



Fairfield County  
Health  
Department

# Health Matters

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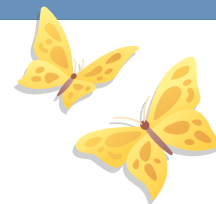
**Fairfield County Health Department  
Quarterly Newsletter  
March 2024**



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## Healthy Eating Active Living (HEAL)

HEAL is a program created to increase access to healthy and affordable foods and physical activity opportunities. FCHD has been implementing HEAL strategies throughout the county to make healthy eating and active living more accessible for Fairfield County residents.

### Planting Calendar

#### April

Start indoors: Onions, parsley, lettuce, peppers, eggplant.

#### May

Start tomatoes indoors.  
Plant strawberries outdoors.  
Transplant onions & lettuce.

#### June

Plant carrots, turnips, and radishes.

#### July

Plant spinach & Pull onions

#### August

Last planting of lettuce & radishes.  
Plant cover crops.

## Community Garden

FCHD is starting a community garden at Lancaster Camp Ground! There will be 10 garden beds: nine available for the community to rent out, and one for community education. The garden will be implemented in May 2024.

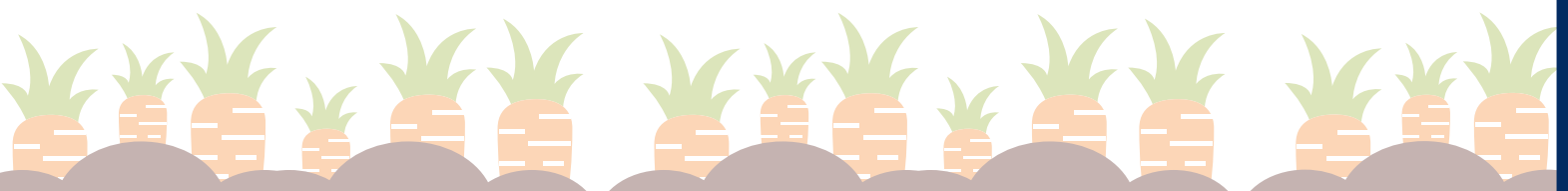
FCHD is currently looking for volunteers to help with the educational garden plot. If you are interested in helping, or would like additional information about renting a plot, reach out to Bethany Carson at [bethany.carson@fairfieldcountyohio.gov](mailto:bethany.carson@fairfieldcountyohio.gov)

### Upcoming Events

Join us at our Community Garden Announcement party on April 6, 2024, from 11am-3pm at Lancaster Camp Ground. There will be games, demonstrations, giveaways, a food truck, and the Lancaster Greenhouse Bus! The first person to sign up to rent a garden bed will receive a gardening prize.

Find FCHD at the Senior Services Provider Showcase on April 11th!

FCHD will also be at the Seeds of Change event on April 20, 2024! Come out and celebrate Arbor Day at Rising Park from 10am-12pm.



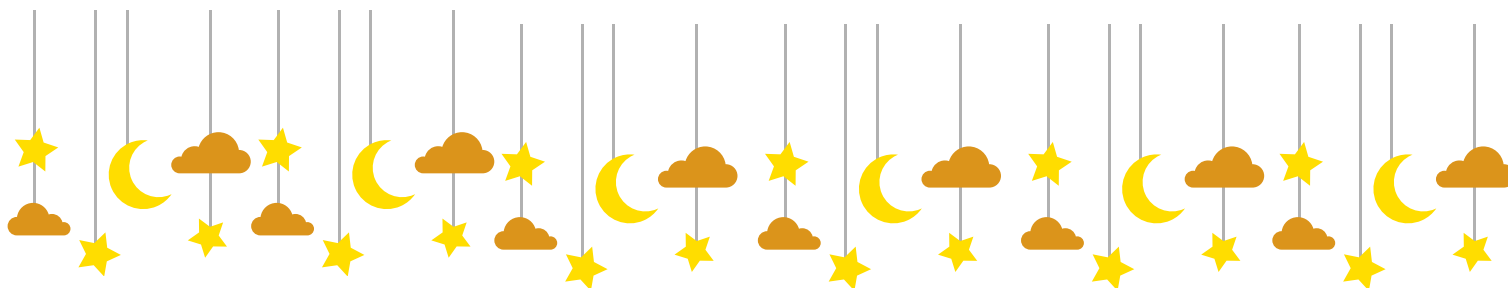
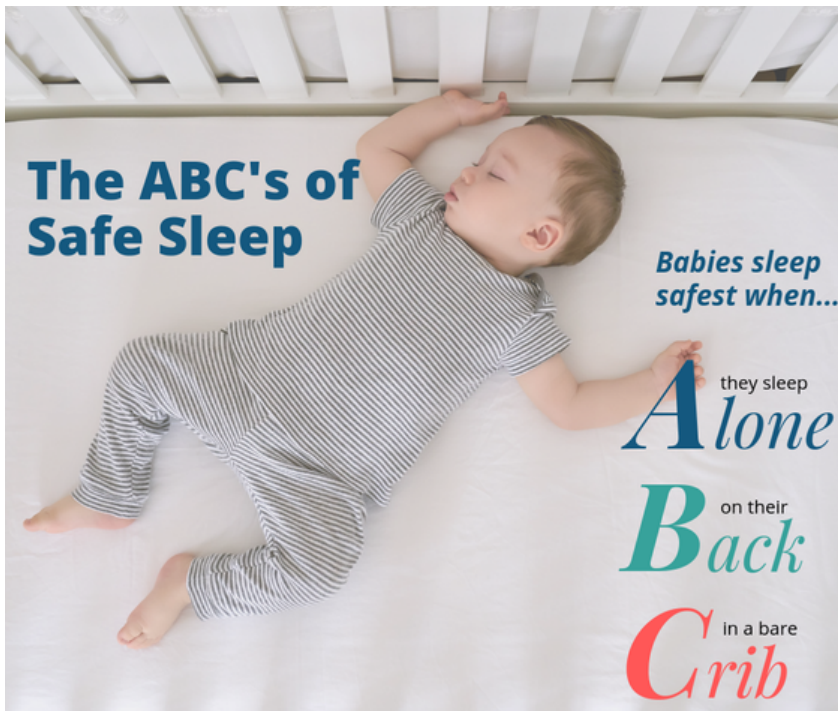


# Healthy Babies

## Cribs for Kids

FCHD continued to promote safe sleep practices for infants and newborns and distributed **39** “*crib kits*” containing a cribette from January-March of 2024.

For more information on how to see if you are eligible for a crib, contact Kaleigh Pulsinelli [kaleigh.pulsinelli@fairfieldcountyohio.gov](mailto:kaleigh.pulsinelli@fairfieldcountyohio.gov) or 740-652-2800



## Newborn Homevisit

FCHD has received funding to start a Newborn Home Visit program to provide new parents with extra support after baby is born. This program will allow a public health nurse to provide education to the caregiver on how to take care of themselves and the baby.



The program is done in partnership with the Fairfield County Foundation and the United Way of Fairfield County.

**For questions call Gale Neville MSN, RN at 740-652-2828 or email: [gale.neville@fairfieldcountyohio.gov](mailto:gale.neville@fairfieldcountyohio.gov)**





## Tobacco Use Prevention and Cessation

FCHD continues efforts to reduce dependence on nicotine through the Tobacco Use Prevention and Cessation grant. The two main goals of the program is to prevent youth and young people from starting using tobacco and nicotine-containing products, and to help adults to stop using tobacco and nicotine products.



## Resources to Help You Quit Smoking

Did you know that there's a quit line available to anyone in Ohio wanting help to quit smoking? By calling 1-800-QUIT-NOW, individuals can get free counseling and coaching sessions. If you're eligible, they'll even mail nicotine replacement therapy, like patches or gum, to you for free! The quit line is available to you 24 hours a day, 7 days a week--whenever you're ready to start your quit journey.



## Substance Use Prevention in the Community

The Tobacco Use Prevention and Cessation Coordinator and the Project DAWN Coordinator have been working together to educate the community on substance use prevention. This presentation is great for schools. FCHD has given this presentation to the staff members of Millersport High School and Lancaster High School. We have also provided them with naloxone, NaloxBoxes, and vaping/tobacco prevention posters for classrooms.

### If you or your organization is interested in free substance use prevention training:

#### **Tobacco Use Prevention and Cessation Contact:**

[hannah.josefczyk@fairfieldcountyohio.gov](mailto:hannah.josefczyk@fairfieldcountyohio.gov)

#### **Project DAWN Contact:**

[megan.baker@fairfieldcountyohio.gov](mailto:megan.baker@fairfieldcountyohio.gov)

## Project DAWN

FCHD works closely with the Fairfield County ADAMH Board and Project F.O.R.T. to distribute naloxone and offer trainings to best prepare the community. FCHD gave out a total of [276](#) Project DAWN Naloxone kits since January 2024. Of those kits distributed [60](#) were to first responders in Fairfield County.

Currently, FCHD is working to continue placing NaloxBoxes in schools and local businesses and provide training throughout the county.

FCHD recently received a [Regional Linkages](#) grant to identify and address gaps in services for individuals with substance use disorders. We have been working with other local health departments in the region on this grant.

Stay on the lookout for one of our Naloxone billboards that will be posted at various locations throughout Fairfield County!

Fairfield County Health Department

# NALOXONE SAVES LIVES

Call [740-652-2851](tel:740-652-2851) for **FREE** Naloxone.

For more information, visit the Project DAWN program tab at [fairfieldhealth.org](http://fairfieldhealth.org)

This publication was made possible by Grant Number 12102611 from Ohio Department of Health. Disclaimer: The contents are solely the responsibility of the authors and do not necessarily represent the official views of the ODH.



## HAPPY NATIONAL VOLUNTEER MONTH!

April is recognized as the National Volunteer Month each year aimed at recognizing and celebrating the millions of volunteers across the country that devote their time, energy, and skill to making the world a better place. Thank you to our volunteers for all you do!

## Fairfield County MRC Turns 3!

March marks three years of Fairfield County's Medical Reserve Corps chapter. We are looking forward to what the future holds for our team!



Interested in joining our team and serving our community? Email [riley.ernst@fairfieldcountyohio.gov](mailto:riley.ernst@fairfieldcountyohio.gov) for more information.

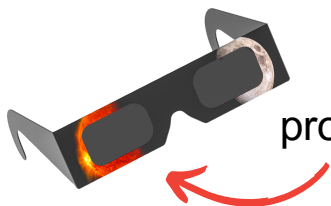
## Public Health Emergency Preparedness



### **SOLAR ECLIPSE IS APRIL 8TH!**

A solar eclipse happens when the moon is positioned between the Earth and the sun, casting a shadow over the Earth. If stationed in the line of total totality, there will be a period of temporary complete darkness for up to four minutes in each locality.

Fairfield County is not located in the line of totality. Yet we may still be impacted by extreme traffic increases due to the influx of travelers heading to and from the designated sites.



It's unsafe to look directly at the eclipse without proper eye protection. It may cause severe eye injury. Glasses must be ISO-compliant solar filter/solar eclipse glasses.



## Safe Communities Program

FCHD is excited to announce a new grant! The Safe Communities program is a data-driven initiative to save lives and reduce injury by increasing seat belt usage, increasing impaired driving awareness, increasing motorcycle safety awareness, coalition building with community partners, and traffic fatality review. This program is implemented in collaboration with the Ohio State Highway Patrol and the National Highway Safety Administration.

## Upcoming Events

Bike Buckeye Lake's Tri-County Kids' Bike Safety Rodeo is May 11, 2024! The event will be at the parking lot of Our Lady of Mount Carmel Parish in Buckeye Lake.

Kids 5-10 years old can come at either 10am or 11am and learn safety skills, bicycle handling, bike and helmet fitting, and much more. Each child who registers and attends will receive a free properly fitted helmet and be entered in to win a brand new bike! Registration and parent/guardian accompaniment are required. Visit [bikebuckeyelake.org](http://bikebuckeyelake.org) for more information.



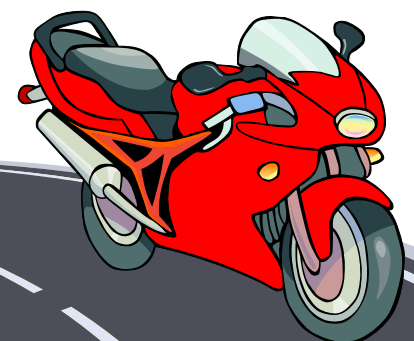
FCHD will be at Spring Fest at OUL on April 15th to promote Distracted Driving Month. Come by between 9am and 12pm to get free magnets and more!

## Watch Out for Motorcycles!

As it starts to get warmer outside, you can expect to see more motorcycles on the road. Look again for motorcycles in your blind spot.

Follow these tips to watch out for motorcycles:

- Check twice before changing lanes or pulling out of a parking spot
- Avoid tailgating and give motorcycles plenty of space
- Always scan mirrors for objects including motorcycles
- Go slow when going through intersections and taking corners
- Don't text and drive
- Drive within speed limits



# Older Adult Falls Prevention

Contact: baylie.blevins@fairfieldcountyohio.gov



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## Springing into 2024 with a new grant!

The Fairfield County Health Department has received the Older Adult Falls Prevention Pilot Project Grant from the Ohio Falls Coalition.



This pilot program will be implemented in collaboration with the Violet Township Fire Department. This grant will provide grab bars to older adults who have been identified as a fall risk or have a potential fall hazard in their home.



### FACTS ABOUT OLDER ADULT FALLS



**1 in 4**

Older Americans  
fall every year.



Every  
**20 minutes**  
an older adult dies from a fall.



**1 in 5**

falls results in  
head injury or  
broken bones.

**2x**

Older adults who have  
fallen have **twice** the  
chance of falling again.



**\$744 million**

Total amount spent for acute  
care hospital charges associated  
with older adult falls in 2014.

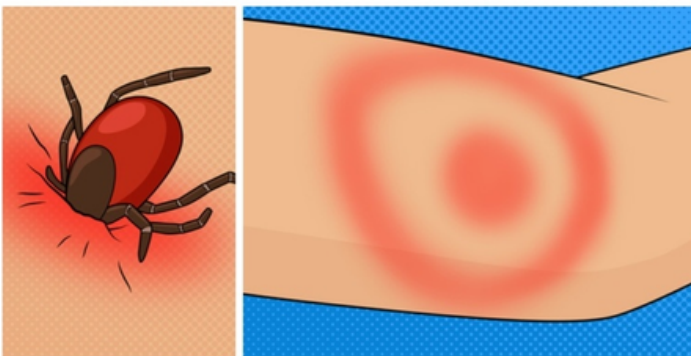


## Preventing Lyme Disease

With spring upon us in April, many of us are eager to spend more time outdoors enjoying the warmer weather. However, it's important to be aware of the increased risk of Lyme disease during this time. Lyme disease is transmitted through the bite of infected black-legged ticks, which are more active in the spring and summer months.

### Symptoms of Lyme Disease

- Fever
- Headache
- Muscle and joint pain
- Tiredness
- A bull's eye rash



The symptoms of Lyme Disease may appear **3 to 20 days** after the tick bite.

**Source:** Centers for Disease Control and Prevention and Ohio Department of Health

### Prevention Checklist

- Wear bug spray
- Wear long clothing, if possible
- Wear close-toed shoes
- Walk on marked trails
- Check for ticks on your body after an outdoor activity



### Best Way to Remove a Tick

1. The best way to remove a tick is by using tweezers to grab the tick as close to the skin surface as possible
2. Pull the tick away from your skin with steady and even pressure (Don't twist the tick as it can break off and stay in the skin).
3. After the tick is removed wash your skin and hands.



# Public Health Nursing

## National Immunization Week April 1-5, 2024

While back to school shots are probably the last thing on your mind. Getting your child's back to school shots now will make the beginning of the next school year much easier.

### The grades requiring immunizations are:

#### **Kindergarten:**

- Dtap/Polio
- MMR/Varicella

#### **Seventh Grade:**

- Tdap
- Meningitis
- HPV (not required) but great time to start this vaccine.

#### **Senior:**

- Meningitis # 2 (must have one after age 16 years)
- Tdap if due.

• Meningitis B is another type of Meningitis that is not contained in the first type of Meningitis. It's not common, however does seem to like College dorms and other areas with people living in close quarters. Some colleges are starting to require this vaccine.

Fairfield County Health Department has vaccine clinics on Tuesday and Thursday every week. We also have a clinic in Pickerington once a month on the third Wednesday of each month, by appointment. Call 740-652-2828 to make an appointment for all clinics.

For questions call Gale Neville MSN, RN  
at 740-652-2828 or email:  
[gale.neville@fairfieldcountyohio.gov](mailto:gale.neville@fairfieldcountyohio.gov)



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# WIC: Women, Infants, and Children

## WIC Participation by Location

Amanda	28
Athens Co	7
Berne	69
Bloom	45
Clearcreek	64
Franklin Co	238
Greenfield	40
Hocking	29
Hocking Co	12
Lancaster	867
Liberty	58
Licking Co	31
Madison	40
Other	1
Perry Co	13
Pickaway	0
Pleasant	78
Richland	27
Rushcreek	59
Violet	524
Walnut	49
Total for 1/1/24-3/29/24	<b>2279</b>

## WIC Celebrates 50 years!!

In March, we celebrated the 50 year anniversary of the Women, Infants and Children (WIC) Program. Through nutrition education and access to healthy foods, including fresh fruits and vegetables, WIC empowers families to make the choices that are right for them. Cheers to 50 years of nourishing families!



## Nutrition Education

We are continuing to focus on offering Nutrition Education with various topics in several formats to make sure it is relevant and accessible for all participants! We have in-person breastfeeding class with Kaleigh, offer access to online self-paced modules to complete at home, the Nutrition Education Station tablet in the waiting room, and will be partnering with AHA to offer hands-on gardening activities one day a month starting in May!





## Healthy Aging Grant

FCHD has received a new grant, the Healthy Aging Grant, to support the Fairfield County community with replacement parts and installation of septic systems for adults 60 years of age and older.

### Why is septic maintenance so important?

Adhering to a regular maintenance prevents dangerous property contamination. Clogged septic tanks can overflow, and hazardous waste and water can subsequently spill onto your property. This contaminated material compromises your groundwater and poses a severe public health risk.

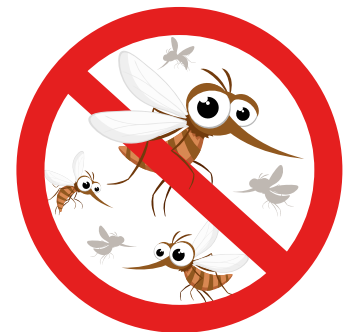


## Gold Medal Food Safety Program

The Gold Medal Food Program was started in 2023 to recognize outstanding food facility operators in Fairfield County for creating and maintaining safe environments for people to eat with their friends and families. This program is continuing into 2024. Keep an eye out for restaurants who have a gold medal in their door/window!

## Mosquito Control

Mosquito season is almost here! Mosquitos are considered vectors for many diseases including West Nile Virus. FCHD offers low cost spraying as part of an integrated pest management approach to reduce mosquitos in Fairfield County. FCHD starts spraying the end of May/early June. If you are interested in contracting with FCHD for these services please contact Rachel Moresea at [rachel.moresea@fairfieldcountyohio.gov](mailto:rachel.moresea@fairfieldcountyohio.gov)



# Stay in touch with us online!

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**Website- fairfieldhealth.org**