

HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

JAN 2016
Vol. VI Issue I

“We Know Health Matters”

Laura Randall and Jerrie Kumalah discuss Collective Impact on Health on this month’s “We Know Health Matters”, CHD’s show on Citicable, Time Warner Ch. 23.

Playback Times

Mon	9, 11 a.m.
Wed	5 p.m.
Thur	2 p.m.
Fri	9 a.m.
Sun	3 p.m.

Stay Connected



#HealthyHolidays
#WinterSafety
#KeepCincyHealthy

www.cincinnati-oh.gov/health

Healthy resolutions

Did you make resolutions for the new year? There are many ways to take care of your health and wellness in 2016. CDC recommends the following for a healthy you and healthy family this year:



- Make healthy food choices
- Be active
- Be smoke-free
- Get enough sleep
- Gather & share family health history
- Wear a seatbelt
- Learn the risk of foodborne illness

For more information visit www.cdc.gov/features/healthynewyear/.

Cold Weather Health & Safety Tips

For a safe and healthy winter, remember to:

- Eat well balanced meals with plenty of carbs and avoid alcohol.
- Limit skin exposure to the extreme cold and avoid extended periods of exposure.
- Wear proper clothing such as a hat, scarf, sleeves that are snug at the wrist, mittens and several layers of dry clothing.
- If you suspect a problem with frostbite or hypothermia, you should seek medical care. If body temperature is below 95 degrees it is an emergency.
- Never use a gas range, portable gas camp stove, charcoal or barbecue grill for heating indoors. Without proper ventilation they can cause a buildup of carbon monoxide inside your home, cabin or camper. Additional heating tips can be found at <http://www.nfpa.org>
- Keep pets indoors as much as possible and wipe salt off paws.



For more information on how to stay safe and health this winter, visit www.cdc.gov.

NEED HEALTH INSURANCE?

Free help is available. Call us at 513 564 CARE (2273)



Congrats, CHD Retirees!

Nancy Davis
Jonathan Elam
Lawrence Holditch
Kelli Kohake
Richard Thornburg
Lianne Howard
Tracie Luke
Jennifer McBride
Sudha Mehta
Carla Mele
Rose Wulliger

A Look Behind the Counter



CHD pharmacists are optimizing drug therapies to improve your health

Medication Therapy Management (MTM) is a service provided by pharmacists to optimize drug therapy and improve health outcomes for patients. MTM tools include:

Comprehensive Medication Review (CMR) : Identifies and assesses a patients' medication-related problems by thorough review of all the medications the patient takes at home.

Medication Action Plan (MAP): Provides detailed goals of the interventions identified by pharmacists in CMRs in a take-home, patient-friendly format.

Targeted Intervention Programs (TIPs): Assesses adherence, overuse and underuse, need for drug therapy, and suboptimal therapy of patients and streamlines it for pharmacists to make interventions.

Pharmacy Services

Immunizations

In the state of Ohio, pharmacists may provide:

- Any immunization recommended by the CDC to patients 13 years of age or older without a prescription.
- Any immunization recommended by the CDC to patients 7 to 13 years of age with a prescription.
- Influenza vaccine to patients 7 years of age and older without a prescription.

Diabetes Education

- Educate patients on targeted goals of therapy, including importance of understanding blood sugar values and corresponding symptoms.
- Use teach-back method to ensure patients are comfortable with injections and testing blood sugar.
- Counsel patients on lifestyle modifications, including altering diet and exercise routines.

Health Screenings

- Perform readings on blood pressure, blood glucose, cholesterol and A1c.

Smoking Cessation

- Counsel on non-pharmacological and pharmacological alternatives to quitting smoking.

New Medication Counseling

- Address any questions or concerns of patients starting new medications.
- Educate the patient on indication, mechanism of action, adverse drug effects, onset of action and administration of new medications.



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FEB 2016

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In Memory: Jennifer McBride

Jennifer, “Jenni” McBride passed away on January 23 at age 57, shortly after retiring from CHD’s Community Health & Environmental Services Division. Ms. McBride served the City of Cincinnati for 26 years and will be greatly missed.

Sometimes in life there will be
Bumps in the road you can’t foresee
Memories made, stories told
A warm embrace, a hand to hold.
A friend through good times
And also the bad
Cherishing the times together we had.
Even though you had to go,
You my friend were a blessing to know.
But we won’t say this is the end,
I’ll see you when we meet again.

- Renee Ingersol-Davis



Spotlight: “Living Well With Diabetes”

By Diane Warner, RD, LD

The 2016 program, entitled “Living Well With Diabetes”, will be our third year at PHHC. The eight sessions kick off with an introduction on Feb. 18, from 1-3 p.m. at the PHHC conference room located at 2136 West 8th Street. Patients are taught in-depth principles of diabetes & self-management, and we will tour the Price Hill Kroger.

The program is taught by a multidisciplinary team of health professionals. Team members included are Dr. Bethanne Brown, pharmacist, Diane Warner, dietitian, Akino Kishigawa, dental hygienist, Dr. Chalee Engelhard, physical therapist, Dr. Bill Lonneman, nursing professor at The University of Mt. St. Joseph, and Paula Shannon, staff nurse at PHHC. Various fellows/students from the pharmacy & physical therapy programs at UC and nursing students from The Mount will also be participating.

Our program is open to all CHD Primary Care Health Center patients. For a list of Health Center locations visit www.cincinnati-oh.gov/health. Current patients may call 513-357-7320 for registration and more information.



Stay Connected



#HeartHealth
#KeepCincyHealthy

www.cincinnati-oh.gov/health





Welcome new Board of Health members

Welcome to our two newest Board of Health members, Dr. Philip Lichtenstein and Ms. Kate Schroder.

Dr. Lichtenstein is a pediatrician at Cincinnati Children's Hospital Medical Center and received his medical degree from Vanderbilt University School of Medicine. Dr. Lichtenstein will serve a three year term which will expire January 6, 2019.

Ms. Kate Schroder serves as a member of the Clinton Health Access Initiative senior management team and received a Master of Business Administration from the Wharton School at University of Pennsylvania. Ms. Schroder will serve a three year term which expires on January 6, 2019.



Did you know heart disease is the number one killer in men and women? You can take steps every day to keep your heart healthy, including:

- Eating a healthy diet, low in sodium
- Add exercise to your daily routine
- Take steps to quit smoking
- Take medications as prescribed by a doctor
- Schedule a well visit with your doctor

For more information about keeping your heart healthy visit cdc.gov/features/heartmonth.

A Look Behind the Counter

Zika Virus: The race to develop a vaccine

Several companies worldwide have begun efforts to develop vaccines against the Zika virus, but there are concerns over testing the vaccine in pregnant women, a group of patients normally excluded from experimental trials.

According to the Centers for Disease Control and Prevention (CDC), the Zika virus is linked to serious birth defects including microcephaly, a condition that causes babies to have abnormally small heads.

The National Institutes of Health (NIH) and the US National Institute of Allergy and Infectious Diseases both have plans to get a product made and approved by 2017.

Bharat Biotech has filed patents for two different vaccines to begin testing by the end of this month following the pre-clinical testing stage in animals. The company, based in India, announced that it could make a vaccine available in as quickly as two years.

The University of Connecticut is currently two to three weeks away from testing a vaccine in animals. Protein Sciences, internationally known for their influenza vaccine FluBlok, is working to make a similar vaccine for Zika. The company expects testing in humans to begin in the coming weeks.



There is no vaccine or medicine to treat Zika infections. CDC recommends the following to treat the symptoms:

- Get plenty of rest.
- Drink fluids to prevent dehydration.
- Take medicine such as acetaminophen (Tylenol®) to relieve fever and pain.
- Do not take aspirin and other non-steroidal anti-inflammatory drugs.
- If you are taking medicine for another medical condition, talk to your healthcare provider before taking additional medication.

For more information, visit www.cdc.gov/zika



HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

MAR 2016
Vol. VI Issue III

“We Know Health Matters”

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Heartfelt Tidbits, a blog for refugees



Heartfelt Tidbits launched a new blog for refugee and immigrant stories from Cincinnati, www.heartfelttidbits.com. Stories, video, pictures, recipes, guest writing, and education on the blog create a way for the Cincinnati community to engage with and welcome refugees and immigrants. The blog also provides a place for refugee and immigrants to share their difficult – and often triumphant – journey of leaving their home countries and finding a new home in Cincinnati.

Since 2008, 34,000 refugees have resettled in Cincinnati from many countries, such as Bhutan, Burma, Burundi, Congo, Ethiopia, Somalia, and Vietnam. That number keeps growing, as each week secondary migrants (relocating refugees) move here from other cities, in part because our city is known for being a welcoming place.

Heartfelt Tidbits invites you to welcome Cincinnati’s newest neighbors! Visit and read the new blog, share with friends and family at home and in gathering places, and contact Heartfelt Tidbits if you have story ideas or questions.

Findings published from local botulism outbreak

In February, CHD Epidemiologist Patrick Burke, MPH, was published in CDC’s *Morbidity and Mortality Weekly Report (MMWR)*.



The report, *Outbreak of Foodborne Botulism Associated with Improperly Jarred Pesto*, discussed the outbreak of foodborne botulism due to improperly jarred pesto. Two patients, one in California and the other in Ohio, were observed in July 2014 and it was determined the pesto consumed by both patients was the cause.

Dr. Steven Englender, Director, CHD Center for Public Health Preparedness, coauthored the report. To view the publishing visit <http://1.usa.gov/1TEygz0>.

FREE HEALTH FAIR!

CHD invites you to celebrate National Public Health Week!

Saturday, April 2, 1 - 3 p.m.
Washington Park

For more details visit us online:
www.cincinnati-oh.gov/health



CHD KICK OFF
Friday, March 18



March: National Nutrition Month

March is National Nutrition Month! Sponsored by the Academy of Nutrition and Dietetics, Nutrition Month focuses on the importance of making informed food choices and developing positive eating habits.

This year's theme, *Savor the Flavor of Eating Right*, encourages everyone to take the time and enjoy food traditions, and appreciate the pleasures, flavors and social experiences that food adds in our lives. For more information visit <http://bit.ly/1TtmKWw>.



CHD Employee Spotlight

Congratulations to CHD's Angela Robinson and the Outreach and Enrollment (O&E) team, recipient of the 2016 Outstanding Outreach Award by the Ohio Association of Community Health Centers (OACHC).

Ms. Robinson was selected to accept the award based on her individual performance as an outstanding O&E Specialist. Since arriving in her role in November 2013, her team has signed up approximately 4,000 individuals for Marketplace or Medicaid coverage.



The team also provides basic education to clients with questions, changes in plans and renewals, with a return rate of over 90%. Again, congratulations to Angela Robinson and the O&E team!

A Look Behind the Counter

New Five-Star Quality Rating System Introduced

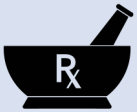
Improving patient care through quality measures involves coordination of care with the patient, pharmacy and provider.

The Centers for Medicare and Medicaid Services (CMS) has implemented a five-star rating system, with five stars being the highest. The Quality Rating System measures how well Medicare Advantage plans (Part C, or MA), Medicare Advantage plans with Part D coverage (MA-PD plans), and stand-alone Medicare Part D plans (PDP) are performing.

For patients, star ratings provide a way to compare performances among several plans. Incentives are given to plans with higher ratings, such as bonus payments or year-round open enrollment. Plans with a consistently low rating will be dropped.

Plans can assess how their network pharmacies meet medication management measures by reviewing claims. This allows them to issue their own ratings to pharmacies and evaluate which ones are better at meeting CMS-defined quality measures. Some measures include an annual Comprehensive Medication Review, appropriate use of high risk medications and patient experience in getting a needed medication.

Health plans can rework their preferred networks to include only pharmacies with high ratings and send medication therapy management (MTM) cases only to pharmacies that show good patient outcomes. Your pharmacy will play an important role in helping providers and patients meet their goals. For more information, visit www.cms.gov



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APR 2016
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“We Know Health Matters”

Robin Carothers and Ellen Berninger discuss the Cincinnati Connects plan on this month’s “We Know Health Matters”, CHD’s show on Citicable, Time Warner Ch. 23.

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#KeepCincyHealthy
#NPHW
#STIawareness



Dr. Maseru announces retirement



After a decade of public service to the City of Cincinnati, Health Commissioner Noble Maseru, Ph.D., MPH, announced he will retire on May 1.

“It has been a privilege and honor to serve as Cincinnati’s Health Commissioner,” stated Dr. Maseru. “Our accomplishments in improving the health and wellness of those we serve would not have been possible without our passionate and skilled public health workforce.”

During his 10-year tenure, Dr. Maseru presided over the growth of primary care in the city, including the opening of several community and school-based health centers. But he was most passionate about reducing Cincinnati’s Infant Mortality Rate (IMR).

Upon his arrival in 2006, Dr. Maseru began the Infant Vitality Surveillance Network and has since championed the issue of infant vitality, surveillance of IMR in small area analyses, and reduction of infant mortality through public health interventions.

“Dr. Maseru is a champion of the people of Cincinnati and will be greatly missed,” said John Kachuba, Chairman, City of Cincinnati Primary Care Board of Governors. “One of his most significant contributions to the health of the city is his work in improving infant vitality.”

Neighborhood Summit

CHD’s Health Promotion and Worksite Wellness division presented at this year’s Neighborhood Summit. The session discussed the Creating Healthy Communities Coalition’s (CHCC) vision for healthy living and ways to improve.

Over the next 5 years, CHCC seeks to implement policy, systems and environmental changes that will encourage a healthier lifestyle. Changes could include more access to farmers’ markets, trails, and tobacco free environments such as housing, parks, and recreation centers.

The Lead Program was also on site alongside CHD nurses who provided free health screenings and health education.



Happy Retirement!

After 22 years of service to CHD, Dr. Alam has decided to retire. His wife, daughter and son joined CHD to celebrate his retirement. Thank you to all who helped celebrate his service!

Mayor John Cranley wrote a proclamation announcing March 31, 2016 "Dr. Mohammad Alam Day" in Cincinnati.



CHD Employee Spotlight

Armika Tatum

After 8 years, Armika Tatum will be leaving CHD to attend medical school at Ohio University.

She started her journey with CHD as a lab technician in 2008. Ms. Tatum later transferred to the department's Technical and Environmental Services serving as a Sanitarian in Training.



When Ms. Tatum finishes medical school she plans to work in pediatrics or family medicine in a medically underserved urban area.

Congratulations and best of luck on your endeavors, Ms. Tatum!

April is Minority Health Month



Did you know that your zip code can be a predictor of your health? So can your place of birth, where you work and play, your income and education, and a host of other factors – in addition to the choices you make each day about what to eat, when to work out and whether or not to see a doctor. These factors, recognized by public health professionals as “social determinants of health,” are linked to inequities in health and health care (health disparities) among racial and ethnic minorities in America.

For more information about minority health month visit <http://minorityhealth.hhs.gov/nmhm16/>.

HEALTH MATTERS

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MAY 2016
Vol. VI Issue V

“We Know Health Matters”

Eric Washington and Dr. Kamaria Tyehimba discuss Men’s Mental Health on this month’s “We Know Health Matters”, CHD’s show on Citicable, Time Warner Ch. 23.

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#KeepCincyHealthy



Join our local conversations

Thursday, May 5: Smoke Free Educational Symposium

4 p.m. - 6 p.m., CMHA, 1635 Western Ave.

Join the Creating Healthy Communities Coalition to learn about the Cincinnati Metropolitan Housing Authority (CMHA) smoke-free policy. They will share smoke-free policy successes and provide resources that are helpful in living smoke-free.

Saturday, May 21: Local Conversation on Minority Health

10 a.m. - 3 p.m., Community Action Agency, 1740 Langdon Farm Rd.

Join Dr. Regina Hutchins and Ms. Denisha Porter as they discuss minority health concerns in our city and the work being done to improve these conditions.

Saturday, May 21: Brother You’re On My Mind

10 a.m. - 1 p.m., CHD, 3101 Burnet Ave. (First floor auditorium)

Eric Washington and Dr. Kamaria Tyehimba, PhD, LISW-S, LIDC-CS invite all men to participate in the conversation around men’s mental health.

If you have any events to promote or want to know how your division can be promoted, please contact Ashley (Ashley.auciello@cincinnati-oh.gov) or Brittany (Brittany.supelak@cincinnati-oh.gov) for more information.

Global Employee Health and Fitness Month

Join Ms. Jonda Profitt every Thursday at Burnet and King for line dancing! Weekly sessions will be held from 12:00-12:45 pm in the Auditorium. The line dancing lessons will continue through June 9. Those who attend at least six of the eight classes will receive a \$10 Wellness Program Incentive.



A message from our Health Promotions and Worksite Wellness Group



CHD reminds everyone to choose Water First for Thirst! Instead of going for the sugary drinks, make water your first choice. Every sugary drink consumed increases one’s risk for becoming overweight or obese. For more information visit bit.ly/1W22Hzw.

Employee Spotlight

Congratulations to our Director of School and Adolescent Health, Dr. Marilyn Crumpton, who was the recipient of the Cincinnati Pediatric Society Outstanding Community Physician Award.



Pictured (left to right): Dr. Camille Graham, Dr. Marilyn Crumpton, and Dr. Mona Mansour.

ArtsWave campaign results



CHD wants to thank all staff who donated to ArtsWave this year. In 2015, CHD raised a total of \$335. For this year's campaign we set a goal to raise 15% more, making the total 2016 goal \$385. Thanks to the nine donors who supported this year's campaign, we were able to raise **\$1,475** for this worthwhile cause. Your contributions are greatly appreciated.

A Look Behind the Counter



Pharmacists' Role in Improving Care

Pharmacists play a vital role in the CHD health care team. Through medicine and education, our pharmacists work to achieve positive health outcomes for the patients we serve.

Diabetes Education

We meet individually with diabetic patients to discuss treatment plans, A1C testing, compliance with medications and dietary concerns. This service is offered at all CHD Health Centers.

Smoking Cessation

Ready to quit smoking? Our pharmacists are here to help. In addition to individualized support and guidance, we offer medications such as Chantix, nicotine patches, nicotine gum, nicotine lozenges and Bupropion. This service is offered at all CHD Health Centers.

Doctor Dispensing

Dental visits can be stressful, but getting prescribed medications should be stress-free. Doctor Dispensing is designed for added convenience and safer treatment. Medications are pre-bottled and labeled, and ready even before patients leave their appointment. The Ambrose H. Clement Health Center and all CHD dental sites provide this service.

Pharmacy Locations

Braxton Cann	5818 Madison Rd., 45227
Elm Street	1525 Elm St., 45242
Millvale	2750 Beekman St., 45225
Northside	3917 Spring Grove Ave., 45223
Price Hill	2136 West 8th St., 45204



HEALTH MATTERS

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#KeepCincyHealthy
#MensHealthMonth

Board, CHD welcome Dr. O’dell Owens as Interim Health Commissioner

Dr. O’dell Owens was appointed as Interim Health Commissioner by the Board of Health at last month’s meeting.

“We are excited to welcome Dr. Owens in his new role,” stated Dr. Noble Maseru. “The Board has selected an outstanding leader. Dr. Owens brings excellent experience to the table and will ensure our agency continues to move the health and human services systems forward during this time of transition.”

Dr. Owens played a key role in advising the commissioner and state leadership on public health and agency management issues. A chief medical executive licensed to practice medicine, he also advised Dr. Maseru on health issues and medical aspects of the agency’s programs and services.

“We’re positioning ourselves to operate as a more cohesive, collaborative health care provider that values a culture of compassion, while delivering a higher state of caring to all Cincinnatians,” stated Dr. Owens.

The appointment of Dr. Owens represents the next phase of the search for Cincinnati’s next Health Commissioner. Welcome, Dr. Owens!



You’re invited to a ‘Day Out With Dad’!



Saturday, June 18
12- 3p.m.

Day Out with Dad welcomes all dads, uncles, grandpas, father figures, male role models, and male mentors to accompany kids and teens to this event.

- Learn important health information for you and your kids from health experts.
- Participate in fun activities and earn prizes and rewards for you and your kids.
- Get more information on other community resources and support.
- A healthy meal, games and activities will be provided.
- Free and open to the public.
- Free haircuts for men and boys by a licensed barber.
- Meet Mr. Red, the Cincinnati Reds oldest and most beloved mascot.
- Shake paws and take pictures with Dr. Health E. Hound.

State of the City's Health Address and Local Conversations

Dr. Regina Hutchins and Ms. Denisha Porter share minority health conversation outcomes in our city and the work being done to improve these conditions. Preliminary findings from this event include:

- The community is unaware of all services we offer as a health department.
- Accessing information can be difficult as some do not have computer or internet access.
- Health services need to be taken into account with other social determinants of health, such as, transportation, housing and jobs.

A full report of the local conversations and findings is currently being conducted and will be available at www.cincinnati-oh.gov/health when completed.



VNA presents Caring Award

Dr. Owens was recently recognized by the Visiting Nurse Association of Greater Cincinnati as a recipient of the 2016 Caring Award.

CHD Reproductive Health and Wellness Program awarded \$3 million grant

After five successful years as the lead agency for the Reproductive Health and Wellness Program (RWHP), CHD was awarded \$3 million and an additional five years to meet the reproductive health needs of the communities served. Services provided at all CHD Primary Care Health Centers include:



- HIV testing
- Cervical cancer screening (women)
- Screening all minors for abuse and making appropriate reports and referrals
- Screening for Intimate Partner Violence, alcohol abuse, tobacco use, drug abuse and other health risks
- Screening for depression and other mental illness
- Diagnosing and treating sexually transmitted infections
- Counseling and education regarding reproductive health and wellness

Congratulations, Dr. Jennifer Mooney and the RWHP team!

P 513 357 7341 | thebodyshop

A Look Behind the Counter



Inter-professional Collaboration to Help Medication Adherence

By Sanjeewa A. Goonasekera

It's estimated that half of all patients with chronic illnesses fail to take prescription or over-the-counter drugs as directed. As we move towards a pay for performance model of reimbursement, getting patients healthy means a lot more to healthcare providers. However, unless patients take medications as prescribed, improving outcomes will remain a formidable challenge.

A number of factors can explain why patients are not taking prescribed medications as directed. Physicians are often vulnerable to time constraints and large work load but pharmacists can play a more involved role in changing people's attitude about taking medication. Already pharmacists are at the frontline dispensing and educating patients about how to take medications as well related side effects. Expanding this role to assessing adherence on a continued basis as patients come to pick up their medications and setting aside time to talk to patients may lead to identifying potential barriers to adherence. Pharmacists and staff at the Elm street clinic currently have taken a new role in working with physicians towards increasing patient adherence. We have started calling non-adherent patients to determine reasons for non-adherence. The ultimate goal of this outreach service is to identify these barriers and come up with solutions that can improve adherence. Success of this program will however depend on the amount of time that could be dedicated by the pharmacy staff to reach out to non-adherent patients. Time can only tell the outcome of this approach, and there is no guarantee that it would lead to increased adherence. However, not taking necessary action for improvement is no longer an option.

HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

JULY 2016
Vol. VI Issue VII

Program Spotlight: Technical Environmental Unit Pool Inspections

With summer temperatures in full swing, U.S. officials have a warning for Americans who will inevitably be looking for ways to beat the heat, and some public pools may pose a serious health hazard.

Each year, thousands of public pools, hot tubs, and water playgrounds are forced to close nationwide due to serious health and safety violations, including contamination problems that could make people sick.

Thanks to the Environmental Service, Technical Environmental Unit (TEU), however, area residents have a lot less to worry about. The public health officials at the CHD work together to improve the operation and maintenance of local public places so people will be healthy and safe when they swim or participate in water activities.

The TEU licenses and inspects over 200 public swimming pools, spas, and spray grounds throughout Cincinnati each year. Techs check the water for available chlorine, pH, and alkalinity in efforts to reduce or eliminate waterborne diseases associated with recreational water facilities. Techs also evaluate the circulation system, and ensure that no safety hazards exist at the facility that would threaten public health. The most commonly reported illness is diarrhea, which is caused by germs such as Crypto, Giardia, Shigella, Norovirus, and E. coli.

The TEU also inspects for conditions that may pose an immediate threat such as opaque pool water, or lack of disinfectant in the water. When these issues are found, operation of the facility is suspended immediately and the facility is not reinstated until all necessary safety measures are met.

Additionally, during the Summer months, seasonal Pool Techs perform weekly pool inspections, take samples, check water chemistry, and alert inspectors of critical issues. The efficient surveillance procedures of CHD, has one of the best pool inspection programs in the state, receiving consistently favorable surveys from the Ohio Department of Health (ODH).



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#KeepCincyHealthy

Defeat the heat

As temperatures increase it's important to take care of your body. Prevent heat-related illness with the following tips:



Stay cool

- Stay in air-conditioned buildings and shelters when possible
- Avoid direct sunlight
- Do not rely on fans as your primary cooling device
- Wear lightweight, light-colored clothing
- Check on those most at-risk twice a day
- Take cool showers or baths

Stay hydrated

- Drink more water than usual, don't wait until you're thirsty
- Avoid alcohol or sugary beverages
- Remind others to drink enough water

Upcoming Events

July 9—CHD will be participating in this year's Hopefest event at Washington Park! Nurses will be doing blood pressure and BMI screenings for anyone attending.

July 15—CHD will be hosting the brown bag series. This session, Drivers for a Healthy Pregnancy, focuses on what we know to be healthy for mom and baby throughout the pregnancy.

If there is an event your division is participating in or would like us to promote, please send information to Marla Fuller at marla.fuller@cincinnati-oh.gov. For a calendar of CHD events visit our website: www.cincinnati-oh.gov/health.



AMERICAN PUBLIC HEALTH ASSOCIATION

For science. For action. For health.

Congratulations to Regina Hutchins, PhD, for her APHA abstract acceptance. Dr. Hutchins submitted her abstract "Transforming the Community Health Process: Moving from average to awesome" and will be presenting at the 2016 APHA Annual Meeting and Expo in Denver, Colorado. Her presentation will be part of the "Promising Models and Partnerships to BUILD Better Community Health" at the annual meeting.

For more information on this year's annual meeting or to register visit <http://www.apha.org/annualmeeting>.



First Sankofa Award

The Sankofa Award was established in 2016 by the Cincinnati Health Department. The purpose of this annual award is to recognize a prominent local citizen whose life's work positively addresses the range and complexity of excellence, inspiration, diversity, community service and lifetime achievement.

The first Sankofa award recipient was Noble Maseru, PhD, MPH, who was presented the award at his retirement party in June. Future Sankofa awards will be presented at the CHD's annual State of the City's Health address in the Spring.

"Sankofa" teaches us that we must go back to our roots in order to move forward. That is, we should reach back and gather the best of what our past has to teach us, so that we can achieve our full potential as we move forward. Whatever we have lost, forgotten, forgone or been stripped of, can be reclaimed, revived, preserved and perpetuated.

HEALTH MATTERS

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AUGUST 2016
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Playback Times

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Wed	5 p.m.
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#KeepCincyHealthy
#NIAM2016

Fight the Bite

More than 1,650 Zika infections have been reported in the U.S. but four people in Florida are the first to have contracted the virus through local transmission.

Pregnant women are being asked to avoid traveling to Wynwood, a neighborhood near Miami, Florida, after the first cases of Zika virus are as identified being transmitted by a mosquito in the U.S.

Health officials have been expecting local transmission of Zika in particular in Southern states such as Florida and Texas, where the *Aedes aegypti* mosquito that can transmit the virus is most commonly found.

Last month, the CHD set out mosquito traps to detect and monitor mosquitoes that cause illness and provide targeted prevention education in areas on how to reduce exposures. Thus far, no mosquitoes carrying the Zika or West Nile viruses have been detected but the CHD urges to take proper precautions to prevent mosquito bites.



Prevent Mosquito Bites

All residents living in or traveling to areas where Zika is spreading should take steps to prevent mosquito bites:

- Cover exposed skin by wearing long-sleeved shirts and long pants.
- Use insect repellents that are registered with the Environmental Protection Agency (EPA) and contain DEET, picaridin, oil of lemon eucalyptus, para-menthane-diol, or IR3535. Always use as directed.
- Use permethrin-treated clothing and gear (boots, pants, socks, tents). You can buy pre-treated items or treat them yourself.
- Stay and sleep in screened-in or air-conditioned rooms.
- Sleep under a mosquito bed net if air conditioned or screened rooms are not available or if sleeping outdoors.
- Mosquito netting can be used to cover babies younger than 2 months old in carriers, strollers, or cribs to protect them from mosquito bites.

For more information about Zika virus and prevention visit www.cincinnati-oh.gov/health.

Commissioner's Corner



Savoy Magazine, the leading national African-American culture, business and lifestyle publication, has recognized Dr. O'dell M. Owens as one of its 2016 "Top 300 Most Influential Blacks in Corporate America" in their 15th Anniversary Spring issue and online <http://savoynetwork.com/mibcd2016/odell-m-owens/>. The Savoy Top 300 is the definitive listing of African-American executives, influencers and achievers proactively impacting corporate America.

Community Events

August 13—Day of Hope at Wayne Field—a community event for North and South Fairmont and South Cumminsville. Free Health Screenings will be provided by CHD's public health nurses.

September 16—Brown Bag Lunch Session discusses ways our system ensures that both mother and infant receive quality health care during and after (postpartum) childbirth. Register for this session at <http://bit.ly/1WSAQ3I>

Save the Date! The 2nd annual First Ladies Health Initiative (FLHI) will be Sunday, October 9.



CHD needs your vote!

Spread the word and vote for the City of Cincinnati Primary Care to be the Ultimate Health Center Champions. Voting is open online from August 1-15, each email address provided can vote once a day. Vote here: <http://www.ohiochc.org/>.

August is Immunization Month | Protect Yourself and Those Around You

August is National Immunization Awareness Month (NIAM). The purpose of NIAM is to celebrate the benefits of vaccination and highlight the importance of vaccination for people of all ages.

Immunizations, often called vaccination, helps to protect children and adults from infectious diseases. It's one of the best ways of improving an individual's health and wellbeing, and stopping diseases from spreading in communities. Disease prevention is the key to public health and it's always better to prevent a disease than to treat it. Vaccines prevent disease in the people who receive them and protect those who come into contact with unvaccinated individuals. Vaccines help prevent infectious diseases and save lives. Vaccines are responsible for the control of many infectious diseases that were once common in this country, including polio, measles, diphtheria, pertussis (whooping cough), rubella (German measles), mumps, tetanus, and Haemophilus influenzae type b (Hib).

Parents are constantly concerned about the health and safety of their children and they take many steps to protect them to ensure a healthy future. Immunizations are one of the most important actions parents can take to protect themselves and their child(ren) from serious illnesses, some of which can be life threatening.

With a new school year quickly approaching, CHD encourages parents and caregivers to follow the recommended immunization schedule as doing so provides the best protection from serious, and sometimes deadly, diseases. For an immunization schedule logon to <http://bit.ly/IV6bI9>.

Environmental Services

Cincinnati Health Department Inspects Aquatic Spray Grounds and Public Pools

With summer temperatures in full swing, U.S. officials have a warning for Americans who will inevitably be looking for ways to beat the heat, and some public pools may pose a serious health hazard.

The Health Department works diligently to improve the operation and maintenance of local public places so people will be healthy and safe when they swim or participate in water activities. Each year, Sanitarians in the Technical Environmental Services (TES) unit licenses and inspects over 200 public swimming pools, spas, and spray grounds throughout Cincinnati. They test the water for available chlorine, pH, and alkalinity in efforts to reduce or eliminate waterborne diseases associated with recreational water facilities. Staff also evaluate the circulation system to ensure that no safety hazards exist at the facility.

The most commonly reported illness is diarrhea, which is caused by germs such as *Cryptosporidium*, *Giardia*, *Shigella*, *Norovirus*, and *E. coli*. High outside temperatures and increased patronage can quickly deplete disinfectants that help ward off these diseases.

When conditions exist that pose an immediate threat to public health such as opaque pool water, or lack of disinfectant (such as chlorine), operation of the facility is suspended immediately. The facility is not reopened until all necessary safety measures are met.



CHD Opens Two New SBHC's



Join CHD in the grand opening of two new school based health centers!

August 9th, 4:00-7:00 PM

Taft High School

420 Ezzard Charles Dr., 45214

September 6, 9:00-10:00 AM

Children's Home (at Shroder High School)

5051 Duck Creek Rd., 45227

Celebrate National Health Center Week with CHD

August 7-13 is National Health Center Week. To show appreciation for our 45,000 patients seen annually, CHD health centers will be hosting celebrations all week long. A schedule of each health center's celebration day is as follows:

Millvale at Hopple—daily events

Price Hill—Wednesday, Aug. 10

Braxton Cann—Friday, Aug. 12

Ambrose H. Clement—Friday, Aug. 12

Elm St.—Friday, Aug. 12

Northside—Friday, Aug. 12

CHD Says Farewell

Brittany Supelak has been an intern in the Communications office since December of 2014. Because of this opportunity, she decided to continue her education at the University of Cincinnati in the Master's of Health Promotion and Education program. Brittany graduated with her Master's degree Saturday, August 6. She is grateful for being introduced to the world of public health through such a great organization.

Ms. Supelak's last day at CHD will be August 24. She has accepted a job back in her hometown of Columbus, Ohio. Brittany is extremely thankful for the opportunity that CHD has provided her over the past years. She will miss CHD and Cincinnati but is happy to begin a career back home with her family.

CHD Helps CPS Combat Hunger



According to the Center for Disease Control and Prevention, each year, and estimated 1 in 6 Americans – 48 million people – contracts a foodborne illness, resulting in 120,000 hospitalizations and 3,000 deaths. Many pathogens commonly transmitted through food have a disproportionate impact on children younger than five. Some die from these preventable illnesses and many others suffer lasting, even life-long, health problems. Children face higher risk when exposed to foodborne pathogens because their less developed immune systems have a limited ability to fight infections. In addition, their lower body weight reduces the amount of pathogen needed to cause illness.

Bacteria, viruses, parasites and other harmful organisms are often the culprit of many food poisoning cases, usually due to improper food handling. “Small amounts of some bacteria is not harmful to most healthy adults because the human body is equipped to fight them. That’s not the always the case for children, pregnant women

or those with more compromised immune systems,” explained Dr. O’dell Owens, Interim Health Commission, CHD. “Serious problems begin when toxins enter the body through the gastrointestinal tract and cause symptoms including nausea, vomiting, abdominal cramps and diarrhea,” Owens continued.

Now consider that about 21 million students nationwide eat free and reduced-price meals throughout the school year, but getting those same kids fed a safe and healthy meal during the summer is a challenge. Only a fraction of those make it to schools or community centers for summer meals. And for those that do, the CHD ensures they’re eating food that’s free from harmful bacteria and foodborne pathogens.

“Foods that are contaminated may not look, taste or smell any different from foods that are safe to eat,” said John Sanders, Senior Sanitarian, Food Safety, CHD. “Americans shouldn’t have to worry about getting sick from the food they eat. If you’ve ever had food poisoning – and chances are that you have – you know how a little bug can knock you out of commission for several days without warning,” expressed Sanders.

Sanders was excited when Cincinnati Public Schools realized a need to get creative to reach more youngsters in the community during the summer to give them a safe, healthy and delicious meal. So, in the summer of 2015, Cincinnati Public Schools began taking the cafeteria to the kids with what they think of as the Combating Hunger On Wheels bus — or the CHOW bus.

The bus is owned and operated through the CPS school nutrition department and inspected annually by CHD. Meals offered through the mobile site meet all USDA school meal guidelines.

“We are so fortunate to have such great collaboration with City of Cincinnati departments and employees”, says Jessica Shelly, Cincinnati Public Schools Food Service Director. “Working in tandem with Cincinnati Health Department, Cincinnati Recreation Department, and Cincinnati Parks means helping hungry children in our community get fed healthy meals in the summer so that they can thrive all year long.”

The bus hit the streets during the summer, delivering meals during the week to various locations such as parks and recreation sites within the Cincinnati community during the months of June, July and August. These sites were open to any child up to the age of 18.



HEALTH MATTERS

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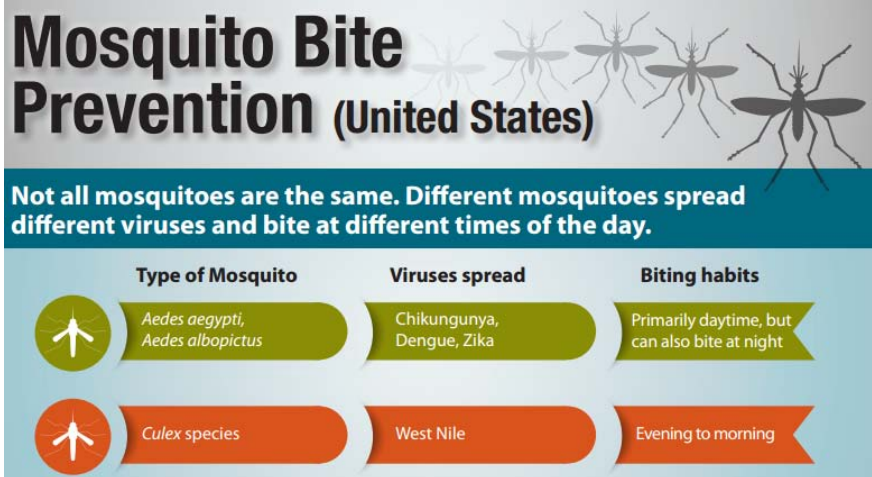
 Cincinnati Health Department

 @CinciHealthDept

 @Cincinnati_HealthDept



Flood Waters Pose Health Risks

Recent torrential rains have left Greater Cincinnati communities flooded, several with sewage overflows and standing water. Flood waters and standing waters pose various health risks, including infectious diseases, chemical hazards, and injuries. Mosquito borne diseases, like Zika and West Nile virus, are primarily spread through the bite of an infected mosquito. You can take steps to reduce the number of mosquitoes around your home and community by taking the following precautions.



Mosquito Bite Prevention (United States)

Not all mosquitoes are the same. Different mosquitoes spread different viruses and bite at different times of the day.

Type of Mosquito	Viruses spread	Biting habits
 <i>Aedes aegypti</i> , <i>Aedes albopictus</i>	Chikungunya, Dengue, Zika	Primarily daytime, but can also bite at night
 <i>Culex</i> species	West Nile	Evening to morning

Remove standing water!

Keep mosquitoes from laying eggs inside and outside your home by checking items in and around homes which can collect water. **Once a week**, empty and scrub, turn over, cover, or throw out containers that hold water, such as; flowerpot saucers, discarded tires, and pool covers. If water must be stored, use tightly cover storage containers to prevent mosquitoes from getting inside and laying eggs. In flooded areas of your home or yard, remove standing water as completely as possible. For flooded basements or first floors, pump water out as soon as possible. Discard any damaged carpeting, clothing or furniture that cannot be salvaged and cleaned.

Improve sanitation

When water is contaminated with organic matter (for example, animal waste, grasses and leaves), the chances mosquito larvae will survive may increase because contaminated matter provides food for larvae to eat. It is important to keep areas as dry and clean as possible, especially post-flood, to prevent mosquito breeding.

For more information, please visit: <http://www.cdc.gov/ncezid/dvbd/>

Commissioner's Corner



Cincinnati Health Department salutes the valiant efforts of first responders, fire and police departments in response to the recent heroin epidemic. It is because of these dedicated public servants, through quick action and thought, that they responded to over 70 overdoses with only four fatalities. This demonstrates the need for individuals of the public and private sector to be trained in first aid and understand how to address overdose situations using naloxone (Narcan).

Community Events

September 15

Safety, Health and Well-being for Small Business. Learn how to get started with wellness for your small business. Contact Tonia Smith for details at 513-357-7274 or tonia.smith@cincinnati-oh.gov

September 16

Brown Bag Lunch Session discusses ways our system ensures that both mother and infant receive quality health care during and after (postpartum) childbirth. Register for this session at <http://bit.ly/1WSAQ3I>

Save the Date!

The 2nd annual First Ladies for Health event will be offering FREE health screenings on Sunday, October 9. Visit www.cincyfirstladiesforhealth.org for a complete list of participating locations.

Making
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with more **birthdays**



The American Cancer Society, Making Strides Against Breast Cancer Campaign recently kicked off on August 10, 2016 and will wrap up on October 22, 2016. Our goal to raise \$2,500 for this campaign. Upcoming Events:

- Monday, October 3– Friday, October 7: Paint Cincinnati Pink Week
- Friday, October 7: Paint The Square Pink at Fountain Square from 11am-1pm
- Saturday, October 22: Making Strides Against Breast Cancer walk at Yeatman's Cove. 7:45am

September Is National Preparedness Month Protect Yourself and Those Around You

September is National Preparedness Month (NPM). The purpose of NPM is to remind everyone that we all must take action to prepare, now and throughout the year, for the types of emergencies that could affect us where we live, work, and also where we visit.

National Preparedness Month is a time to prepare yourself and those in your care for emergencies and disasters, both large scale and smaller local events. As commendable as they may be in their profession of assisting those in need, police, fire and rescue may not always be able to reach you quickly in an emergency or disaster. The most important step you can take in helping your local responders is being able to take care of yourself and those in your care for at least a short period of time following an incident: the more people who are prepared, the quicker the community will recover.

Please visit www.ready.gov for packing lists, fact sheets and preparedness tips to help you and your community.



NATIONAL PREPAREDNESS MONTH 2016

Lead-Free Kids for a Healthy Future

Nearly half a million children living in the United States have elevated blood lead levels that may cause significant damage to their health. Major sources of lead exposure to children in the U.S. include lead-based paint and lead-contaminated dust in deteriorating buildings. Children can also be exposed to lead from additional sources including contaminated drinking water, take-home exposures from a workplace, and lead in soil.

Lead exposure during childhood can lead to a multitude of health issues. Prolonged lead exposure can lead to hearing, speech, and behavior problems, along with slowed growth and damage to the brain and nervous systems. Despite the continued presence of lead in the environment, lead poisoning is entirely preventable. Parents can reduce a child's exposure to lead in many ways. *Here are some simple things you can do to help protect your family:*

- Get your home tested. Before you buy a home built before 1978, ask for a lead inspection. The Cincinnati Health Department offers paint chip testing.
- Get your child tested. Even if your young children seem healthy, ask your doctor to test them for lead.
- Get the Facts! We can provide you with helpful information about preventing childhood lead poisoning. Contact: (513) 357-7420 or tinyurl.com/CLOSE-Cincinnati for more information.

To raise awareness of the consequences of lead poisoning among parents and property owners who live in homes built before 1978, the Cincinnati Health Department has developed the Cincinnati Lead Operations for Safe Environments (CLOSE) program. The Cincinnati Health Department received a \$3.4 million dollar grant from the Department of Housing and Urban Development, to create 225 lead safe homes in the City of Cincinnati. If you are a property owner or tenant, your home might be eligible for the CLOSE program. To find out more about the CLOSE program visit tinyurl.com/CLOSE-Cincinnati or call (513) 357-7420.



New School Based Health Center Opens



Join CHD in the grand opening of our new school based health center!

September 6, 2016
9:00-10:00 AM

Children's Home of Cincinnati
(at Shroder High School)
5051 Duck Creek Rd., 45227

Zika Virus

Did you know that only About 1 in 5 people infected with Zika virus become ill. Symptoms are usually mild and include fever, rash, joint pain or conjunctivitis. For more information about Zika virus and prevention visit www.cincinnati-oh.gov/health.



CHD Welcomes Christa Hyson

Christa Hyson has been selected to fill the Administrative Specialist position in Communications and Government relations for CHD. She has a Bachelor's degree in Communications and Public Relations from Xavier University and a Master's degree in Public Health from the University of Florida.

Ms. Hyson was most recently the Health Communication Coordinator at El Paso County Public Health in Colorado Springs, CO, and prior to that, she was a Community Health Educator for tobacco prevention efforts. Other positions include: Testing Examiner for the U.S. Army Education Division, freelance web design, and Marketing Coordinator/ Digital Imaging Specialist & Photographer at BHP Architecture. With Ms. Hyson's wide range of experience in accreditation, government relations, social media content creation and much more, she will be a huge asset to CHD and the communities we serve.



Cincinnati Health Department Helps Cincinnati Public Schools Combat Mold

Mold is a common fungus that can be found in the air and on many indoor and outdoor surfaces. Mold grows where there is moisture, especially after flooding. Prolonged exposure to damp and moldy environments may cause a variety of health effects. A Healthy Homes Assessment can be scheduled to identify potential health risks in your home.

How can I prevent mold?

- Repair all leaky plumbing and leaks in roofs, walls doors and windows.
- When showering, open a window or run a fan that vents to the outside.
- Make sure the dryer is vented outside.
- Use a dehumidifier or air conditioner to dry damp areas.
- Make sure gutters are clean and working.
- In problem areas increase air flow; open closet doors, periodically move furniture away from outside walls.

How to get rid of mold:

- Protect yourself when cleaning mold. Wear long sleeves and pants, shoes, socks, gloves and goggles.
- Throw away carpet, mattresses, wall board, ceiling tile, insulation, cardboard boxes that have been wet more than 2 days.
- Clean hard surfaces with a mix of laundry detergent or dish soap and water. May have to scrub with brush. Rinse area with clean water and dry quickly.
- Chlorine bleach will kill mold growing on surfaces but not mold spores in air. If using bleach follow these steps:
 1. Scrub the surface with water and detergent.
 2. Water down bleach– 1 cup of bleach to 10 cups of water.
 3. Spray or sponge bleach on moldy area and leave on for 15 min. then rinse and dry quickly.
 4. Never mix chlorine bleach with ammonia or acids because it produces a deadly gas.



To schedule a Healthy Homes Assessment, call:

(513) 352-2908

CHD Healthy Homes Office

1525 Elm St.

Cincinnati OH 45202

For more information, visit:

www.cincinnati-oh.gov

<http://tinyurl.com/CincyHealthyHomes>

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DR. O'DELL OWENS RESIGNS FROM CHD AFTER APPOINTMENT AS PRESIDENT/CEO OF INTERACT FOR HEALTH

Dr. O'dell Owens resigned from his position as the Interim Health Commissioner at the Cincinnati Health Department (CHD) today, effective October 3, 2016. He will become the next President/CEO of Interact for Health, replacing James E. Schwab, who will retire later this month.

The decision comes after six months of prolonged uncertainty of his appointment as permanent Health Commissioner at the CHD. Dr. Owens stated that this uncertainty opened up the possibility for other career options to be made available to him. The opportunity from Interact for Health is one that was very difficult for him to turn down, despite his fondness of the CHD.

“The Presidency/CEO appointment at Interact will allow me to continue serving the community in the healthcare arena and further utilize my expertise in healthcare, public health and the non-profit community,” Dr. Owens stated.

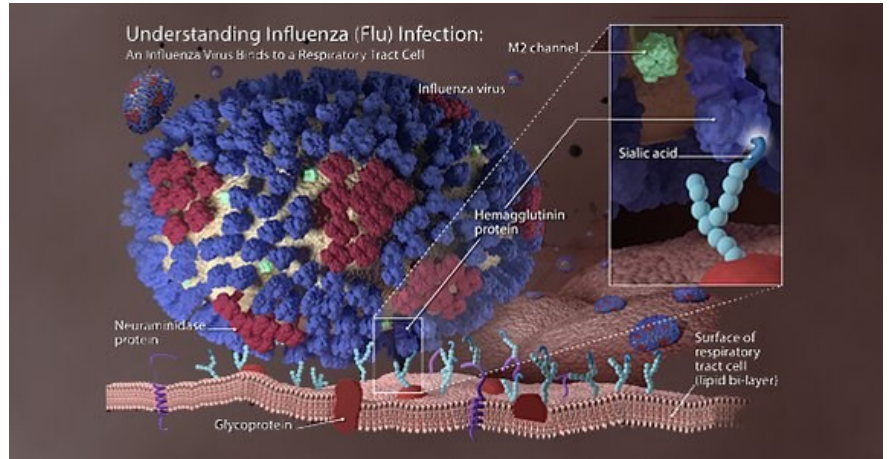
Dr. Owens was very successful in his accomplishments during his year tenure with the CHD. Over the past year, he’s achieved the following:

1. Secured a \$25,000 Work Flow Study Grant to analyze the efficiency and quality levels of the CHD health centers. Once the findings from the work study have been communicated to the senior leadership of CHD, specific measures will be taken to improve the quality of care for the staff and CHD health center patients to improve efficiency and increase productivity.
2. Oversaw the opening of two new School-Based Health Centers (SBHC). One at the Children’s Home of Cincinnati, which is the first of its kind, combining mental health care services with primary care services. The other opened at Taft Information Technology High School.
3. Increased the productivity of our providers from 60-90 percent, further improving the quality of healthcare delivery; leading to an increase in the number of patients served.
4. Secured the Health Center Quality Improvement Grant Award 2016 from the Health Resources and Services Administration (HRSA) on behalf of our Federally Qualified Health Centers. CHD was ranked number one in the state for quality out of 41 health centers across the state.
5. Ensured the proper training for essential staff members in the administration of Naloxone (Narcan) in response to the heroin epidemic.
6. Raised the image and improved the reputation of the CHD.

Supported the implementation of a three-year colorectal screening grant awarded by the American Cancer Society to provide preventative colorectal screenings at every CHD health center.

Flu Prevention Strategies to Keep You Well

Every Fall, millions of people roll up their sleeves for a flu vaccine, hoping to give their immune system a leg up on influenza. Influenza (flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness with serious outcomes of flu infection resulting in hospitalization or death. Some people, particularly older people, young children, and people with certain health conditions, are at high risk for serious flu complications. The best way to prevent the flu is by getting vaccinated each year.



Now is a good time to get vaccinated as it takes about two weeks after vaccination for protection to set in. CHD is offering free flu shots on Tuesday, October 4, from 7:00 a.m. - 9:30 a.m. in the Auditorium at B&K to all employees with insurance through the City of Cincinnati.

These free flu shots are available to all City employees and spouses/dependents (3 and older) who are on the Anthem Insurance Card. Don't forget to sign in on the Healthy Lifestyles log to receive your \$10 incentive!

Remember, it's easy to catch the flu. When a nearby sick person sneezes or coughs, they send out a spray of virus-laden droplets straight to your open mouth or nose. Most healthy adults may be able to infect others beginning 1 day **before** symptoms develop and up to 5 to 7 days **after** becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time.

You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. The time from when a person is exposed to flu virus to when symptoms begin is about 1 to 4 days, with an average of about 2 days. Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

If you want your immune system to be in good enough shape to fight off the flu and other germs, you need to stay healthy. That means get a flu shot, wash your hands frequently, eat a balanced diet, exercise at least 4 days a week and get 7 to 9 hours of sleep a night.

Cincinnati Health Department Hosts Young African Leaders

Irene Nyamondo, from Tanzania, and Freeblessing Murahwa from Zimbabwe, are recipients of The Mandela Washington Fellowship for Young African Leaders, a flagship program of President Barack Obama's Young African Leaders Initiative. The Fellowship allows 1,000 outstanding students to sharpen their skills at U.S. higher education institutions with continuing support for professional development after they return home. Irene and Freeblessing chose to do their six-week fellowship at the Cincinnati Health Department.

Irene is a registered nurse and a National facilitator for family planning services. She is raising awareness of the importance of men getting involved in reproductive health with regard to birth control, pregnancy and breastfeeding. She works in Maternal Child Health at the CHD where she offers her insight and technical advice to enhance Cribs for Kids, Male Initiatives, the WIC program and other family-focused programs. Irene also has invaluable experience with HIV/AIDS which she has used in Tanzania and also shared with various departments involved with family outreach at the CHD.

Freeblessing firmly believes in equitable healthcare delivery. As a dentist in private practice, he has organized several medical outreach missions in Africa. He is currently overseeing a network of over 200 multidisciplinary health professionals as chairperson of the Christian Medical Fellowship Zimbabwe. Freeblessing enjoys working in the CHD community health centers and seeing the positive outcomes in lower income communities. A valuable skill he has learned is how to listen to and engage community members before embarking on healthcare projects. For him, establishing school-based health centers is a model Freeblessing wants to take back to his home country.

Commissioner's Corner

The Board of Health (BOH) named Marilyn Crumpton, MD, MPH, Medical Director, Division of School and Adolescent Health, the Interim Health Commissioner for CHD during the September meeting that took place on Tuesday, September 27. Dr. Crumpton's new role begins October 3.

The BOH also welcomed new members:

Christopher Lewis, MD

Associate Professor of Family Medicine; Assistant Dean, Office of Diversity and Community Affairs

Mr. Ronald L. Robinson

Independent Contractor/Consultant
Compliance Rating Analyst (Contracted with American Modern Insurance) and Health Plan Advisor (Contracted with Anthem, Inc.)

Community Events

October 8, 10:00 a.m.—2:00 p.m.

INDIA Sister City Association hosts the Second Annual Cincinnati Yoga Day at Duke Energy Convention Center. More details at www.cincinnatiyogaday.com

October 9

The 2nd annual First Ladies for Health event will be offering FREE health screenings at numerous locations throughout the city. For participating locations visit www.cincyfirstladiesforhealth.org.

November 18, 11:30 a.m.—1:00 p.m.

Infant Vitality Brown Bag lunch series *Beyond the Hospital, Going Home With Baby* a session discussing how we maintain care for mothers, infants and families at home. Register at <http://bit.ly/1i26Sdq>

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The American Cancer Society, Making Strides Against Breast Cancer Campaign recently kicked off on August 10, 2016 and will wrap up on October 22, 2016. Our goal to raise \$2,500 for this campaign. Upcoming Events:

- Monday, October 3– Friday, October 7: Paint Cincinnati Pink Week
- Friday, October 7: Paint The Square Pink at Fountain Square from 11a.m. -1 p.m.
- Saturday, October 22: Making Strides Against Breast Cancer walk at Yeatman's Cove. 7:45 a.m.

October Is National Breast Cancer Awareness Month

This October, the Cincinnati Health Department is proud to participate in National Breast Cancer Awareness Month. Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point.

While most people are aware of breast cancer, many forget to take the steps to have a plan to detect the disease in its early stages and encourage others to do the same. The good news is that many women can survive breast cancer if it's found and treated early. Although breast cancer screening cannot prevent breast cancer, it can help find breast cancer early, when it is easier to treat.

If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.

If you are a woman age 50 to 74, be sure to get a mammogram every 2 years. You may also choose to get them more often.

Talk to your doctor about which breast cancer screening tests are right for you, and when you should have them. Talk to a doctor about your risk for breast cancer, especially if a close family member of yours had breast or ovarian cancer.

Little Known Food Safety Fact

The 650,000 visitors participating in Oktoberfest Zinzinnati 2016 enjoyed a food and fun-filled weekend protected by the Cincinnati Health Department. It's a known fact the CHD checks food vendors at community events to make sure that food is safely stored and prepared.

What's lesser known are the precautions, the department takes to make sure large food-focused events like Oktoberfest, Taste of Cincinnati and neighborhood festivals are not overrun with vermin through various pest control measures.

In addition to making sure water is available for cleaning and trash is disposed of away from food prep areas by the Food Inspection Unit. The staff inspects each booth, each day to ensure food served is safe. CHD Sanitarians look for: proper booth set up, cleaning and sanitizing practices, food handling practices; and Sanitarians take food and equipment temperatures. Nearby sewer grates are treated by the Technical Environmental Services Unit to make sure no 'uninvited guests' emerge to spoil the fun. Last year, 106 events served food, and through September there have been 67 events.

Rabies, A Deadly Virus Spread to People from the Saliva of Infected Animals

Crisp fall days outdoors means more exposure to animals like stray cats and dogs, raccoons and even bats. Each year, in Hamilton County more than 600 potential rabies exposures are reported to the Cincinnati Health Department. Rabies is a viral infection that affects the central nervous system. Exposure is usually through a bite, but scratches and saliva are also possible ways of transmission.

As the weather changes, more stray animals seek warmer environments in homes and abandoned buildings. Bats are considered high risk for rabies and like to harbor in the attic or crawl-spaces of your home. Post-exposure treatment is indicated for any person bitten or scratched by a bat when the bat is unavailable for testing. Treatment is also indicated, even in the absence of a known direct contact, if a bat is found near a family pet, an unattended child, sleeping individual or a person that is intoxicated or mentally impaired.

Early symptoms can include fever and tingling at the site of exposure. These symptoms, over time, are followed by one or more of the following symptoms: violent movements, uncontrolled excitement or an inability to move parts of the body, confusion, and loss of consciousness. If exposed, immediately cleanse the area with soap and water. All exposures to suspected animals should be reported to the Health Department within 24 hours. Although this virus is nearly always fatal if contracted, due to public education, and the vigilance of the medical community and Health Department staff, there has not been a human case of rabies in Ohio since 1970.

A physician should be contacted immediately to determine if medical treatment is necessary. To report a suspected incident of rabies, call 352-2922.

Roll Hill Elementary Health Center Receives Author Recognition

Allison Rudy is a nurse practitioner at Roll Hill Elementary School who believes a healthy child is also an informed one. When she helps children who come to the school-based health center with their medications, or those in need of a meditative break in their day, she provides a much needed service.

Thinking about how to keep these students engaged in learning while out of the classroom, she built a bookcase and filled it with some of her favorite books for the students to read while in the health center. Her small act of kindness, resulted in eager readers. When the students requested books for older readers, she purchased them.

Allison also sent Bruce Coville, a popular children's author, an email telling him how much Roll Hill students were enjoying a book of his she had bought. Coville, generously responded by sending her ten books for her library and a note to the students which read:

"To the Stingers, Hey, gang -- I'm really glad to know you like my books. Here are a few more for you to enjoy. Have fun! Your pal, Bruce Coville"

HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

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Vol. VI Issue XI


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Sun	3 p.m.

If you have anything you would like to share in the newsletter please send information to Marla Fuller at marla.fuller@cincinnati-oh.gov

CHD= Cincinnati Health Department

 Cincinnati Health Department

 @CinciHealthDept

 @Cincinnati_HealthDept

Heroin use cuts across racial, age and gender biases

Over the past 15 years, the rate of opioid pain reliever (OPR) use in the United States has soared. From 1999 to 2011, consumption of hydrocodone more than doubled and consumption of oxycodone increased by nearly 500%. During the same time frame, the OPR-related overdose death rate nearly quadrupled. According to the United States Centers for Disease Control and Prevention (CDC), the unprecedented increase in OPR consumption has led to the “worst drug overdose epidemic in U. S. history.” Given the magnitude of the problem, in 2014, the CDC added opioid overdose prevention to its list of top five public health challenges. An estimated 2.1 million Americans are addicted to OPRs, and 467,000 are addicted to heroin.

Cincinnati and other regions of the country have been hit hard by heroin and opiate use. No one agency has the solution to the disease of addiction. The collaborative approach of the Hamilton County Heroin Coalition and the Northern Kentucky Heroin Impact Response Taskforce brings together the expertise of public health, hospitals, law enforcement, substance abuse treatment providers, government officials, family members and others. Instead of one strong voice from public health, our region has dozens of advocates.

Interim City of Cincinnati Health Commissioner Dr. Marilyn Crumpton adds, “We are involved with these groups as part of a coalition of medical and community professionals who are meeting regularly to create and execute on a regional community-wide plan to deal effectively with this national crisis.”

In the federal government’s National Survey on Drug Use and Health (NSDUH), four out of five current heroin users report that their opioid use began with OPRs. In a recent sample of opioid-addicted individuals who switched from OPRs to heroin, 94% reported doing so because OPRs “were far more expensive and harder to obtain.”

Over the past decade, federal and state policy makers have attempted to reduce OPR abuse and OPR-related overdose deaths. Despite these efforts, deaths have continued to worsen in almost every state.

“As a partner in Greater Cincinnati’s response to the Heroin Crisis, the Cincinnati Health Department work will be centered in our public health goals: preventing disease, promoting health and protecting against health threats,” says Dr. Crumpton.

Efforts to identify and treat opioid-addicted individuals early in the course of the disease are likely to reduce the risk of overdose and medical complications. Prevention strategies include expanding access to Naloxone, an opioid overdose antidote, and training on its use which helps prevent overdose deaths.

Commissioner's Corner



CHD is working to achieve national accreditation status from the Public Health Accreditation Board (PHAB), a nonprofit organization dedicated to improving and protecting the health of the public by advancing and ultimately transforming the quality and performance of state, local, tribal, and territorial public health departments.

Accreditation by PHAB signifies that a health department is meeting national standards for ensuring that essential public health services are provided in the community. It is a voluntary program to protect and improve the health of the public by advancing the quality and performance of all public health departments in the country. The Public Health Accreditation Board is a nonprofit organization dedicated to improving and protecting the health of the public by advancing and ultimately transforming the quality and performance of state, local, tribal, and territorial public health departments. CHD is working fervently to achieve Accreditation by the end of 2017.



Community Events

November 12, 10:00 a.m.—1:00 p.m.

Boot Camp for New Dads, Featuring Dr. Ian Smith UC Medical Center. For information call 513-585-9879

November 18, 11:30 a.m.—1:00 p.m.

Brown Bag Lunch Session, *Beyond the Hospital, Going Home With Baby*, discusses how we maintain care for mothers, infants, and families at home. Register for this session at <http://tinyurl.com/zucsq9x>

November Is American Diabetes Month

National Diabetes Month is observed every November so individuals, health care professionals, organizations, and communities across the country can bring attention to diabetes and its impact on millions of Americans. Diabetes is one of the leading causes of disability and death in the United States.

This year, the National Diabetes Education Program's theme is: Managing Diabetes – It's Not Easy, But It's Worth It. This theme highlights the importance of managing diabetes to prevent diabetes-related health problems such as heart attack, stroke, kidney disease, vision loss, and amputation.

According to the American Diabetes Association, 29.1 million Americans have Diabetes. This means that one in 11 Americans have diabetes. And another 86 million adults in the United States are at high risk of developing type 2 diabetes.

CHD Encourages Food Safety Tips for a Healthy Holiday

As you prepare holiday meals, keep yourself and your family safe from food-related illness. Bacteria from raw poultry can contaminate anything that it touches. Thoroughly wash hands, utensils and work surfaces often to prevent the spread of bacteria. Avoid cross-contamination by keeping raw meat, poultry, seafood, and eggs (including their juices) away from ready-to-eat foods and eating surfaces.

While frozen, a turkey is safe indefinitely. However, as soon as it begins to thaw, any bacteria that may have been present before freezing can begin to grow again.

A frozen turkey is safe indefinitely, but a thawing turkey must defrost at a safe temperature. When the turkey is left out at room temperature for more than two hours, its temperature can creep into the danger zone between 40°F and 140°F, where bacteria can grow rapidly. Even though the center of the package may still be frozen, the outer layer of the food is in the "Danger Zone" between 40 and 140 °F — at a temperature where foodborne bacteria multiply rapidly.

Thaw turkey in the refrigerator, in a sink of cold water that is changed every 30 minutes, or in the microwave. Cook foods to the proper temperature. Refrigerate promptly. Do not leave perishable foods out for more than two hours.





First Ladies for Health Initiative 2016 is a Big Success

The First Ladies for Health Initiative inspired the First Ladies of several local churches to leverage their considerable influence to empower their congregations and community to make smart decisions regarding their health. The first event was held on October 11, 2015 with the participation of 18 churches from across the city that hosted a health fair and free health screenings for thousands of community members. In 2016, this initiative expanded to include over 22 host churches with an anticipated screening rate doubled from 2015.

“We think this year we were able to reach more people than last. To God be the glory!,” stated First Lady Barbara Lynch. “I spoke with several people who discovered that they were either at risk or had hypertension

or diabetes and they all received information that they needed. The comments we received were so encouraging and thankful. We think we’re on the right track,” she continued. “The First Ladies For Health has another successful year providing our community with screenings and resources to help them take charge of their health. It was a great day in our community.” added, First Lady, Dena Cranley.

The Connecting Healthy Communities Coalition will help create policy, systems, and environmental changes at churches who experience high rates of chronic disease in order to make healthy living easy living. CHCC members who participated in the event include Kelly Lyle (UC Health - Service Provider Coordination), Julian Collins (American Lung Association - Lung Assessments), Stacy Wright-Barleston (Sisters of the Heart Network - Healthy Heart Education), Kiana Trabue (YMCA - Blood Glucose Testing), Michelle Daniels (Cincinnati Health Department - Nursing follow-up table), Angela Mullins (Cincinnati Health Department - Nursing follow-up table), Marla Fuller (Cincinnati Health Department - Communications), Dr. Jenny Mooney (Cincinnati Health Department - Infant Vitality), Christa Hyson (Cincinnati Health Department - Communications), Dr. Camille Jones (Cincinnati Health Department - Health Surveys), and Denisha Porter (Cincinnati Health Department - CHD Coordination).

Great American Smokeout

The American Cancer Society (ACS) states tobacco use remains the single largest preventable cause of disease and premature death in the United States, yet 42 million people still smoke cigarettes. Every November the ACS sets aside the third Thursday of the month in an effort to reduce cases of preventable cancers, reduce secondhand smoke and improve the health of all Americans. The event encourages smokers to stop smoking cigarettes for 24 hours, hoping their decision not to smoke will last forever. Smoking is a habit that involves consumption of tobacco smoke, which has been shown to cause a variety of cancers, most notably lung and mouth cancer. Lung cancer is currently the leading cause of Cancer death in the United States.

According to the Center for Disease Control:

- Smoking is responsible for 1 in 3 cancer-related deaths, and 1 in 5 deaths from any cause. Worldwide, tobacco use causes more than 5 million deaths per year.
- Life expectancy for smokers is 10 years less than that of non-smokers.
- Middle-aged man who smokes, triples his risk of dying from some type of heart disease.

CHD Welcomes New Board of Health Members

Welcome to our two newest Board of Health members, Dr. Christopher Lewis and Mr. Ronald Robinson. Dr. Lewis is family physician for UC Health and an Associate Professor of Family Medicine and Assistant Dean in the Office of Diversity and Inclusion at the University of Cincinnati College of Medicine. He holds a bachelor’s degree in Biology from Harvard University and returned to Cincinnati to attend the University of Cincinnati College of Medicine. Dr. Lewis will serve a three year term which will expire September 21, 2019.



Mr. Ronald Robinson serves as a contracted Compliance Rating Analyst and a Health Plan Advisor. He received a Bachelor of Science in Business Administration from Georgetown University and a Master of Health and Hospital Administration from Xavier University. Mr. Robinson will serve a three year term which expires on September 21, 2019.

Ah-choo! It's flu and cold season

One of your best 'stay healthy' efforts is to wash your hands thoroughly and frequently during cold and flu season. Wash your hands for at least 20 seconds and pay special attention to your finger tips and under your finger nails where most germs hide. According to the Centers for Disease Control and Prevention, you can use a sanitizer for backup making sure you rub your hands together until all of the sanitizer is absorbed.



In your home and office, use sanitizing wipes to go over areas you frequently touch at least once a week like computer keyboards, cell phones, remote controls, door knobs, bathroom faucets and toilet handles.

Be careful when eating holiday treats. Wash your hands before indulging in that plate of cookies or open candies. It's safer to take pre-wrapped or individually cut pieces of holiday foods. Wipe off the outside of bottles or container often (like the coffeepot) that are touched by several hands.

These precautions can reduce the transmission of germs from one person to others.

Stay healthy and warm indoors

You can reduce the chances of illness by keeping a healthy home this winter. Take these precautions to promote a healthy living space this fall and winter.

Change Your Air Filters— Make it a priority to change or clean your filters regularly during the winter months. If your air filter gets clogged, it reduces the efficiency of your HVAC system and allows dust and dirt into the air that circulates throughout your home.

Indoor Air Quality— In the winter, indoor air can be as much as 100 times more polluted than outside air. Being indoors more during the winter months makes it easier to pass on viruses and bacteria. Poor indoor air quality can aggravate allergies, trigger asthma attacks, and give you and your family flu-like symptoms. Head outside or open the windows when the weather is mild, to 'air out' your home. If you are concerned about the quality of the air in your home, or if there are persons with serious illnesses, consider indoor air quality products.

Emergency Kits— Assemble an emergency kit for your home in case of a weather-related power outage. Your kit should include heavy blankets, candles, water, first-aid supplies and non-perishable food items.

Keeping Your Home Clean— Since your family is going to be indoors more often, keep your home as clean and free from dust, pet dander and bacteria as possible. Germs can spread quickly throughout your home with the increased risk for colds and the flu. Keep viruses and germs at bay by wiping off door handle and light switches frequently. Encourage family members with colds or sniffles to discard used tissues immediately. Wipe kitchen surfaces, especially refrigerator doors and faucet handles often. Examine any damp or wet areas in your home and dry them out/waterproof them to eliminate mold growth.

Install a Carbon Monoxide Detector— Carbon monoxide (CO) poisoning is very common during the colder months. If you have an automatic car starter, open the garage door before you start your car. Be sure to turn off the car motor, if you go back inside because accidents happen, and you may get distracted and forget it is running. Carbon monoxide can linger in the air long after you've left home. Have your furnace checked this winter to make sure there are no risks for carbon monoxide poisoning. Consider installing carbon monoxide detectors and check smoke alarms in your home.



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Brrrr... Winter Weather Is Here. Are You Prepared?

When the weather plummets into the single digits, most of us want to do nothing but stay in bed under the covers. And for good reason: with extreme cold weather comes health hazards like frostbite, seasonal affective disorder and even an increased risk of heart attacks. Before you hibernate until Spring, there are a few steps you can take to keep yourself and others healthy, warm and safe.

Remember to:

- Eat well balanced meals and avoid alcohol.
- Limit skin exposure to the extreme cold, avoid extended periods of exposure.
- Wear proper clothing including a hat and scarf, snug-fitting sleeves and several layers of dry clothing.
- If you suspect a problem with frostbite or hypothermia, you should seek medical care, especially if body temperature is below 95 degrees.
- Never use a gas range or outdoor heating appliances for heating indoors. Without proper ventilation, they can cause a buildup of carbon monoxide.
- Keep pets indoors as much as possible. When you return from a walk, wipe salt off their paws.

The elderly, young children, adults under the influence of alcohol and the mentally ill are some of the most at risk for hypothermia, which is an abnormally low body temperature. It can affect the brain and make the victim unable to think clearly or move well. Shivering, exhaustion, confusion, memory loss, slurred speech and drowsiness are all warning signs. Frostbite, results in a loss of feeling and color in affected areas such as the nose, ears, cheeks, chin, fingers or toes.

(Continued on page 4).



Commissioner's Corner



As we close out 2016 and as 2017 begins, it seems like a great time to reflect on what we've accomplished, the journey we've taken to get to where we are, and our plans as an organization. I want to express my appreciation for the work you do as a Cincinnati Health Department employee to serve our community. Thank you!

The year 2016 was a time of growth, change and transition. In 2017, we will be completing and submitting our application for national accreditation. The Board of Health has voted for me to serve as Health Commissioner through the accreditation process and I am fully committed. The initial accreditation team completed the pre-application process, and our department has been approved to complete and submit our application by the end of 2017.

The accreditation work done to date has resulted in our Community Health Assessment (CHA), our Community Health Improvement Plan (CHIP) and our Department Strategic Plan. I want to express appreciation to our staff, members of our Board of Health, members of our City of Cincinnati Primary Care Board, and our community partners that worked to make the initial part of the workplan successful. As we are assembling the documentation of our work and making necessary changes to our processes, we will ask for participation in the work groups since accreditation involves all of us and all the work we do.

Initial accreditation approval begins a permanent process of annual reports with reaccreditation every five years. Accreditation will make us a stronger organization by ensuring we are doing the right work, providing necessary documentation of that work, and making needed changes to ensure we achieve the outcomes we have established.

We are making strides in achieving our strategic goal of transforming our service offerings into core competencies, and better serving our community. We are working to improve our reputation as a trusted partner to our customers. And, we want our reputation for excellence to spread to other areas within our community. In a nutshell, that's our 2017 goal.

We know that because of the efforts of our phenomenal team, we not only survived 2016 but thrived. We want 2017 to be even more successful for our organization and for staff individually. It's an incredible feeling to know that when I go out to the community, there's no way I can oversell the competency and commitment of the dedicated staff at CHD.

I also want to say how pleased I am with the City's decision to provide across the board increases in pay. That is well deserved and overdue for employees. Thank you for all you do. I share with you the goal to strengthen our public health department and our impact on the community's health.

Season of Giving

- Donate today through December 14th to the West End Emergency Center! Personal hygiene & toiletry items, household cleaning & laundry supplies, pillows & blankets and gift cards of any kind are needed. *The West End Emergency Center has been serving the Cincinnati community since 1984 by providing human services to encourage self-sufficiency and independence. City of Cincinnati Staff that would like to donate can send items via interdepartmental mail in care of 'WEEC' or give directly to Ms. Renée Davis, Health Department (x7218).*
- The United Negro College Fund Workplace Giving Campaign has officially begun! Employees can donate by a payroll deduction or through a single payment. Questions can be directed to Ms. B.A. Dixon, Human Resources (x7438).

VITAL RECORDS – Ordering is easy!

The Cincinnati Health Department's (CHD) Vital Records Office has made it easier and more convenient for Cincinnati residents to obtain certified birth and death certificates. CHD, in partnership with AdComp Systems Group, is the first in the state of Ohio to offer self-service kiosks for citizens to order their records independently, at any time.

"Adopting new technologies, such as the kiosks, can provide better services to residents and reduce operating costs," said Tunu Kinebrew, Director of the Cincinnati Vital Records Office. "The kiosks are also bilingual for Spanish, a feature that will enhance services to the Hispanic community."

Kiosks are in operation at the Seven Hills WIC Office, UC Medical Center, Ambrose Cletmet Health Center, in addition to the existing location at the Elm Street Health Center.

The process to order a certified copy of a birth or death certificate is simple; Enter, Pay, Go! Simply enter your information on the touch screen, pay for your certified birth or death certificate and go. Your certificate will be mailed to you if a staff member is not on site.

A certified copy of a birth certificate is \$22 and a certified copy of death certificate is \$27, all major credit cards are accepted for an additional \$1.95 credit card fee.

For more information about obtaining a certified birth or death certificate from the Cincinnati Health Department Vital Records, call 513-352-3120, or visit www.cincinnati-oh.gov/health.

Vital Records Locations:**Seven Hills**

10950 Hamilton Ave
Representative on site
Tuesday and Thursday
8:00am-4:00pm
Closed 12-12:30

University Hospital

234 Goodman Street (behind information desk)
All certificates will be mailed
Sunday-Saturday 6am-9pm

Ambrose Clement Health Center

3101 Burnett Ave
All certificates will be mailed
Monday – Friday 8am-5pm

Elm Street Health Center

1525 Elm Street 1st Floor
Monday – Friday 8am -4pm

BOARD OF HEALTH NEWS*Tim Collier, RN, UC Medical Center Named Board of Health Chair*

Congratulations to Tim Collier who has been named the new Chair to the Board of Health. Collier previously served as vice chair alongside former board chair Malcolm Timmons. CHD thanks both individuals for their dedication, and service.

"I would like to thank the Board of Health Members for the opportunity to represent and lead as their Chairperson. Our great city is faced with many challenges of Health disparity and concerns of equity among its citizens. This Health Department has met these challenges with overwhelming successes. I look forward to the task of uniting and supporting the various entities that make this Cincinnati Health Department the great place we've come to appreciate. Again, thank you and be healthy in all that you do!" -- *Tim Collier, RN, Board of Health Chair*



WINTER STORM PREPAREDNESS

While the danger from winter weather varies depending on where you live, nearly everyone is likely to face some type of severe winter weather at some point in their lives. Many winter storms are accompanied by dangerously low temperatures and sometimes bring strong winds, ice, sleet and freezing rain, or a combination of these conditions.

Regardless of the severity of a winter storm, plan now to be able to stay where you are when the storm hits. This means having basics supplies of food and water in several locations, including in your home, vehicle and workplace. Be sure to listen to weather forecasts and check your emergency supplies.

Winterize your home:

- Install a smoke detector and a battery-operated carbon monoxide detector. Test the batteries each month and replace them twice a year.
- Insulate walls and attic and any water lines that run along outer walls so they are less likely to freeze.
- Caulk and weather-strip doors and windows.
- Install storm windows or cover windows with plastic from the inside.
- Service all snow-removal equipment.
- Repair roof leaks and cut away tree branches that could fall on your home or other structure during a storm.
- Have your chimney or flue inspected each year.

In your vehicle:

You can avoid many dangerous winter travel problems by planning ahead. Have maintenance service on your vehicle as often as the manufacturer recommends. In addition, every Fall, do the following:

- Have the radiator system serviced or check the antifreeze level yourself with an antifreeze tester. Add antifreeze as needed.
- Replace windshield-wiper fluid with a wintertime mixture.
- Replace any worn tires, make sure the tires have adequate tread, and check the air pressure in the tires.
- During winter, keep the gas tank near full to help avoid ice in the tank and fuel lines.



Keep a **Winter Survival Kit** in your car that includes: a shovel, windshield scraper and small broom, flashlight with extra batteries, water, snacks, matches and small candles, extra hats, socks and mittens, a first aid kit with pocket knife, necessary medications, blankets or sleeping bag, tow chain or rope, road salt, sand, or cat litter for traction, booster cables, emergency flares and reflectors, fluorescent distress flag and whistle to attract attention, and cell phone adapter or charger.