



Public Health
Prevent. Promote. Protect.

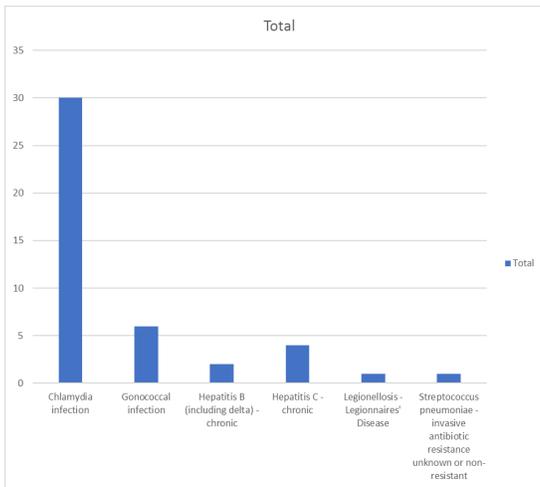
Warren City Health District

“Working Together for a Healthier Community”

Volume 1, Issue 7

July 2018

Communicable Disease



Preventing and controlling the spread of disease is at the heart of much public health work. There are many ways to prevent the spread of disease. Vaccinations have helped eliminate or greatly reduce health threats. Children, teens, and adults should all be protected and stay up to date with their immunizations. Proper handwashing especially

before and after handling food and using the toilet, can help keep germs at bay.

Other important ways to slow of stop disease transmission are by making sure that the food we eat and water we drink is safe, avoiding sick people, and practicing safe sex.

Communicable diseases spread from one person to another while others can spread from animal to person.

Some are spread through the air, by touch or through bodily fluids. Some diseases may produce mild symptoms while others can be fatal.

Warren City Health District nurses monitor & investigate communicable diseases in the city.

For the month of July 45 cases were investigated.

(See Chart at Left)



Environmental Issues



Housing

The environmental division of the Health District has a busy season in progress. The housing and property maintenance programs have been investigating nuisance property complaints in all areas of the city. These complaints include: rubbish/debris, high grass & weeds, standing water & related drainage issues, illegally parked vehicles, inoperable/unlicensed vehicles, rat baiting, application of mosquito larvicide, and animal bites.

Total structures condemned: 398
Total structures legally served for demolition: 350

Environmental and housing complaints can be made by calling (330) 841-2612. All complaintant's names are held in confidence.

Vital Statistics

Birth and Death Certificates are \$23.00 each. Death and Birth Certificates are considered public documents and are available to the public according to a specific fee schedule. Certificates are also available by contacting the Ohio Department of Health, Bureau of Vital Statistics at (614) 466-2531. Records date back to 1908.

All copies are certified: they have a raised seal and are required as positive proof of death or birth.

For more information call the Vital Statistics Department at (330) 841-2541

Office Hours: Monday-Friday, 7:30 AM -4:00 PM



Warren City Health
 District
 258 East Market St.
 Warren, Ohio 44481

Phone: 330-841-2579
 Fax: 330-841-2912
 Website: www.warren.org

Upcoming Programs: September is Prostate Cancer Awareness Month

Get screened for free

Mercy Health is here to help you be healthy. As part of Prostate Awareness Month, we are offering **free prostate screenings** to men over the age of 40 who are uninsured or under insured. Mercy Health lab techs will be onsite for PSA blood draws and physicians from NEO Urology will be available for prostate exams. We will also offer colon cancer screening kits, mammograms, blood pressure, total cholesterol & A1C, and foot & ankle screenings.

When: Sept. 20
5:30-7:30 p.m.

Where: Warren City Health Department
2nd Floor | 258 E Market St.
Warren, OH 44481

Free dinner will be provided to screening participants. Transportation may be available. Call 330-841-2596 for more information.

MERCYHEALTH
mercy.com
A Catholic healthcare ministry serving Ohio and Kentucky

To pre-register for a **prostate exam**, call 330-841-2596.

To pre-register for a **mammogram**, call 330-480-2654.

THANK YOU TO OUR SPONSORS:

- Man Up Mahoning Valley
- Mercy Health Foundation – Mahoning Valley
- N.E.O. Urology
- Grace A.M.E. Church
- Warren City Health Department
- NEO Gastroenterology & Endoscopy Center



Like us on Facebook



Beat the Heat

Current Health Issues

Prolonged or intense exposure to hot temperatures can cause heat-related illnesses such as heat exhaustion, heat cramps, and heat or sun stroke.

As your body works to cool itself under extreme or prolonged heat, blood rushes to the surface of your skin. As a result, less blood reaches your brain, muscles, and other organs. This can interfere with both your physical strength and your mental capacity, leading, in some cases, to serious danger. Those at highest risk for heat related illnesses include:

- ◆ Infants and children up to 4 months of age
- ◆ Persons aged 65 and older
- ◆ Persons who are overweight

- ◆ People who over-exert during work or exercise
- ◆ People who are ill or on certain medication

What you can do:
Stay Cool– Dress in lightweight clothing, limit outdoor activities, stay in air conditioning as much as possible, use sunscreen, eat light meals

Stay Hydrated– Drink plenty of fluids, avoiding sugary or alcoholic drinks

Stay Informed–Check the local news for extreme weather alerts and safety tips and to learn about cooling areas in your area.

Know the signs of heat –related illness:

- Cool, moist skin with goose bumps when in the heat
- Heavy sweating
- Faintness
- Dizziness
- Fatigue
- Weak, rapid pulse
- Low blood pressure upon standing
- Muscle cramps
- Nausea
- Headache

Contact a doctor if the symptoms get worse or don't go away within an hour.