back. We will be opening up interest for the program soon, so if your family would like to participate contact us! Families with children, at least one adult must participate, families can consist of adults only as well, children must be able to ride a bike without training wheels, please contact our offices if you have any questions.

We look forward to bringing this positive program back to our community!

Pg. 3 Emergency Preparedness
Be Ready for Summer Storms

Pg. 4 Employee Spotlight
Melissa Humble & Jackie Prater

Pg. 5 Nursing
New Outreach Clinics

Pg. 6 Accreditation
Community Health Assessment

Pg. 7 Sanitation Station
Animal Bite... Now What?

Tips for the Season

In February 2022, Abbott Laboratories recalled select products, including Similac, Similac Alimentum, and EleCare powdered infant formulas produced at a facility in Michigan. Of the recalled products, three formulas offered by the Ohio WIC Program were impacted — Similac Alimentum powder, EleCare, and EleCare Junior. As a result, we are experiencing infant formula shortages, either directly related to the Abbott recall and/or the COVID-19 pandemic. The specialty formulas mentioned above, as well as Similac Neosure and others, have been challenging for consumers to locate. The Ohio Department of Health (ODH) has been communicating directly with formula manufacturers, who assure us they are working to meet the demand and address the shortage.



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 in the area.

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

Being Ready for Summer Storms

Many think of summer as a time to enjoy the weather and engage in fun summer activities, we want to remind everyone to be safe through the summers.

Be Aware of Your Surroundings

There are many things that a summer storm can bring such as strong winds, lightning, and heavy rain. Being aware of your surroundings allows you to be prepared for any potential dangers. We urge everyone to put distance between yourself and potential dangers during the summer storms, being aware can help keep you and your loved ones safe.

Why is Preparing in Advance Important?

Summer storms can come with little warning. The heat of summer allows for storms to build up quickly and become serious quickly. Having available the proper preparation kit can help keep you and your loved ones safe. Important essentials for your preparation kit are things such as:

- 1 gallon of water per person,

per day for consumption.

- Options for food that do not need preparation such as ready to eat canned foods (include a can opener), dry cereal or granola bars, consider high-energy foods.
- Flashlight, and include batteries in the kit.
- First aid kit, and any medications individuals could need.

What to Look for Before the Storm

Preparing your home and yourself as mentioned is important, things to consider:

- Trim any trees or bushes frequently to avoid falling or flying debris during storms.
- Secure loose items from the yard.
- Be mindful of garbage containers as these can be strewn around in high winds.

What Should You Do?

During the storm some ways to stay safe:

- DO NOT GO OUTSIDE during a storm, you are much safer inside the home.
- Stay away from windows.
- Avoid power outlets and power

sources especially if there is water present.

- Never drive through a flooded roadway. TURN AROUND DON'T DROWN.
- Keep clear of areas that have been hit by storms, this allows crews to clean up

the area.

- Listen to your local news outlets for more information.
- Keep a close eye on all animals, storms can cause animals to become distressed and they can become scared and run.

Information :ADT Summer Storm: How to Protect Your Home

Plan Ahead

Build a family communication plan.

With large storms there is the possibility for evacuation or catastrophic storm outcomes. It is important for individuals in the family to know who to contact if they become separate. You should have numbers available to all family members on someone local

and non-local to communicate to about their location and status if the need arises. This can help in family re-unification efforts. Having this information written down and multiple copies for family members is an important part of your preparation kit.



Melissa Humble
Director of Nursing

Melissa Humble was hired in 2015 for the Help Me Grow Home Visitor position. During that time, she also assisted with vaccine clinics, the Nutrition Program, Family Planning and was

Employee Spotlight

on the Healthy Lifestyles Committee. In 2018 she went to a contingent position with the Health Department after the birth of her son. In 2020 she worked from home doing contact tracing for the Covid 19 Pandemic.

Melissa accepted the job as Director of Nursing in December of 2020 and started in January 2021. In this position Melissa supervises the nursing staff, delegates tasks to the staff, sets up outreach clinics, provides information to the

public and she is also the Supervisor for the Help Me Grow Program. Melissa graduated from Kenton High School in 2001. She received her Bachelor's Degree in Psychology from Ashland University in 2006. She then went on to receive her Associates in Nursing Degree from Hondros College School of Nursing in 2011, and then received her Bachelor of Nursing degree from Western Governors University in 2016.



Jackie Prater
*Registrar/
Environmental
Assistant*

Jackie Prater started working for the Health Department in 1996, (26

Employee Spotlight

years ago) hired to work in environmental, vital statistics and nursing programs. Public Health has changed so much over the years and has been very rewarding. She has worked with various Nursing Directors, Sanitarians, Nurses, and others over the years. The job now consists of Vital

Statistics Registrar for the last 10 years, Environmental Assistant to the Sanitarians, and many other jobs that are needed in a small health department where everyone works together.



Nursing Updates

New Clinics

We are offering new locations for our outreach clinics! We know it's been difficult to get those vaccines, we are doing our best to make our services available to you closer to home. We currently are planning a monthly clinic at Alger Public Library on the second Tuesday of the month from 3PM-5PM. We hope with the new location and a later time offered we can make ourselves available to you at a time that will work for your family. We are also working with the Ridgeway Library on a clinic. This clinic will take place monthly as well with more information to come. Please check out our social media for more information. We will have childhood vaccines as well as adult and COVID-19 vaccines available at all of our clinic locations. If you are interested in any of our outreach clinics or would like more information please call and speak with our friendly nurses at 419-673-6230.

Project DAWN Naloxone Program

The health department continues to offer the Project DAWN (Deaths Avoided With Naloxone) program. This offers naloxone to the public at no cost.

Anyone can call or stop in and watch a short training on how to administer the nasal spray. The kit includes 2 doses of Naloxone, a set of gloves, as well as directions on how to administer the naloxone. This can be a lifesaving medication for those who are coming in contact with opioid medication. Please consider if you or anyone you know is in contact with opioid medication getting a free naloxone kit from the health department.

Immunization Clinics

Regular Immunizations

Thursdays by appointment only in the office.

COVID Clinics

Offering regular vaccines and booster doses on **Tuesdays** walk in and by appointment.

Outreach Clinics Return!

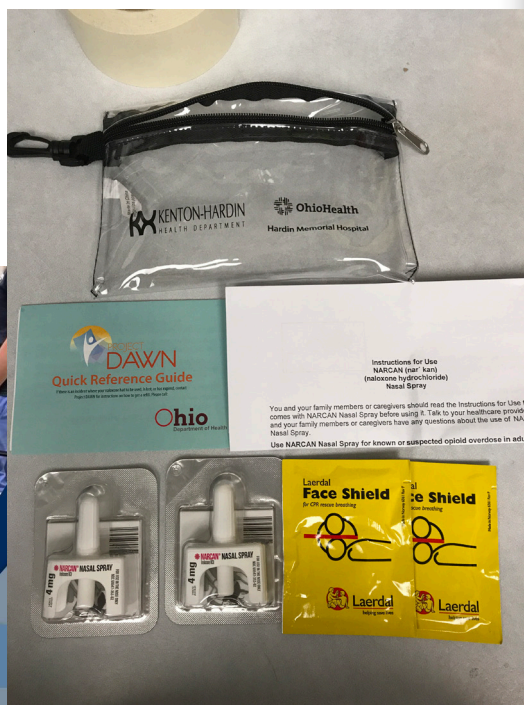
Ada - 3rd Tuesday of the month 9:30AM-2:30PM

Forest/Dunkirk 2nd Wednesday of each month.

Forest - 9:30-12PM

Dunkirk - 1-3PM

Please call our offices to schedule your immunization appointments.



Call for Appointments
Phone : 419-673-6230

New Outreach Clinic Locations

Alger Public Library

Ridgemon Public Library

More info :
www.hardinhealth.org

TIMELINE

- Annual Report December 2022.
- Begin tracking and determining documents for re-accreditation.
- Continue to improve the areas developed while achieving accreditation.

Accreditation

Accreditation was achieved by the health department in November of 2021.

With this accomplishment this is a continuing process after achievement.

The next step at this time is to begin the process of our Community Health Assessment or CHA. This assessment begins with organizations coming together to help select questions that will be randomly sent to citizens of our community to help collect information on the population. These questions can range from mental health, access to healthcare facilities, education, and income information for example. The health department and partner agencies use this information to target what our community

might need to help improve the overall health of the population. This information can help organizations determine what programs or services would benefit the community and increase the population's overall health. This assessment has been used by different organizations to secure grant funding and implement new programs for our community. The data gathered from this survey includes information on the adult population as well as youth, this allows our community to implement programs and services that will positively impact all ages of our population. We are currently discussing with area school district superintendents on the best way to survey students, with state testing and requirements of school

districts we want to accommodate as best we can the best way to get this information on our youth in the community. The health department would like to thank the schools at this time for their consideration and work with us to try to provide the best information on our community health situation currently. We look forward to the results of the survey and sharing with the community.



Quality Improvement Projects

We are currently in the process of working to get our computer systems cleaned up and organized. The health department will be focusing on each department as well as individual employees job duties and program areas, in an effort to make our shared computer server more easily accessed to what we need, as well as more secured. The team is in the process of

determining what program areas each employee will need access to in a way to secure files and help to organize where information can be found for the entire department. This will help employees to become more efficient in our every day duties as well as increase security on the information available to all employees.



Stress can impact our physical and mental wellbeing. Taking steps to reduce stress in excess can help to lessen negative effects.





Exercise produces
hormones that actually fight the effects of stress.



Take a Minute and Catch Up on Tips for Yourself!

Blood Pressure Clinics Monthly
Council on Aging- 1st Monday 10:30AM
Plaza Inn- 2nd Friday 12PM
Dunkirk Library- 4th Friday 1PM

Offices Closed
May 30th - Memorial Day
June 20th- Juneteenth
July 4th- Fourth of July

Upcoming Events

COVID Vaccine Clinics
Tuesdays
Call for an appointment or Walk-in

Regular Clinic Appointments
Thursdays
Call for an appointment



Sanitation Station

Did you know the health department handles investigation of animal bites? If you didn't you probably don't know what you should do if you or your pet has an incident? Step one? Call your local health department! Some may think if your pet has bitten someone, or been bitten, that they need to have them put down, this is not always the case. After calling the health department you will learn you

should do a 10 day quarantine of your pet, provide the health department proof of vaccination or schedule an appointment with your vet to administer the vaccine after completing the quarantine successfully. If your vet writes a statement of opinion on your pet's health status post quarantine and you submit this to the health department your pet is released from quarantine. What happens if it was a wild animal you say? Well step one would be to capture the animal or exterminate, take caution to not do damage to the head of the animal as this is what will be used to test for the presence of rabies. If you are unable to catch

or exterminate the animal, it is the recommendation of the department that you speak to your primary care provider and begin the rabies vaccination series. In the end animal bites can cause some stress and worry, but the health department is here for your needs and we want everyone, including the pets out there, to stay healthy and happy.





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