



JUNE/JULY 2024

PUBLIC HEALTH NEWS

SUMMER EDITION

MAKE SUMMER TIME FOR FOOD SAFETY



There is no time like summer for picnics at the park, camping out, and cookouts with family and friends. To ensure that your guests leave with happy memories and tummies, keep these food safety tips from the U.S. Department of Agriculture in mind:

- **Wash your hands.** Start your meal prep with clean hands. Wash your hands with hot water and soap between handling raw foods and meats. End your meal prep by washing your hands. No running water or soap available? Use hand sanitizer with at least 60% alcohol.
- **Pack your perishables safely.** Always use cold sources in coolers or insulated containers to keep food at a safe cold temperature below 40 F. Cold source options include ice, frozen gel packs, and frozen beverages (that do not require refrigeration for safety) such as water bottles, iced tea, and juices like apple and grape.
- **Stay out of the danger zone.** It's not just a Kenny Loggins song, the Danger Zone is the temperature range where bacteria multiply rapidly between 40 and 140 F. Perishable foods, including meat and poultry, sliced fruits and vegetables, and cooked side dishes, should avoid the Danger Zone or be kept hot or cold to maintain food safety.
 - **Cold foods must be kept at 40 F or below** by placing them in the refrigerator, coolers, insulated containers, or nestled over ice.
 - **Hot foods must be kept over 140 F** by placing them on the grill, in heated chafing dishes, slow cooker, or warming trays.
- **Follow the Two-Hour Rule.** Foods sitting out in the danger zone for more than two hours (or one hour if temps are over 90 F) are considered unsafe and need to be discarded. When in doubt, throw it out!

PROTECT YOUR SKIN

LOWER YOUR RISK FOR SUNBURN, SKIN CANCER, & EARLY AGING

Skin cancer is the most common cancer in the U.S. and worldwide. In fact, the Skin Cancer Foundation indicates that **one in five Americans** will develop skin cancer by the age of 70. Having **five or more sunburns** doubles your risk for melanoma. According to The CDC, the sun's UV rays can damage your skin in 15 minutes. Try these sun safe habits from the National Weather Service:

1. Check NOAA's UV Index forecast before you go. The forecasts show potential for skin and eye damaging radiation from the sun's UV rays. A score of 0-5 indicates a low risk, while a score of 6 or greater indicates that significant damage can occur in a short period of sun exposure.
2. Apply — and reapply — sunscreen. Use SPF 30 sunscreen at least 30 minutes before sun exposure. Reapply every two hours and more frequently when in water.
3. Seek shade. An umbrella, large tree or structure can all offer your skin a break from the sun.
4. Wear sunglasses. Your eyes need protection too! Pack a pair of sunglasses before enjoying a day in the sun, and throw a wide brim hat in your bag while you're at it.
5. Wear protective clothing. Ultraviolet Protection Factor sunwear provides an extra layer of protection from the sun.





START SMART: SCHEDULE BACK-2-SCHOOL VACCINES

Wyandot County Public Health is now holding back-to-school vaccine clinics for kindergarten, seventh grade, and senior students. In addition to regularly scheduled Monday and Friday clinics, vaccines may be scheduled during special back-2-school clinics on Tuesdays and Thursdays starting June 4 through Aug. 8. Vaccinations are provided by appointment only. To schedule call us at 419-294-3852.

Clinic times:

- Mondays: 12-4 p.m.
- Tuesdays: 9 a.m. to 4 p.m.
- Thursdays: 9 a.m. to 4 p.m.
- Fridays: 9 a.m. to 4 p.m.



Vaccine/Grade	K	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th
DTaP Diphtheria, Tetanus, Pertussis	4 or more doses												
Hep B Hepatitis B	3 or more doses												
MMR Measles, Mumps, Rubella	2 doses												
Polio	3 or more doses												
Varicella (Chickenpox)	2 doses												
Tdap Tetanus, Diphtheria, Pertussis											1 dose		
MCV4 Meningococcal ACWY										1st dose		2nd dose	

Schedule: 419-294-3852



Source: Ohio Department of Health

DRIVE SOBER: DON'T RISK YOUR INDEPENDENCE

Wyandot County knows how to make Independence Day special with music festivals, backyard parties and fireworks. The Wyandot County Safe Communities Coalition and local law enforcement remind those who plan to celebrate with alcohol to first plan for a sober ride home.

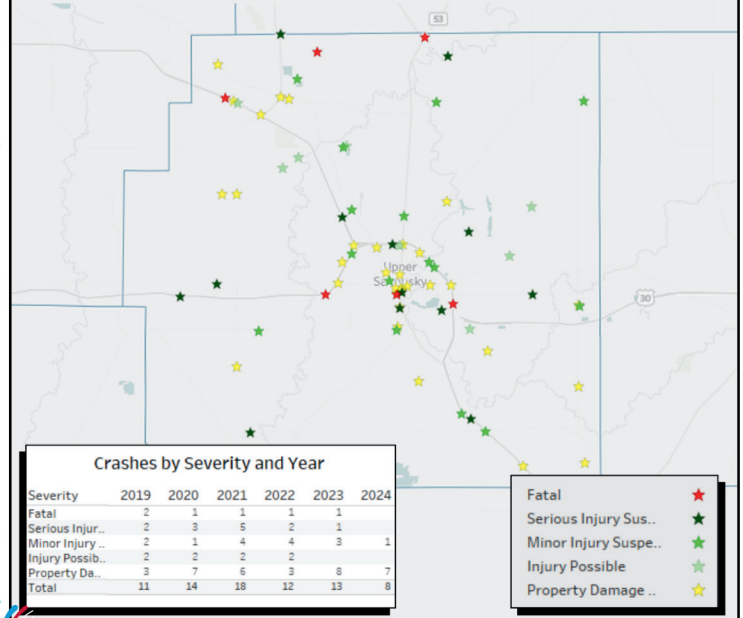
Nationwide in 2022, 487 people died in traffic crashes during the Fourth of July holiday period and of these fatalities 40% occurred when a driver was drunk. On Wyandot County roadways 76 alcohol-related crashes have occurred since 2019. Every year, there has been at least one fatality and one serious injury from alcohol-related crashes. So far on Wyandot County roadways in 2024, there have been eight alcohol-related crashes. One crash resulted in minor injury and the other seven crashes resulted only in property damage.

“These crashes impact the people involved, their family and friends, the first responders on the scene, and the community.” Safe Communities Coordinator Callan Pugh said. “The coalition shares many statistics, but the most important figure to keep in mind is drunk driving is 100% preventable. Plan ahead and have a great Independence Day.”

Ensure that the only red, white, and blue lights seen on the Independence Day weekend are fireworks by creating a plan for safe Independence Day celebrations:

- Designate a sober driver **BEFORE** you drink.
- Designated drivers must take the responsibility seriously. Even one alcoholic drink can cause impairment, so don't drink.
- Hosting a celebration? Provide a mocktail for sober guests.
- Take keys away from those who are about to drive after drinking. Find a sober ride for them.

Wyandot County Alcohol-related Crashes 2019-Present



Source: OSTATS Crash Dashboard

