



# HealthLine

(A newsletter of the Darke County Health Department)

## Health Commissioner's Corner with Dr. Terry Holman, DVM, RS:

West Africa is experiencing the largest Ebola outbreak in history. A severe, often fatal disease, Ebola can be spread in several ways to others: through direct contact (through broken skin or mucous membranes) with a sick person's blood or body fluids or objects that have been contaminated with infected body fluids. Ebola symptoms usually begin after an incubation period ranging from 2 days to 21 days.

Patients are contagious only when they are symptomatic and show signs of fever. Ebola is not spread through air, food or water.

The Ohio Department of Health has issued new, stronger quarantine protocols for local health departments in the event that we receive a suspected or confirmed case of Ebola and will send epidemiologists if needed.

Locally, we have met with first responders, Wayne Healthcare, EMS, fire and law officials and local practitioners to develop procedures for personnel in preparation for such an event. We also keep up to date by participating in frequent conference calls across the State of Ohio.



### *Did you know?*

*-You can now order birth certificates online and have them shipped to you. The Darke County Health Department has partnered with VitalChek Network Inc. to provide this service.*

*-Visit our VitalChek website at:*

*[www.darkecountyhealth.org/vital\\_stats/vital\\_check.html](http://www.darkecountyhealth.org/vital_stats/vital_check.html)*

*-An additional fee is charged by VitalChek for using this service, and all major credit cards are accepted, including American Express, Discover, MasterCard & Visa.*

*The Health Department is now on Facebook & Twitter.  
Please "Like us" to receive up to date messages.*



**Regular Clinic Hours: Tuesdays Only**

**Hours: 8:00 – 10:30 a.m.  
and 2:00 – 5:00 p.m.**

Clinics are walk-in with no appointments needed. Checks and Medicaid cards are accepted.

Call 937-548-4196, extension 224, with questions or concerns.

**Fight the Bite-Preventing Tick Bites**

As people start heading outdoors this spring, it is important to remember to take preventive measures against ticks. While it is a good idea to take precautions year-round in Ohio, be extra vigilant as temperatures warm and ticks become more active.

Ticks are arachnids, relatives of spiders that live in wooded areas, brushy fields, along trails and around homes. They are also parasites that survive by feeding on the blood of animal hosts, including humans. Through their feeding, ticks can significantly impact the quality of life and health of humans and pets. Most importantly, some species of ticks may transmit diseases, which can result in mild to serious illness or death. Proper protection from ticks and prompt removal are crucial to preventing infection.

**Preventing tick bites for you and your family****Avoid direct contact with ticks**

- Avoid wooded and bushy areas with high grass and leaf litter.
- Walk in the center of trails

**Repel ticks**

- Use repellents that contain 20-30% DEET on exposed skin and clothing for protection that lasts several hours
- Use products that contain permethrin for clothing.

**Find and remove ticks from your body**

- Bathe or shower as soon as possible after coming indoors to wash off and more easily find ticks that are crawling on you.
- Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested areas.
- Examine gear and pets.
- Tumble clothes in a dryer on high heat for an hour to kill remaining ticks.

**Removing Ticks**

- Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
- Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth parts to break off and remain in the skin.
- After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, and iodine scrub or soap and water.
- Dispose of a live tick by submersing it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape or flushing it down the toilet. Never crush a tick with your fingers.

**School Immunization Information**

In order to attend school, Kindergarteners need:

- DTaP (Diphtheria, Tetanus, Pertussis-Whooping Cough): 4-5 doses;
- Hepatitis B: 3 doses
- IPV (polio): 3-4 doses
- MMR (Measles, Mumps, Rubella): 2 doses
- Varicella (chickenpox): 2 doses

Now is a great time to visit the Health Department to receive the needed immunizations before the summer rush.



## Healthy & Safe Swimming Week

May 18-24, 2015

The goal of this Week is to maximize the health benefits of swimming by promoting healthy and safe swimming. Just 2.5 hours of water-based (or other forms of) physical activity per week has health benefits across a lifetime. We each play a role in preventing illnesses, caused by germs in the water we share and swim in, and injuries, such as drowning or those caused by mishandling pool chemicals.

### A Few Simple & Effective Prevention Steps We Can Take

- Stay out of the water if you have diarrhea
- Shower before you get in the water
- Don't pee or poop in the water
- Don't swallow the water

### Every hour- Everyone Out!

- Take kids on bathroom breaks
- Check diapers, and change them in a bathroom or diaper changing area, not poolside
- Reapply sunscreen
- Drink plenty of fluids

## Drowning

Every day, two children less than 14 years old die from drowning. It is the leading cause of injury death for children 1-4 years old.

### Keep swimmers safe in the water

- Make sure everyone knows how to swim
- Use life jackets appropriately
- Provide continuous, attentive supervision close to swimmers
- Know CPR

### Prevent access to water when pool is not in use

- Install and maintain barriers like 4-sided fencing and weight-bearing pool covers.
- Use locks/alarms for windows and doors



*Megan Kaiser, SIT*

## New Food Inspector

**Megan Kaiser** is a graduate of Ball State University with a Bachelor of Science degree in Health Science. She works with Food Service Operations, food complaints, plan reviews, and vending operations. She was an intern for the Health Department summer of 2014 and then hired on full time in the fall of 2014.

**GO GREEN!! To receive this newsletter via email, please contact Liz Farver @ [Elizabeth.farver@odh.ohio.gov](mailto:Elizabeth.farver@odh.ohio.gov)**

## Household Sewage Treatment Systems Rules Update

- The Ohio Department of Health has been working with individuals and organizations across the state of Ohio to update home sewage treatment system rules in order to ensure better public health in rural and suburban areas not served by public sewers.
- The new rules have been adopted and became effective **January 1<sup>st</sup>, 2015.**
- The new rules are available at <http://www.odh.ohio.gov/en/rules/final/3701-20-29/f3701-29.aspx>



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