HEALTHMATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

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f Cincinnati Health Department

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city of
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HEALTH DEPARTMENT

What you need to know about the flu and COVID-19

Because of the COVID-19 pandemic, reducing the spread of respiratory illnesses, like flu, this fall and winter is more important than ever. The Cincinnati Health Department recommends that people get a flu vaccination in September or October but getting vaccinated anytime during the flu season which doesn't end until May can help protect you and your family.

Efforts to reduce the spread of COVID-19, such as stay-at-home and shelter-in-place orders, have led to decreased use of routine preventive medical services, including immunization services. Ensuring that people continue or start getting routine vaccinations during the COVID-19 pandemic is essential for protecting people and communities from vaccine-preventable diseases and outbreaks, including flu. Routine vaccination prevents illnesses that lead to unnecessary medical visits and hospitalizations, which further strain the healthcare system.

It's likely that flu viruses and the virus that causes COVID-19 will both spread this fall and winter. For the upcoming flu season, flu vaccination will be very important to reduce flu because it can help reduce the overall impact of respiratory illnesses on the population and thus lessen the resulting burden on the healthcare system during the COVID-19 pandemic.

A flu vaccine may also provide several individual health benefits, including keeping you from getting sick with flu, reducing the severity of your illness if you do get flu and reducing your risk of a flu-associated hospitalization.

Flu signs and symptoms usually come on suddenly. People who are sick with flu often feel some or all of these symptoms:
- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

Skip to page 4 to find out what you should know this season, including information on how to protect yourself and your family against flu by getting a flu vaccine.

Commissioner's Corner

CHD Receives HRSA Clinical Quality Award

The U.S. Department of Health and Human Services (HHS), through its Health Resources and Services Administration (HRSA), recently announced that the City of Cincinnati Primary Care (CCPC) has received a Health Center Quality Leader award for ranking among the top 20% of health centers for best overall clinical performance.

"This award recognizes the hard work CCPC staff puts in day-after-day to provide the best possible care for our community. Our staff earned this award with their commitment to learning the skills and knowledge needed to provide exceptional care and support," said Mr. Domonic Hopson, CEO, CCPC. "Community health is fundamental to our mission to eliminate health care inequities experienced by disadvantaged populations. We look forward to continue working with HRSA in preparing the next generation of community healthcare staff to make high-quality health care more accessible for all members of our community."

HRSA provides Quality Improvement Awards (QIA) to promote optimization of overall quality, efficiency, and value of the health care services provided by the nation's health centers, and to celebrate their recent achievements in providing high quality care to nearly 30 million patients. These awards recognize the highest performing health centers nationwide as well as those health centers that have made significant quality improvement gains from the previous year.

"Our patients, regardless of their income, housing situation, or any other barriers to care, deserve the best. This award recognized that we provide everyone who walks through our doors with the highest quality of care, day after day and year after year," said Health Commissioner Melba Moore, DBA, MS, CPHA.

In fiscal year (FY) 2020, HHS announced over $117 million in awards to 1,318 health centers across all U.S. states, territories and the District of Columbia. Health centers will use these one-time grant funds to further strengthen quality improvement activities.

Drive by Beep, Honk and Wave! It's a Retirement Parade

Please join us in celebrating CHD's 2020 Fall/ Winter retirees.

Thank you, retirees for all that you've done to make our community more healthy and safe.

When: Friday, October 16, 2020

Time: Beginning at 5:30 pm – 6:30 pm (Please line up on Piedmont Ave by 5:15 pm)

Where: Cincinnati Health Department, 3101 Burnet Ave

Please Bring Your Family and allow us to say JOB WELL DONE and THANK YOU for Serving The Citizens of Cincinnati

Congratulations on a well-deserved retirement!

Please RSVP to Joy Maxi 513-357-7408

Events & Shout Outs!

Welcome new hires to CHD

Emmy Richardson
Dental Assistant, CCPC Dental

Robert Hall
Finance Director

Congratulations to newly promoted CHD staff:

Angela Uran was promoted to Supervising Sanitarian for Environmental Health

Courthney Calvin was promoted to a Public Health Educator for Live Work Play (formerly Creating Healthy Communities)

Sunday, October 11 — First Ladies For Health's, 6th Annual Community Family Health Day. Log onto http://www.familyhealthday.org/family-health-day.html

CHD Staff Retiring October 2020

Name	Title	Division	Length of Svc
Neill Cade	Senior Sanitarian	Environmental Services	30
Gloria Conley	CRR	Vital Records	28
Joanne DeGreg	PH Physician	City of Cincinnati Primary Care	28

Open Enrollment for 2021 Marketplace coverage is one months away! That means it's time to check in with your current health insurance status because it's never too early to get prepared, know the dates, and plan! Whether you're buying for an individual or a family, CHD has everything you need to know about open enrollment 2021.

Open Enrollment runs from Sunday, November 1 through Tuesday, December 15, 2020. Coverage begins January 1, 2021. Make sure you don't miss the deadline by adding these important dates to your calendar:

- **Ohio Medicaid: November 1, 2020 - November 30, 2020** — Change your Managed Care Plan (MCP) without question. Your new plan would start January 1, 2021.
- **Marketplace: November 1, 2020 - December 15, 2020**— First day you can enroll, re-enroll, or change a 2021 insurance plan through the Health Insurance Marketplace. Coverage would start January 1, 2021.

FOR MARKETPLACE ONLY:
If you don't enroll in a plan by December 15, you can't get 2021 coverage unless you qualify for a Special Enrollment Period (SEP).

Need coverage outside of open enrollment?
You can still get health coverage if you qualify for a Special Enrollment Period due to a qualifying life event — like getting married, losing other coverage, or having a baby. We can help you find out if you qualify.

Sudden Infant Death Awareness Month

Any parent's worst nightmare is for something bad to happen to their child. There are things parents and caregivers can do to reduce the risk of SIDS and other sleep-related infant deaths. Sudden unexpected infant death (SUID) is a term used to describe the sudden and unexpected death of a baby less than 1 year old in which the cause was not discernible. These deaths often happen during sleep or in the baby's sleep area.

The CHD offers the First Steps Program, a partnership of home visitation agencies and delivery hospitals. First Steps connects mothers and their babies with access to health services, education, care coordination and home visitation (regardless of income or insurance status).

Hospital Discharge & Home Visitation - The process begins at the hospital, where moms receive education on safe sleep, WIC, breastfeeding, the importance of a postpartum visit, family planning options and postpartum depression. Mom and baby are discharged from either Christ Hospital or University of Cincinnati Medical Center and a tracking log is sent to the Cincinnati Health Department.

The home visit is made by either a Registered Nurse, Social worker or Community Health Worker. During the home visit, mom receives additional education and resources, help with scheduling follow up appointments and is screened for post-partum depression. Home visitation agencies include Healthy Moms and Babes (HMB), the Cincinnati Health Department, American Mercy Home Care and Health Care Access Now (HCAN). Services include: Safe sleep education, Family planning, Home visitation, Access to health care, Health insurance, Depression screening, and WIC services.

National Check Your Meds Day - October 21

The 2020 National Check Your Meds Day is a day for patients to gain a clearer understanding of exactly what their prescribed medications do, how they may affect them personally. Importantly, it's a chance to confirm if they're taking their prescriptions properly, and also if may be a more affordable alternative to what they're currently being prescribed. This day encourages consumers to bring their prescriptions to their local pharmacists for a review. Any prescriptions that have expired or need updating can be addressed by the pharmacist, who can also answer their questions.

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Efforts to reduce the spread of COVID-19, such as stay-at-home and shelter-in-place orders, have led to decreased use of routine preventive medical services, including immunization services. Ensuring that people continue or start getting routine vaccinations during the COVID-19 pandemic is essential for protecting people and communities from vaccine-preventable diseases and outbreaks, including flu. Routine vaccination prevents illnesses that lead to unnecessary medical visits and hospitalizations, which further strain the healthcare system.

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Here is what you should know this season about the flu and COVID-19, including information on how to protect yourself and your family against flu by getting a flu vaccine.

What is the difference between influenza and COVID 19?
Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2) and flu is caused by infection with influenza viruses. Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis. Flu and COVID-19 share many characteristics, but there are some key differences between the two.

While more is learned every day, there is still a lot that is unknown about COVID-19 and the virus that causes it. This table compares COVID-19 and flu, given the best available information to date.
To learn more about COVID-19, visit Coronavirus (COVID-19).

Will there be flu along with COVID in the winter?
While it's not possible to say with certainty what will happen in the fall and winter, CDC believes it's likely that flu viruses and the virus that causes COVID-19 will both be spreading. In this context, getting a flu vaccine will be more important than ever. CDC recommends that all people 6 months and older get a yearly flu vaccine.

Can I have the flu and COVID at the same time?
Yes. It is possible have flu, as well as other respiratory illnesses, and COVID-19 at the same time. Health experts are still studying how common this can be.

Some of the symptoms of flu and COVID-19 are similar, making it hard to tell the difference between them based on symptoms alone. Diagnostic testing can help determine if you are sick with flu or COVID-19. Annual flu vaccination is recommended for everyone 6 months of age and older, with rare exceptions, because it is an effective way to decrease flu illnesses, hospitalizations, and deaths.

During the COVID-19 pandemic, reducing the overall burden of respiratory illnesses is important to protect vulnerable populations at risk for severe illness, the healthcare system, and other critical infrastructure. Thus, healthcare providers should use every opportunity during the influenza vaccination season to administer influenza vaccines to all eligible persons, including;
Essential workers: Including healthcare personnel (including nursing home, long-term care facility, and pharmacy staff) and other critical infrastructure workforce.

Persons at increased risk for severe illness from COVID-19: Including adults aged 65 years and older, residents in a nursing home or long-term care facility, and persons of all ages with certain underlying medical conditions. Severe illness from COVID-19 has been observed to disproportionately affect members of certain racial/ethnic minority groups

Persons at increased risk for serious influenza complications: Including infants and young children, children with neurologic conditions, pregnant women, adults aged 65 years and older, and other persons with certain underlying medical conditions

Is there a test that can detect both the flu and COVID-19?
Yes. CDC has developed a test that will check for A and B type seasonal flu viruses and SARS CoV-2, the virus that causes COVID-19. This test will be used by U.S. public health laboratories. Testing for these viruses at the same time will give public health officials important information about how flu and COVID-19 are spreading and what prevention steps should be taken. The test will also help public health laboratories save time and testing materials, and to possibly return test results faster.

Is COVID-19 more dangerous than the flu?
Flu and COVID-19 can both result in serious illness, including illness resulting in hospitalization or death. While there is still much to learn about COVID-19, at this time, it does seem as if COVID-19 is more deadly than seasonal influenza; however, it is too early to draw any conclusions from the current data. This may change as we learn more about the number of people who are infected who have mild illnesses.

Will a flu vaccine protect me against COVID-19?

Getting a flu vaccine will not protect against COVID-19, however flu vaccination has many other important benefits. Flu vaccines have been shown to reduce the risk of flu illness, hospitalization and death. Getting a flu vaccine this fall will be more important than ever, not only to reduce your risk from flu but also to help conserve potentially scarce health care resources.

f you'd like to schedule an appointment to get your flu vaccine at one of our health centers please call us at **513.357.7320**.

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. Your doctor can help you decide when and how often to get mammograms.

National Primary Care Week - October 4-10

Primary care is an essential component of a healthy community ecosystem. It keeps families healthy, making sure that children are ready to learn and that adults are able to pursue education and career opportunities. Primary care is the foundation of good health outcomes.

Your relationship with your primary care doctor is one of the most important relationships you will have. Many patients, once they find a primary care provider they really like, stay with that physician for years. This kind of long-term relationship helps physicians get to know you and your family history, which assists in you having the best medical management of your health outcomes.

A primary care physician is essential to help an individual navigate to good health and stay healthy; preventing disease by identifying risk factors; coordinating and managing chronic disease care for longevity and a better quality of life.

The Cincinnati Health Department has five conveniently located health centers throughout Cincinnati. If you would like to become a patient of ours please **call us at 513.357.7320** or log onto https://www.cincinnati-oh.gov/health/cincinnati-health-department-primary-health-care/ for more information.

Halloween safety tips

Autumn is upon us and Halloween is quickly approaching! Keep these tips in mind for a fantastic Halloween:

Tips Trick or Treaters
- Costume accessories, including swords and knives should be short, soft and flexible
- Always trick-or-treat in groups or with a trusted adult
- Examine treats for choking hazards and tampering
- Limit the number of treats you eat
- Only visit well-lit houses
- Wear reflective tape and carry flashlights to help cars see you
- Stay on sidewalks
- Look both ways before crossing the street and
- Always remember to walk, not run

Tips for Drivers
- Avoid using handheld electronic devices.
- Remember that as soon as you step out of your car, you become a pedestrian.
- If you see a drunk driver or impaired pedestrian on the road, contact local law enforcement.
- Be especially alert for all road users, including pedestrians, at night.
- Slow down in areas where pedestrians are likely to be or where sight distances are limited. Keep your windshield clean

2020 First Ladies Annual Family Health Day is October 11 from 1-4 p.m.
FREE COVID-19 Testing in Hamilton County, FREE Flu Shots in Cincinnati

The 2020 First Ladies Annual Family Health Day will be held on Sunday, October 11, from 1 p.m. to 4 p.m. at nine locations throughout Cincinnati and Hamilton County in Ohio.

Due to the circumstances of the coronavirus pandemic, this year's family health day will only offer free COVID-19 testing and free flu shots for adults and children.

Locations offering FREE COVID-19 testing AND FREE flu shots for adults and children on Family Health Day in Cincinnati are as follows:

New Prospect Baptist Church - near Bond Hill, Roselawn, Golf Manor & Amberley Village
1580 Summit Road (Cincinnati, OH 45237)

Price Hill Recreation Center - near Price Hill, East Price Hill, Lower Price Hill and Camp Washington
959 Hawthorne Avenue (Cincinnati, OH 45205)

South Avondale Elementary School - near Avondale, North Avondale, Clifton, Corryville, Mt. Auburn and Paddock Hills, 636 Prospect Place (Cincinnati, OH 45229)

Winton Hills Academy - near Winton Terrace and Spring Grove, 5300 Winneste Avenue (Cincinnati, OH 45232)

Locations offering ONLY FREE COVID-19 testing in Cincinnati and Hamilton County on Family Health Day are as follows:

Allen Temple AME Church - near Bond Hill, Roselawn, Golf Manor and Amberley Village, 7080 Reading Road (Cincinnati, OH 45237)

New Life Temple Church
(near Madisonville, Oakley, Madison Place, Mariemont and Kenwood), 4836 Ward Street (Cincinnati, OH 45227)

Seven Hill Neighborhood Houses - near West End, Over-the-Rhine, South Fairmont and Queensgate
901 Findlay Street (Cincinnati, OH 45214)

Westwood Methodist Church - near North Fairmont, English Woods and Westwood, 3460 Epworth Avenue (Cincinnati, OH 45211)

Word of Deliverance Church - near Forest Park, Springdale, Mt. Healthy and Sharonville, 693 Fresno Road (Forest Park, OH 45240)

For information about the 2020 First Ladies Annual Family Health Day, free COVID-19 testing and free flu shots, call 513-352-3250 or visit www.familyhealthday.org.

Do you follow CHD on social media?

If not, be sure to like and follow:

Facebook: https://www.facebook.com/CincinnatiHealthDepartment/
Instagram (@cinci_healthdept): https://www.instagram.com/cinci_healthdept/
Twitter (@cincihealthdept): https://twitter.com/cincihealthdept
Vimeo (CitiCable): https://vimeo.com/citicable & https://vimeo.com/user7753914