



HealthLine

(A newsletter of the Darke County Health Department)

**Message from the Health Commissioner
Dr. Terry Holman, DVM, RS:**

What is Public Health?

Public health is a term that is used to encompass a variety of activities designed to prevent the spread of disease and promote optimal health.

Local health departments were developed to provide an organized approach to public health activities in communities. Examples of the major types of activities include nursing, education, environmental health, screening and immunizations, communicable disease control, epidemiology, vital statistics, emergency preparedness, Help Me Grow, Children with Medical Handicaps (CMH) and other programs.

In public health we address problems found in restaurants, grocery stores, camps, swimming pools, schools, solid waste facilities, and abate public health nuisances. We also assist homeowners with their wells and home sewage treatment systems.

The mission of the Darke County Health Department is to develop and maintain an efficient and effective system which will provide for the highest quality of public health services and to promote and protect the Darke County community's physical, mental, social, and environmental well-being. The Darke County Health Department was formed in 1920.



Health Department Celebrates National Public Health Week April 4-10

On April 7, 2016, the Department of Health held a program in recognition of its employees and their service to the community. Speakers included: Diane Delaplane, County Commissioner and Michael Bowers, Greenville City Mayor.

We would like to recognize the following employees for their years of service:

Lisa Rodeheffer: 10 years

Dennis Wein: 10 years

Sue Rismiller: 15 years

Dr. Terrence Holman: 30 years

Marilyn Holman: 35 years

*The Health Department is now on Facebook & Twitter.
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Zika Virus

On February 1, 2016, the World Health Organization declared a Public Health Emergency of International Concern because of clusters of microcephaly and other neurological disorders in some areas affected by Zika.

Zika is linked to microcephaly, a severe birth defect that is a sign of a problem with brain development. Microcephaly is a condition in which a baby's head is much smaller than expected.

The most common symptoms of Zika virus disease are: fever, rash, joint pain, conjunctivitis (red eye). Other symptoms include muscle pain & headache. Most people infected don't have symptoms.

The sickness is typically mild with symptoms lasting for several days to a week. People usually don't get sick enough to go to the hospital and they very rarely die of Zika.

Zika has not been spread by mosquitoes in the continental United States. However, lab tests have confirmed Zika virus in travelers returning to the United States. These travelers have gotten the virus from mosquito bites. The virus can also be sexually transmitted and some non-travelers got Zika from a partner.

CDC monitors and reports to the public cases of Zika, which will help improve our understanding of how and where Zika is spreading.

Many areas in the United States have the types of mosquitoes that can become infected with and spread Zika virus.

The Darke County Health Department will continue to monitor the situation and help educate the public on prevention measures.



The Health Department would like to send out a huge THANK YOU to the community for participating in our annual 7th grade Tdap Clinic on April 9th.

This year 12 graders were added to the clinic due to new state requirements for the Meningococcal immunization.

We administered 645 vaccines to 416 students.

30% (416 of the 1377) eligible students in Darke County participated: Way to Go!

Regular Clinic Hours: Tuesdays

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

Clinics are walk-in with no appointments needed.

Most insurance are accepted.

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

Healthy Homes Awareness

Do Your Own “Healthy Home” Inspection

Have your home tested for lead-based paint by a licensed professional (homes built before 1978 are most likely to contain lead based paint).

- Asthma and allergy symptoms can be reduced by keeping your home dry, clean and pest free.
- Avoid using pesticides in the home.
- To keep pests out of your home, store food/water in sealed containers and clean up spilled food right away.
- Properly store hazardous household products and keep them out of reach for children and pets.
- Make sure your home safe from slips, trips, and falls by removing clutter, rugs and slippery surfaces.
- Reduce moisture in your home by sealing leaks and clearing gutters.
- Set your water heater at 120°F to avoid scalds and burns.
- Install carbon monoxide detectors and smoke alarms on each level of your home and near sleeping areas.
- Test your home for radon, it’s easy and inexpensive.
- Make your home a no smoking zone.
- Avoid respiratory irritants, such as VOC (volatile organic compounds), by airing out new furniture and carpeting prior to bringing it into the home.

What is a Healthy Home?

A healthy home is designed, built, and maintained to support health while preventing disease and injury.

A healthy home is clean, safe, well maintained, and well-ventilated.

A healthy home is free of pests, mold, moisture, dust, dirt, and other household contaminants.



Corrie Holthaus, RS

For more information:

Call: 1-877-LEAD SAFE

Or contact Corrie Holthaus at the Darke County Health Department: 937-548-4196 ext. 205

Corrie is a graduate of Wright State University with a Bachelor of Science Degree in Environmental Health Science. She is primarily involved in the Solid Waste, Infectious Waste, Tattoo, Healthy Homes and Nuisance programs. She has been employed with the Health Department since 2003.

**LET'S DO OUR PART:**

The best thing homeowners can do to prevent the spread of the diseases caused by mosquitos is to reduce mosquito breeding areas:

- Correct drainage problems that cause standing water;
- Empty tubs, cans, pots, plastic wading pools, or other containers of standing water when not in use;
- Clean and empty swimming pools if not in use;
- Drain tarps to prevent mosquitoes from breeding on the surface;
- Clean bird baths at least weekly;
- Make sure roof gutters are clean of debris;
- Remove, cover, or put holes in old tires to prevent accumulation of standing water.

National Healthy & Safe Swimming Week 2016
May 23-29, 2016, (the week before Memorial Day)

Each year, Healthy and Safe Swimming Week focuses on simple steps swimmers and pool operators can take to help ensure a healthy and safe swimming experience for everyone. It focuses on the role of swimmers, aquatics and beach staff, residential pool owners, and public health officials in preventing drowning, pool chemical injuries, and outbreaks of illnesses. It highlights swimmer hygiene and the need for swimmers to take an active role in helping to protect themselves and prevent the spread of germs.

Keep the germs out of the water!

- 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.