

HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

JANUARY 2020

Vol. X Issue I

“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.

Also available online on Vimeo



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

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It’s Not Too Late to Get the Flu Shot!

Flu vaccination has been shown to prevent flu illnesses, doctors’ visits and hospitalizations and can be life-saving in children. Seasonal influenza activity in the United States continues to increase and has been elevated for the past eight weeks according to the Centers for Disease Control and Prevention (CDC).

Since Thursday, December 26, 2019, there have been 62 positive influenza cases (most of these individuals had not been vaccinated) and there have been there have been 85 influenza hospitalizations in Cincinnati since October 1 of last year.

To prevent the spread of the flu, the Cincinnati Health Department is offering free flu clinics through the end of February for those still in need of a flu shot. Flu vaccinations are offered at the following CHD health centers:

- Ambrose H. Clement (3559 Reading Rd., Suite 101, 45229) Tuesdays 9 a.m. - Noon, and Wednesdays 9:00 a.m. -Noon and Thursday 1:00 - 4:00 p.m., and Fridays 10:00 a.m. - 4:00 p.m.
- Price Hill (2136 West 8th Street, 45204) The 2nd and 4th Friday 1:00 - 4:00 p.m.
- Bobbie Sterne (1525 Elm Street, 45202): Wednesdays 1:00 - 4:00 p.m.
- Northside (3917 Spring Grove Avenue, 45223), Thursdays 5-7pm
- Millvale at Hopple (2750 Beekman Street, 45225): Thursdays 1:00- 4:00 p.m. and Saturdays 8:00 a.m. – Noon
- Braxton F. Cann (5818 Madison Road, 45227): Mondays 9:00 a.m.- Noon, Wednesdays 9:00 a.m. - Noon and Friday 1:00 - 4:00 p.m.

In addition to getting a flu vaccination, take these everyday preventative actions to stop the spread of germs.

- Get a yearly flu vaccine
- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like flu.



State Representative Catherine D. Ingram, House District 32, extended special recognition to the Bobbie Sterne Health Center (formerly the Elm Street Health Center) at

the 2019 Free Clinic Appreciation Celebration. The recognition was for greatly impacting the entire Cincinnati area and is reflective of unwavering dedication the clinic has for providing low cost, quality health care to the city's most vulnerable population.

The Bobbie Sterne Health Center is one of eight Cincinnati Primary Care Centers operated by CHD, providing an array of services including dental, pharmacy and vital records. Women Infant Care (WIC), IT, Environmental Health, Lab and comprehensive ancillary support services are also offered, available five days a week. Currently, there are approximately 125 employees who work in the building.

Congratulations to all of CHD, our boards, and the Bobbie Sterne Health Center staff that made this recognition possible.



CHD Welcomes New Hires and Transfers to the team!

CCPC/Medical Director

Bonnie Neyer - Nurse Practitioner - 12/1/2019



CCPC/WIC Program

Luz Montero - Medical Assistant - 12/1/2019



CCPC/Behavioral Health

Anttarch Brandy - Health Counselor - 12/1/2019



CCPC/School and Adolescent Health Program

Jennifer Andriola - Optometric Technician -12/15/2019

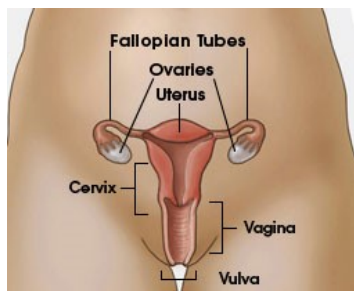


Health Promotions/ Worksite Wellness

David Roland - Sanitarian-In-Training 12/15/19



January is Cervical Health Awareness Month



The Cincinnati Health Department wants you to know that there's a lot you can do to prevent cervical cancer. Each year, more than 11,000 women in the United States get cervical cancer.

Cancer is a disease in which cells in the body grow out of control. Cancer is always named for the part of the body where it starts, even if it spreads to other body parts later. When cancer starts in the cervix, it is called cervical cancer. The cervix is the lower, narrow end of the uterus. The cervix connects the vagina (birth canal) to the upper part of the uterus. The uterus (or womb) is where a baby grows when a woman is pregnant.

Cervical cancer is highly preventable in most Western countries because screening tests and a vaccine to prevent human papillomavirus (HPV) infections are available. When cervical cancer is found early, it is highly treatable and associated with long survival and good quality of life. HPV is a very common infection that spreads through sexual activity, and it causes almost all cases of cervical cancer. About 79 million Americans currently have HPV, but many people with HPV don't know they are infected. The good news is that the HPV vaccine (shot) can prevent HPV, and cervical cancer can often be prevented with regular screening tests and follow-up care.

In honor of National Cervical Health Awareness Month, CHD encourages:

- Women to start getting regular cervical cancer screenings at age 21
- Parents to make sure pre-teens get the HPV vaccine at age 11 or 12
- Teens and young adults also need to get the HPV vaccine if they didn't get it as pre-teens. Women up to age 26 and men up to age 21 can still get the vaccine.

To schedule an appointment for a cervical screening, call 513.357.7320.



KNOW STORM WARNING TERMS**Winter Weather Advisory**

Expect winter weather condition (e.g., accumulation of snow, freezing rain, and sleet) that could cause severe inconvenience and life-threatening hazards.

Frost/Freeze Warning

Expect below-freezing temperatures.

Winter Storm Watch

Be alert; a storm is likely.

Winter Storm Warning

Take action; the storm is in or entering the area.

Blizzard Warning

Seek refuge immediately! Snow and strong winds, near-zero visibility, deep snow drifts, and life-threatening wind chill.

***E-cigarettes and Youth: What Parents Need to Know*****What are e-cigarettes?**

Electronic cigarettes (e-cigarettes) are battery-powered devices that deliver nicotine, flavorings, and other ingredients to the user. Using e-cigarettes is sometimes called “vaping.” E-cigarettes do not create harmless “water vapor” – they create an aerosol that can contain harmful chemicals.

**How many youth are using e-cigarettes?**

- E-cigarettes have been the most commonly used tobacco product among U.S. youth since 2014.
- In 2018, CDC and FDA data showed that more than 3.6 million U.S. youth, including 1 in 5 high school students and 1 in 20 middle school students, were past-month e-cigarette users.
- During 2017 and 2018, e-cigarette use skyrocketed among youth, leading the U.S. Surgeon General to call the use of these products among youth an epidemic in the United States.

What are the risks for youth?

- Most e-cigarettes contain nicotine, which is highly addictive. Nicotine exposure during adolescence can:
 - » Harm brain development, which continues until about age 25.
 - » Impact learning, memory, and attention.
 - » Increase risk for future addiction to other drugs.
- Young people who use e-cigarettes may be more likely to go on to use regular cigarettes.
- Many e-cigarettes come in kid-friendly fruit flavors which make e-cigarettes more appealing to young people.
- E-cigarette aerosol is not harmless. It can contain harmful substances, including:
 - » Nicotine
 - » Cancer-causing chemicals
 - » Ultrafine particles
 - » Heavy metals such as nickel, tin, and lead
 - » Volatile organic compounds
 - » Flavorings that have been linked to lung disease

A Message from the Board of Health

The start of a new year means a time to look back and reflect on the year behind us, and to think about the future. As you begin a new decade, keep in mind that it's never too late to make a New Year's resolution to live healthy.



Phil Lichtenstein, MD
Chair, Board of Health

1. Schedule a dental and medical appointment for a check-up, vaccination or screening.
2. Wash your hands well and often with soap and clean warm water to prevent the spread of infection and illness.
3. Make healthy food choices and an eating plan that includes fruits, vegetables, whole-grains, lean meats, poultry, fish, beans, eggs, and nuts, and fat-free or low-fat milk and milk products.
4. Get moving! Adults should get at least 2.5 hours a week of moderate-intensity physical activity. It's ok to start small by taking the stairs instead of the elevator, or parking further from your destination.
5. Live smokefree.
6. Get enough sleep. Insufficient sleep is associated with numerous chronic diseases and conditions including type 2 diabetes, cardiovascular disease, obesity, and depression. Adults need seven or more hours nightly.

CHD Announces Marsha Redding as January 2020 Employee of the Month!



Marsha Redding started her career working with the City in September 2000 in Public Works as a Sanitation Helper. She later transferred to the Health Department in June 2002 in the Human Resources department as a Clerk, delivering mail. In this role, Ms. Redding was responsible for the pick up and delivery of mail at Burnet and King location, while also substituting for our other messenger making deliveries throughout the city. After awhile, Ms. Redding's duties afforded her the opportunity to learn clerical responsibilities within the Human Resource department. With this new knowledge she soon transferred to Vital Records.

During her tenure, Ms. Redding also served as the Chief Union Steward with AF-SCME Ohio Council 8 for three years where she resolved issues with employees and management throughout the city.

As a Customer Relations Representative with Vital Records, Ms. Redding is a valued staff member. According to Clarice Edmondson who nominated Ms. Redding for Employee of the Month, her job requires that Ms. Redding interact with customers from all walks of life and her interactions are great! "The customers that come on our side of the office are ones with problems, corrections of death certificates. Marsha was born in Mississippi and that southern charm is just a part of who she is, and it comes through because she can put even the most difficult customers at ease," stated Ms. Edmondson.

Ms. Edmondson further explained that CHD has a variety of customers including those that come in highly agitated, in tears, or in some cases, clueless of their birth name spelling. "CHD also has funeral home staff, clients in uniforms, as well as elderly visitors in wheelchairs who may have more difficulty in getting the information they need, and she makes the customer feel at ease speaking with her. Edmondson expressed that Ms. Redding caters her interactions to that customer to get the information needed to find the record. Many customers depart thanking Ms. Redding for her patience dealing with them and saying, "you are the best!" "Marsha gives direct contact to the customers which drives the level of service she provides. Light-hearted or sympathetic, she makes the connection to extract the information we need to do our job efficiently and effectively," Edmondson said.

Her southern demeanor endears her to many customers and makes it easy to do the job she is charged to do. Customers often comment on the service they've received from Ms. Redding. It's common to hear them say things like, "She was a blessing", "Very Helpful", "Patience", "Kind", and "High level of professionalism." "I am Happy to work with Ms. Redding," Edmondson expressed. "There have been days that it's only been she and I in this office and we work quickly but effectively to get the customers in and out."

Congratulations to Marsha Redding for being named CHD's January 2020 Employee of the Month!



Do you follow CHD on social media?

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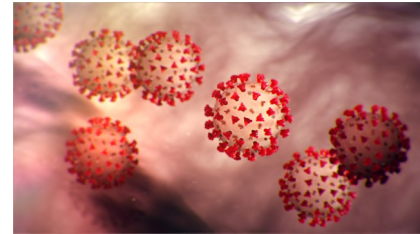
 @CinciHealthDept

 @cinci_healthdept



Novel Coronavirus 2019-nCoV, Disease Basics

The Centers for Disease Control and Prevention (CDC) is closely monitoring an outbreak of respiratory illness caused by a novel (new) coronavirus first identified in Wuhan, Hubei Province, China. Chinese authorities identified the new coronavirus, which has resulted in thousands of confirmed cases in China, including cases outside Wuhan City. Additional cases have been identified in a growing number of other international locations, including the United States. This is a rapidly evolving situation and there is an ongoing investigation to determine more about this outbreak.



There are NO cases of novel Coronavirus in the City of Cincinnati currently. The only people at risk of illness due to this outbreak are those with fever and symptoms of lower respiratory illness who:

- In the last 14 days before symptom onset, a history of travel from Wuhan City, China OR
- In the last 14 days before symptom onset, close contact with a person who is under investigation for 2019-nCoV while that person was ill OR
- In the last 14 days, close contact with an ill laboratory-confirmed 2019-nCoV patient

What are the symptoms for Coronavirus?

Patients with confirmed 2019-nCoV infection have reportedly had mild to severe respiratory illness with symptoms of fever, cough and shortness of breath. Other early symptoms include chills, body aches, sore throat, headache, diarrhea, nausea/ vomiting and runny nose.

How is Coronavirus spread?

This virus probably originally emerged from an animal source but now seems to be spreading from person-to-person. It’s important to note that person-to-person spread can happen on a continuum. Some viruses are highly contagious (like measles), while other viruses are less so. At this time, it’s unclear how easily or sustainably this virus is spreading between people. Learn what is known about the spread of newly emerged coronaviruses.

How can Coronavirus be prevented?

There is currently no vaccine to prevent 2019-nCoV infection. The best way to prevent infection is to avoid being exposed to this virus and practice these preventive actions:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Avoid close contact with people who are sick
- Stay home when you are sick
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash
- Clean and disinfect frequently touched objects and surfaces



In 2018, The Health Collaborative of Greater Cincinnati, Cincinnati hospitals and the Cincinnati Health Department participated in the process of assessing the needs of the

southwest Ohio region and individual health jurisdictions. Those needs were presented in the 2019 Regional CHNA.

Based on the results of the 2019 regional Community Health Needs Assessment and the local Cincinnati findings, the Cincinnati Health Department (CHD) convened community partners to develop the 2020 Cincinnati Community Health Improvement Plan. The Cincinnati Health Department, with help from the Health Collaborative and Caracole Inc., engaged the stakeholders to participate in the CHIP Process and identify priority areas for the Cincinnati CHIP.

Over 60 community partners, representing various sectors of the community, were engaged and contributed to the different teams and committees of the Cincinnati CHIP. During the ten-month process, these partners were vital in developing the overall work and plan of the CHIP including identifying the priorities and creating actions plans around the selected focus areas of:

1. Access to Care
2. Mental and Behavioral Health
3. Nutrition and Food Access
4. Infant Mortality

Events & Shout Outs!

CHD Welcomes New Hires and Transfers to the team!

CHIPR

Kimberly Wright - Supervising Epidemiologist - 1/26/2020

Environment Services/Food Program

Awni Dababneh - Sanitarian 1/26/2020

Katherine Horner - Sanitarian 1/12/2020

CCPC/Dental

Desiree Branson - Dental Assistant 1/12/2020

Parris Jarrett - Dental Assistant 1/26/2020

Brittany Jennings - Dental Assistant 1/12/2020

Karli McMahan - Dental Assistant 1/12/2020

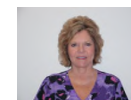
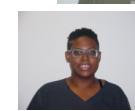
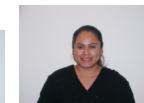
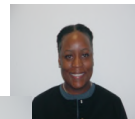
Mirna Ramirez - Dental Assistant 1/12/2020

Brittney Watson - Dental Assistant 1/12/2020

Keara Williams - Dental Assistant 1/12/2020

CCPC/Health Centers

Lakeisha Anderson - Medical Assistant 1/26/2020



Retiring February 2020

Robin Jones- Public Health Nurse 2 -CCPC Bobbie Sterne - 14 Years

The Healthiest City in the U.S.

© DECEMBER 16, 2019 / SARAH MILLS / LEAVE A COMMENT

D. Jill Byrd, RN, Nursing Supervisor for the Cincinnati Health Department (CHD), wants to "make all the citizens of Cincinnati as healthy as possible and to decrease any barriers that would cause issues for them."

Ultimately, the goal of CHD is to make Cincinnati "the healthiest city in the United States."

One of her areas of focus is prenatal patients and/or new mothers and their babies. Referrals for the CHD Community Health Worker Program (CHW) come from health centers, schools, and outside sources, including HCAN.

"We work with Cradle Cincinnati and other entities, make referrals to Every Child Succeeds, Healthy Moms and Babies, and our own maternal child nursing program [for example], and interact with other outside sources to complete our tasks," Byrd says.



D. Jill Byrd, RN, Nursing Supervisor for the Cincinnati Health Department



CHD Celebrates Jill Byrd and our Community Health Workers

It's Not Too Late to Get the Flu Shot!

Flu vaccination has been shown to prevent flu illnesses, doctors' visits and hospitalizations and can be life-saving in children. Seasonal influenza activity in the United States continues to increase and has been elevated for the past eight weeks according to the Centers for Disease Control and Prevention (CDC).



To prevent the spread of the flu, the Cincinnati Health Department is offering free flu clinics through the end of February for those still in need of a flu shot. Flu vaccinations are offered at the following CHD health centers:

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In addition to getting a flu vaccination, take these everyday preventative actions to stop the spread of germs:

- Get a yearly flu vaccine



- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

Avoid touching your eyes, nose and mouth. Germs spread this way.

- Clean and disinfect surfaces and objects that may be contaminated with germs like flu.

A Message from the Board of Health

The Cincinnati Health Department has recently released the updated life expectancy analysis for the City of Cincinnati neighborhoods.

Life expectancy is the key metric for assessing population health. Broader than the narrow metric of the infant and child mortality, which focus solely at mortality at a young age, life expectancy captures the mortality along the entire life course. It tells us the average age of death in a population.

The life expectancy for the City of Cincinnati is 76.1 years. This is 2.7 years lower than the national life expectancy of 78.8 in 2015. Overall, there is a 24.9 year difference in life expectancy between Cincinnati neighborhoods. Life expectancy gives us a snapshot of the nation's overall health, and these sobering statistics are a wake-up call that we are losing too many Americans, too early and too often, to conditions that are preventable.

For more information regarding life expectancy, CHD will have an interactive dashboard with the information on our website.



Phil Lichtenstein, MD
Chair, Board of Health

CHD Announces as February 2020 Employee of the Month!

Ms. Joey T. Hoskins is a Cincinnati native, a School of Creative and Performing Arts graduate and a Dental Assistant at the Bobbie Sterne Health Center. She began her career with the City of Cincinnati five years ago.

As a Dental Assistant, Ms. Hoskins assists dentists with every aspect of providing quality comprehensive general dental care to patients in a compassionate and courteous manner. “Ms. Hoskins performs her job well from every aspect: clinical and technical skills, customer service skills, knowledge base, and attendance,” stated Nancy Carter, Associate Dental Director, Office of Community Oral Health Programs, CHD.

Ms. Carter nominated Ms. Hoskins for the recognition because she is a self-motivated individual who works well independently when necessary, is consistently punctual, and has a nearly perfect attendance record. Ms. Carter also boasts that she anticipates the needs of patients well and often takes the initiative. She is viewed as a kind and courteous leader for her patients and takes time to explain dental procedures to alleviate fear and enhances the quality of the patient experience.

Dr. Aleena Akbar also nominated Ms. Hoskins for the award describing her as an absolute gem. “Ms Hoskins is a dedicated hard worker who always has a smile on her face. “Working in Dental can be a difficult and tedious, and Joey displays a remarkable knack for empathy and understanding of the human experience,” Stated Dr. Akbar. “She can communicate effectively with people from all walks of life and working with her energy is positive for everyone involved. She tackles full schedules independently and is always seen keeping herself occupied. She is intelligent and well-spoken and an all-around stellar employee that the City of Cincinnati is incredibly fortunate to have,” Dr. Akbar explained.

Ms. Hoskins is known for one of her signature slogans, ‘Practice breathing, not screaming’ ... Good advice for everyone, not just our dental patients.

Congratulations to Joey Hoskins, CHD’s Employee of the Month for February 2020!

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What is the life expectancy in your neighborhood?

The latest data show that Cincinnati life expectancy has increased for Blacks and decreased for Whites; but Blacks are still not living as long

The Cincinnati Health Department has released a tool on life expectancy for the 48 City of Cincinnati neighborhood groupings. This information will help give an understanding to the health of our Cincinnati neighborhoods.

The findings show the life expectancy for the City of Cincinnati is 76.1 years. This is slightly lower than the previous analysis conducted between 2001-2009, with a life expectancy of 76.7 years. This is almost three years less than the national life expectancy. The neighborhood with the greatest life expectancy is Mt. Adams showing residents of this neighborhood live to approximately 88 years, roughly 25 years longer than the Lower Price Hill/ Queensgate neighborhood grouping.

The neighborhood with the greatest increase in life expectancy was East End with an increase of three years, from 73 years to 76 years. While the neighborhoods with the greatest decrease in life expectancy since the previous analysis was Madisonville, with an approximate 11 year decline in life expectancy from 83 years to 72 years.

Furthermore, females are living the longest, 81 years, with a 22 year difference between females in Mt. Adams living 88 years and females in the Sedamsville/ Riverside neighborhoods living 66 years. For males, they are living 75 years, with a 23 year difference between males living in the Mt. Lookout/ Columbia Tusculum neighborhoods living 84 years and males in the Lower Price Hill/ Queensgate neighborhoods living 61 years. When comparing Blacks and Caucasian races, Caucasians are living approximately three years longer than Blacks, 75 years and 72 years, respectively.

Life expectancy is defined as the estimated average number of years a person may expect to live, if mortality rates stay the same over time, and is an indicator of the health of a population. Looking at life expectancy at the neighborhood level allows researchers and community members to focus on demographic, environmental, and social factors that may influence health inequalities. It should be noted that life expectancy may be influenced by a person's condition, race, sex, age, and other demographic factors.

The national life expectancy in the U.S. has increased since 1980, but improvement depends on where you live. “These gaps can mean people in one neighborhood live 20 to 30 years longer than those just a couple blocks away -- and the inequalities are prevalent in neighborhoods with high levels of racial and ethnic segregation,” stated Dr. Melba R. Moore, Cincinnati Health Commissioner.

Continued on page 2...



Dr. Grant Mussman Announced as the Interim Medical Director

Grant Mussman, MD, MHSA is a pediatrician and serves as Associate Medical Director for the Cincinnati Health Department. After a decade as a pediatric hospitalist at Cincinnati Children's, he joined the health department in 2018 and practices primarily at Braxton Cann Medical Center and at Price Hill Health Center. He began serving as Associate Medical Director for School Health and School-Based Health Centers in March of 2019.

Dr. Mussman's profession interests include systems improvement and measurement as well as systems improvement infrastructure and higher level improvement theory. He completed his general pediatrics residency training at the University of Virginia in 2005 and practiced for two years as a general pediatrician in Richmond, Virginia. He then moved to Cincinnati to start practice as a pediatric staff hospitalist at Cincinnati Children's Hospital in 2007.

In 2012, Dr. Mussman officially joined the pediatric faculty as an instructor and became assistant professor in 2013 with research interests in viral lower respiratory infections of infancy and systems improvement. Dr. Mussman's systems improvement work included improvements in communication between hospitalists and primary care providers, and improvements in inpatient and emergency department management of patients with bronchiolitis in a large improvement collaborative.

Continued from page 1

Risk factors like obesity, lack of exercise, high blood pressure, and smoking explain a large portion of the variation in lifespans, but so do socioeconomic factors like race, education, and income.



"The inequality in health in the United States – a country that spends more on health care than any other – is unacceptable. Every American, regardless of where they live or their background deserves to live a long and healthy life. If we allow trends to continue as they are, the gap will only widen between neighborhoods," Dr. Moore explained. These findings validate an urgent imperative, that policy changes at all levels are desperately needed to reduce inequality in the health of Americans. Dr. Moore emphasized that federal, state, and local health departments need to invest in programs that work and engage their communities in disease prevention and health promotion. "We need to take a deeper dive into the conditions that influence health to better target action in order to close any and all gaps, and ultimately to improve the health of our community at large."

Looking at life expectancy on a national level masks the massive differences that exist at the local level, especially in a country as diverse as the United States. Although we've made massive gains in life expectancy over the past several decades, this is not the first time that life expectancy has stalled. We've made substantial gains, but there is no single phenomenon that can explain the recent decrease.

"There are a lot of moving parts, and the fact that it's so expansive and involves so many factors and causes of death, means we need to examine root causes and possible contributing trends to the change," expressed Dr. Maryse Amin, Supervising Epidemiologist, Cincinnati Health Department. "We want to utilize this data to guide the health of the community and lead to a call to action."

The CHD focuses on disease prevention to not only improve health outcomes in the entire nation, but also to reduce the enormous disparities in life expectancy that we see in Cincinnati neighborhoods. The issues are so broad that it makes community engagement and individual accountability a necessity for success to be achievable.

"Working with our partners we can help make improvements for the community that will positively impact all of us. Our ongoing efforts with the Community Health Improvement Plan (CHIP), is the city's first effort as we're prioritizing the needs of the community. This plan is a long-term, systematic effort to address public health problems based on the results of community health assessment activities and the community health improvement process," Dr. Amin stated.

CHD Welcomes New Hires to the team!



CCPC/Behavioral Health

Michael Little - Health Counselor
2/23/2020



CCPC/Dental

LaKeisha Bhoolai - Dental Hygienist
2/23/2020



CCPC/School & Adolescent Health

Barb Keefe - Nurse Practitioner -
2/9/2020

CHD extends a very special thank you to Dr. Yury Gonzales for bringing improved patient care and services to the Health Department before stepping down as the Medical Director. He has been involved with several projects to improve patient care, develop clinical services and address many historic challenges; create improvements and quality initiatives; and recruit high-level medical professionals. Also, CHD was awarded a high quality of care ranking based on the quality metrics established by OCHAN. This is the first time in our 194-year history that our institution was ranked number one out of the 97 FQHCs in the country. We are happy that you will continue to serve as a provider for our patients, and hope you enjoy more time with your lovely family.



School Based Health Centers: Thirteen well kept secrets within the Cincinnati Health Department

Once a month for the next 13 months we will profile the team at one of our School Based Health Center which are embedded in Cincinnati Public Schools across the city. This month: Roberts Academy

The Roberts Academy school-based health center is staffed by a dynamite bilingual team that cares for children and families all over the Greater Cincinnati area. Because Roberts has an International Welcome Center as well as an in-house immigration lawyer, it comes as no surprise that the health center sees patients from all over the globe with the greatest concentration of families coming from Central America. What makes the health center so successful is the deep bonds families form with the staff as well as its ability to help improve health outcomes by addressing physical, socioeconomic and mental health concerns at each visit.



From right to left: Nicole DeGreg, NP, Pam Heard, MA, Sarah Jadeed, MA, and Fernando Rico-Alarcon, RN

A Message from the Board of Health



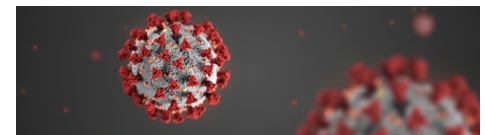
Phil Lichtenstein, MD
Chair, Board of Health

Coronavirus Outbreak: Mental Health Tips

Mental health is an important part of overall health and well-being. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Public health emergencies, such as the outbreak of coronavirus disease 2019 (COVID-19), are stressful times for people and communities. Infectious disease outbreaks can be scary and can affect our mental health. While it is important to stay informed, there are also many things we can do to support and manage our wellbeing during such times.

Coping with these feelings and getting help when you need it will help you, your family, and your community recover from a disaster. Connect with family, friends, and others in your community. Take care of yourself and each other, and know when and how to seek help.



Call your healthcare provider if stress reactions interfere with your daily activities for several days in a row.

Things you can do to support yourself:

- Avoid excessive exposure to media coverage of COVID-19.
- Take care of your body. Take deep breaths, stretch or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep and avoid alcohol and drugs.
- Make time to unwind and remind yourself that strong feelings will fade. Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly. Try to do some other activities you enjoy to return to your normal life.
- Connect with others. Share your concerns and how you are feeling with a friend or family member. Maintain healthy relationships.
- Maintain a sense of hope and positive thinking.
- Share the facts about COVID-19 and the actual risk to others. People who have returned from areas of ongoing spread more than 14 days ago and do not have symptoms of COVID-19 do not put others at risk.



For more information on the Coronavirus please log onto www.coronavirus.gov.

CHD Announces Shane Michael Satterfield as March 2020 Employee of the Month!

CHD congratulates Mr. Shane M. Satterfield (MSW, LSW, LCDC III, Ret. USMC,) as March 2020 Employee of the Month. Mr. Satterfield is a Cincinnati native (raised in North Fairmount and Westwood), a Western Hills High School graduate (1989), and a Behavioral Therapist and Program Manager for CHD. He began his career with the City of Cincinnati March 2019.

As a Behavioral Therapist and Program Manager, Shane provides behavioral and mental health treatment to health center patients and supervises 3 other behavioral therapists as well. Along with being a behavioral therapist, Shane manages the following programs: Safe Places Cincy, Medication Assisted Treatment, Harm Reduction Syringe Exchange (Partnership with Hamilton County Public Health), Behavioral Health Partnership, and the Health Department's initiative to assist with the reduction of gun

violence in Cincinnati.

The main reason Eric Washington, Men's Health Program Manager, nominated Shane for Employee of the Month was because he stepped up to cover a big void after the departure of Dr. Jennifer Mooney, Director of Behavioral Health in June 2018. With less than three months on the job, Shane was the only person with the experience and expertise in the field of Behavioral/Mental Health to continue Dr. Mooney's mission. He continued to conduct meetings with Greater Cincinnati Behavioral Service, Children's Home and a host of other community partners to get the job done. He continues to work closely with Health Commissioner Melba Moore, Dr. Gonzales, then Medical Director, and Domonic Hopson, Assistant Health Commissioner and CEO of CCPC, to ensure all Health Resources and Services Administration (HRSA) requirements would continue to be met for each primary care center. "Shane has successfully interviewed, onboarded and trained three new health counselors to the while maintaining his case load as a counselor," explained Mr. Washington. "Mr. Satterfield on numerous occasions has gone over and beyond his call for duty, from assisting clients after hours to weekends, to ensuring clients are properly assigned to partnering agencies. Mr. Shane Satterfield epitomize the word "SERVICE", Mr. Washington emphasized.

In November 2018, Shane joined the Ohio Valley Goodwill's Board of Directors. Shane is a retired United States Marine due to injuries sustained in combat during the Persian Gulf War (Operation Desert Shield/Desert Storm). Previously as an employee of the Ohio Valley Goodwill, Shane was the Homeless Veterans Dormitory Manager/Instructor.

Shane has an impressive career background which began with his work with children with behavioral challenges through Cincinnati Public Schools (CPS). Following his tenure with CPS, Shane then went on to work with the Hamilton County Community Action Agency (Reach Back Youth Program) and the United States Postal Service. After this experience, Shane decided that he wanted to pursue his academic career and enrolled at the University of Cincinnati (UC), and began studying Criminal Justice in pursuit of his Bachelor's degree. Shane returned to school in 2010 and obtained his second Bachelor's degree and then finally, completed his Master's in 2013 in Social Work (Concentration in Mental Health). Shane is licensed by the State of Ohio as a Licensed Social Worker and a Licensed Chemical Dependency Counselor III.

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HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

JUNE 2020

Vol. X Issue VI

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

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Ohio Minority Health Strike Force Launches as Covid-19 pandemic kills US blacks at disproportionate rate



The conditions in which people live, learn, work, and play contribute to their health. These conditions, over time, lead to different levels of health risks, needs, and outcomes among some people in certain racial and ethnic minority groups.

Throughout the COVID-19 pandemic, evidence has shown that communities of color have been disproportionately affected by the virus, especially Black American and Latino communities. Black Americans continue to make up a disproportionate share of Covid-19 fatalities as the number of deaths from the coronavirus pandemic exceeds 100,000 in the U.S., according to an analysis of Centers for Disease Control and Prevention (CDC) data.

To respond to and help address these disparities, the State of Ohio has created the Minority Health Strike Force. The objectives of the strike force are to: stop the progression of the disease, evaluate and document the impact of the disease, remedy factors that contribute to the spread and procure resources to prevent a resurgence. Cincinnati Health Commissioner, Melba R. Moore, serves as the Chair of the Data and Research Subcommittee.

In May the Governor’s COVID-19 Minority Health Strike Force issued an interim report that detailed the importance of testing access in communities of color and other high-risk areas. The latest report can be found here <https://coronavirus.ohio.gov/static/MHSF/COVID-19-SFR.pdf>.

As a response, the Strike Force announced a walk-up/drive-up testing initiative with the Ohio Association of Community Health Centers and their affiliate members (Community Health Centers) and the Ohio National Guard. These sites will also include other local community-based organizations i.e., faith-based organizations, community centers, food pantries, etc.

Testing for this initiative will be available for individuals with or without symptoms. The test has no out-of-pocket cost to the patient and individuals of any age are able to access the test. Minors will need signed consent of a parent/guardian.





Congratulations to Holly Blackley, Sherisse Williamston and Taylor Ellis for their successful completion of the Community Health LEAN Collaborative

Three CHD staff recently completed The Community Health LEAN Collaborative, a course designed to achieve a measurable improvement in operational performance through root cause problem solving and elimination of non value-added work. The LEAN Course use hands-on exercises, team-based projects and 1-on-1 coaching to deepen each participant's ability to solve problems and improve operational performance. This course is based on the lean tools and methods used by Toyota and top performing healthcare organizations to identify non-value added work and lead improvements in safety, quality, productivity, lead time, cost effectiveness, and staff burden. This is the first class of the Community Health LEAN Collaborative. There were several key operational departments participating from CHD and Cincinnati Public Schools.

I would also like to congratulate the following teams on their successful completion of the Community Health LEAN Collaborative, Class 1: Cincinnati Health Department – Pharmacy Team, Cincinnati Public Schools – Facilities, and Cincinnati Public Schools – School Breakfast in Secondary Schools. The teams demonstrated and adopted lean tools and methodology in their areas.



We celebrate the knowledge you all gained! We celebrate the collaboration and connections you made! We celebrate your leadership and commitment to quality improvement! We celebrate your work, especially during this COVID-19 pandemic!

Drowning Prevention and Swim Safety Tips

Pools are opening and summer is here. Swimming is a great way to cool down, spend time with friends/family, and stay active. Unfortunately, there are about 3500 fatal drownings annually in the United States according to the Centers for Disease Control and Prevention (CDC). One in five of those people are children 14 and younger. Five children for every one child that dies are sent to the emergency room from submersion injuries. Half of these cases require hospitalization or further care and injuries can cause brain damage and long-term disabilities. There are some safety measures that should be practiced to make sure everyone has a safe and enjoyable time. Ensure every member of your family learns to swim so they at least achieve skills of water competency: able to enter the water, get a breath, stay afloat, change position, swim a distance then get out of the water safely. Some simple tips are to:

- Ask a friend to join you when swimming
- Choose swimming areas with lifeguards
- Do not swim while under the influence of drugs or alcohol
- Do not swallow pool water
- Do not swim when you have diarrhea
- Take a shower before and after swimming
- Try to keep ears dry to prevent swimmer's ear
- Use sun protection products to prevent sunburns
- Wash hands before entering pool and after using restrooms
- Do not change diapers poolside, use bathroom or changing area
- For young children, take them for frequent bathroom breaks and check diapers
- Remember to practice proper hand hygiene, physical distancing and cough etiquette.



Protect you and your family from mosquito bites and stopping the diseases they cause

As we head into Summer and spend time outside, we share our outdoor space with unwelcome mosquitos. Mosquitoes bites do not just result in discomfort, they can cause viruses that result in various illnesses. In 2017, 435,000 people died from malaria including 200 returning travelers to the United States. Millions become ill each year and billions of people are at risk. Mosquitoes are active during the day and night and can live inside and outside. There are some prevention techniques that can be used to protect you and your family.

- Use Insect Repellent : Ensure that repellent is EPA registered
- Cover up : Wear longer sleeved shirts and pants when possible
- Use window and door screen along with air conditioning: If mosquitoes can't be kept out of home sleep under mosquito bed net
- When travelling, learn about risks and recommendations from the CDC that are destination-specific
- Vaccines are available for few viruses spread by mosquitoes: Get vaccinated if applicable to travel area
- After travel, prevent mosquito bites for 3 weeks to avoid spreading viruses like dengue or Zika to domestic mosquitoes
- After travel, if you have symptoms such as rash, fever, headache, body aches, contact healthcare provider immediately.
healthcare provider immediately

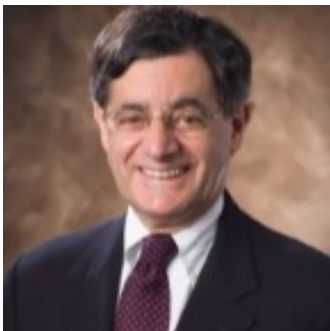
To control mosquitoes outside your home:

- Remove standing water where mosquitoes could lay eggs
- Once a week, empty and scrub, turn over, cover, or throw out any items that hold water like tires, buckets, planters, toys, pools, birdbaths, flowerpot saucers, or trash containers. Mosquitoes lay eggs near water.
- Tightly cover water storage containers (buckets, cisterns, rain barrels) so that mosquitoes cannot get inside to lay eggs.
- For containers without lids, use wire mesh with holes smaller than an adult mosquito.
- Use larvicides to treat large containers of water that will not be used for drinking and cannot be covered or dumped out.
- If you have a septic tank, repair cracks or gaps. Cover open vent or plumbing pipes. Use wire mesh with holes smaller than an adult mosquito.
- Kill mosquitoes outside your home. Use an outdoor insect spray made to kill mosquitoes in areas where they rest. Mosquitoes rest in dark, humid areas like under patio furniture, or under the carport or garage. When using insecticides, always follow label instructions.

Control mosquitoes inside your home and keep mosquitoes out of it. Simply:

- Install or repair and use window and door screens. Do not leave doors propped open.
- Use air conditioning when possible.
- Kill mosquitoes inside your home
- Kill mosquitoes inside your home. Use an indoor insect fogger or indoor insect spray to kill mosquitoes and treat areas where they rest. These products work immediately, and may need to be reapplied. When using insecticides, always follow label directions. Only using insecticide will not keep your home free of mosquitoes. Mosquitoes rest in dark, humid places like under the sink, in closets, under furniture, or in the laundry room.

A Message from the Board of Health



Phil Lichtenstein, MD
Chair, Board of Health

Cheers! Every single person has a co-worker (or two, or three, or four) that does their job in such a way that you are able to do your job more effectively and efficiently. You know who I'm talking about - the people who always meet the deadline, have the answers or where to get them, and those who are there for you when you need them. CHD has many, and the Cheers for Peers program is happy to acknowledge them on behalf of their colleagues who just can't say enough about their great work. Congratulations on a job well done: Jenny Rankin, Abby Pritchard, LaShanta Pearson, Virginia Scott, Nancy Carter, Hollin Burton, Rosa Cama, Gloria Conley, Samantha Clay, Marsha Redding, Dr. Maryse Amin, Kim Wright, Stephanie Courtney, Anthony Nixon, Antonio Young, Rosemary Stemerick, John Sanders, Dr. Steve Englender, Phyllis Richardson, Darlene Capell, John Dunham, Todd Dudley, Carl Lerch, the Braxton Cann team (Abby Bobby and Dani), the Behavioral Health team led by Shane Satterfield, and the Facility Management team led by Mike Aulds.

Please help me celebrate CHD employees who are making an incredible difference in the lives of their colleagues, our patients and community at large.

Black Americans dying of Covid-19 at three times the rate of white people

It underscores a broader trend showing that coronavirus isn't an equalizer but a magnifier of inequality

Health differences between racial and ethnic groups are often due to economic and social conditions that are more common among some racial and ethnic minorities than whites. In public health emergencies, these conditions can also isolate people from the resources they need to prepare for and respond to outbreaks.

For many people in racial and ethnic minority groups, living conditions may contribute to underlying health conditions and make it difficult to follow steps to prevent getting sick with COVID-19 or to seek treatment if they do get sick.

Members of racial and ethnic minorities may be more likely to live in densely populated areas because of institutional racism in the form of residential housing segregation. People living in densely populated areas may find it more difficult to practice prevention measures such as social distancing.

Research also suggests that racial residential segregation is a fundamental cause of health disparities. For example, racial residential segregation is linked with a variety of adverse health outcomes and underlying health conditions. These underlying conditions can also increase the likelihood of severe illness from COVID-19.

Many members of racial and ethnic minorities live in neighborhoods that are farther from grocery stores and medical facilities, making it more difficult to receive care if sick and stock up on supplies that would allow them to stay home. Multi-generational households, which may be more common among some racial and ethnic minority families, may find it difficult to take precautions to protect older family members or isolate those who are sick, if space in the household is limited.

Racial and ethnic minority groups are over-represented in jails, prisons, and detention centers, which have specific risks due to congregate living, shared food service, and more.

The types of work and policies in the work environments where people in some racial and ethnic groups are overrepresented can also contribute to their risk for getting sick with COVID-19. Examples include: Critical workers - The risk of infection may be greater for workers in essential industries who continue to work outside the home despite outbreaks in their communities, including some people who may need to continue working in these jobs because of their economic circumstances.

Nearly a quarter of employed Hispanic and black or African American workers are employed in service industry jobs compared to 16% of non-Hispanic whites. Hispanic workers account for 17% of total employment but constitute 53% of agricultural workers; black or African Americans make up 12% of all employed workers but account for 30% of licensed practical and licensed vocational nurses.

Workers without paid sick leave might be more likely to continue to work even when they are sick for any reason. This can increase workers' exposure to other workers who may have COVID-19, or, in turn, expose others to them if they themselves have COVID-19. Hispanic workers have lower rates of access to paid leave than white non-Hispanic workers.

Existing health disparities, such as poorer underlying health and barriers to getting health care, might make members of many racial and ethnic minority groups especially vulnerable in public health emergencies like outbreaks of COVID-19.

Compared to whites, Hispanics are almost three times as likely to be uninsured, and Black Americans are almost twice as likely to be uninsured. In all age groups, blacks are more likely than whites to report not being able to see a doctor in the past year because of cost.



Inadequate access is also driven by a long-standing distrust of the health care system, language barriers, and financial implications associated with missing work to receive care.

Serious underlying medical conditions: Compared to whites, black Americans experience higher death rates and higher prevalence rates of chronic conditions.

Stigma and systemic inequalities may undermine prevention efforts, increase levels of chronic and toxic stress, and ultimately sustain health and healthcare disparities.



Cincinnati Health Department Awarded the Ohio Opiate Response Continuum Grant for \$490,000

CHD has been awarded the Ohio Opiate Response Continuum Grant in the amount of \$491,501 from the Ohio Department of Mental Health and Addiction Services (ODMHAD). Funding from this grant will allow CHD to expand a media campaign and to provide increased medication, assisted treatment, addictions counseling, recovery support, and recovery housing costs to help minorities recover from opiate addiction. CHD is partnering with Interact for Health, Talbert House, the Hamilton County Mental Health and Recovery Services Board, and the Urban Minority Alcoholism and Drug Abuse Outreach Program (UMADAOP).

Targeting awareness messaging to the Black, Latino, and other minority populations will ensure these vulnerable populations know how to seek effective treatment. The program will provide access to all forms of Medication Assisted Treatment (MAT), develop a clinical workforce able to provide treatment, and expand the use of recovery supports including access to family housing and development of employment/ vocational opportunities for minorities in recovery from opioid addiction.

Talbert House will also provide outreach to those communities, engaging minority populations with case management while working to connect those needing treatment services, including MAT and recovery housing, provide care coordination at the Safe Places Cincy sites and UMADAOP will use these funds to connect 50 individuals referred from the community and the Health Clinics to the evidence-based curriculum, Creating Lasting Family Connections with additional recovery supports for them and their families. In addition to the funds to Cincinnati Health Department, Talbert House and UMADAOP, there is \$50,000 for Interact for Health to add to their anti-stigma campaign, #BELIEVERECOVERY. This will add an opportunity to advertise the Cincy Safe Places services.

According to Millennium Health National Drug Use Trends, 2020, Ohio and Kentucky lead the nation in three dismal drug use trends that make it clear the region remains in an addiction epidemic. Drug testing results show that Ohio is the top state for co-occurring fentanyl and methamphetamine use. The Ohio Department of Health released a report showing illicit fentanyl was involved in most of the overdose deaths in the state in 2018. And fentanyl is responsible for 78.8% of fatal ODs in the urban counties of Hamilton, Franklin, and Cuyahoga even as Ohio's overdose deaths dropped.

CHD provided support for Public Health Emergency Preparedness for \$128,000

The Cincinnati Health Department will receive Centers for Disease Control and Prevention (CDC) /Ohio Department of Health preparedness funding in the amount of \$128,033.56 as emergency preparedness and response capacity continues to be tested across the nation. Since 9/11, CDC's Public Health Emergency Preparedness (PHEP) program has enhanced planning and operational capacity to prepare and plan for emergencies, resulting in measurable improvement. Ongoing risks related to novel viruses such as COVID-19, chemical, biological, radiological, and nuclear incidents as well as cyberattacks further underscore the importance of updating and modernizing jurisdictional all-hazards public health preparedness and response strategies to address emerging technologies and new 21st century threats.

To address these challenges, PHEP recipients must increase or maintain their levels of effectiveness across six key public health preparedness domains and focus efforts on strengthening preparedness and response capabilities to prevent or reduce morbidity and mortality. This 2019-2024 funding provides financial resources to state and public health agencies to advance their ability to demonstrate response readiness by the end of the performance period. This announcement also includes greater emphasis on programmatic, fiscal, and administrative accountability.

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HEALTH MATTERS

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New COVID-19 Cases Spike in the City of Cincinnati

The Cincinnati Health Department (CHD) is continuing to see a steady increase in COVID-19 cases over the past three weeks. Recent reports indicate new numbers are showing another spike in positive COVID-19 cases. Public health officials confirmed 101 new cases in late June, doubling the daily average and bringing the total to 2,043. The death toll remains the same at 61 people, and another 1,078 people have recovered from the virus as of June 28.



Of those who have tested positive, there is a greater percentage of Black people hospitalized. Blacks make up 13-14 percent of the Ohio population, yet 26 percent of those testing positive for COVID-19 are Black. Earlier this year, Ohio Governor Mike DeWine formed the Minority Health Strike Force to develop specific recommendations focused on how communities of color are more likely to have underlying health conditions, less access to healthcare, and discrimination when accessing healthcare.

The Cincinnati Health Department has been aggressively working with local Federally Qualified Health Centers and businesses to increase testing throughout the city’s underserved populations. The health department has also strongly encourages that during this critical time everyone should be doing everything possible to protect themselves and others. People are urged that if you have close contact with someone who is diagnosed with Covid19, monitor yourself for symptoms. If tested, people should self-quarantine after you have been tested until your test results are returned. Avoid traveling to hot spots in other areas of the country. Avoid mass gatherings. Wash your hands often and avoid touching your face.

Cincinnati and Hamilton County Community Health Centers have been collaboratively offering free COVID-19 testing in the West End over the past two weeks. Thanks to a partnership between CHD, Cincinnati Health Network, Crossroad Health Center, The HealthCare Connection and WinMed Health Services, 782 people were tested in the first week, and 94 people tested positive. In the second week, 1,944 antigen tests were done and 181 were positive.

Continued on page 2



As communities and businesses are opening, you may be looking for ways to **Commissioner's Corner** as safely as possible. While there is no way to ensure zero risk of infection, it is important to understand potential risks and how to adopt different types of prevention measures to protect yourself and to help reduce the spread of COVID-19. As a reminder, if you have COVID-19,

have symptoms consistent with COVID-19, or have been in close contact with someone who has COVID-19, it is important to stay home and away from other people. When you can leave home and be around others depends on different factors for different situations. Follow CDC's recommendations for your circumstances.

In general, the more closely you interact with others and the longer that interaction, the higher the risk of COVID-19 spread. So, think about:

How many people will you interact with?

- Interacting with more people raises your risk.
- Being in a group with people who aren't social distancing or wearing cloth face coverings increases your risk.
- Engaging with new people (e.g., those who don't live with you) also raises your risk.
- Some people have the virus and don't have any symptoms, and it is not yet known how often people without symptoms can transmit the virus to others.

Can you keep 6 feet of space between you and others? Will you be outdoors or indoors?

- The closer you are to other people who may be infected, the greater your risk of getting sick.
- Keeping distance from other people is especially important for people who have an increased risk for severe illness.
- Indoor spaces are more risky than outdoor spaces where it might be harder to keep people apart and there's less ventilation.



Continued from page 1



New COVID-19 Cases Spike in the City of Cincinnati

There was a total of 2,726 rapid antigen tests in two weeks and 275 positive (435) polymerase chain reaction (PCR) test were done by the National Guard.

Results from PCR tests are produced within approximately 48 hours. Those who have tested positive have been instructed to isolate themselves, monitor symptoms, and get in touch with their physicians. Quidel Sofia 2 SARS-CoV-2 Rapid Antigen and PCR tests were utilized.

HEALTHMATTERS *World Hepatitis Day*

World Hepatitis Day is on July 28th and is a great opportunity to learn about the global impact of Hepatitis and become aware with ways to battle the disease. From a national perspective, the Centers for Disease Control and Prevention (CDC) provides assistance to countries of high incidence and implement immunization programs. These include methods to increase hepatitis B coverage and documenting hepatitis B in children.

There are five types of Viral Hepatitis that affects millions of people. Hepatitis A spreads via ingestion of the virus from objects, food, or drinks. Hepatitis B is spread from mother to baby at birth along with sexual contact. Hepatitis C is spread through contact with blood or equipment used to give injections. Hepatitis D is spread through blood and occurs in people who already have hepatitis B. Hepatitis E is spread mainly through contaminated water.

According to the World Health Organization (WHO), the public can also take steps to protect themselves. Getting tested can lead to early detection and treatment and can be lifesaving. Hepatitis A and C are completely preventable and getting the hepatitis B vaccine provides immunity. Both hepatitis B and C can be transmitted by sex. Practicing safe sex techniques can prevent hepatitis. If tested positive, seek treatment and therapy without delay. Hepatitis C is curable with a 3-month treatment plan.

Juvenile Arthritis Awareness Month

July is Juvenile Arthritis Awareness Month. It is a common belief that only older people can get arthritis. However, 300,000 children in the United States have arthritis. It is surprisingly one of the more common childhood diseases in the United States. Childhood arthritis can affect children of all ages, races and ethnic backgrounds.

Arthritis refers to inflammation of the joint. It is associated with pain, swelling, and decreased mobility.

There are three main types of juvenile arthritis. Juvenile rheumatoid arthritis, juvenile chronic arthritis, and juvenile idiopathic arthritis. Symptoms, areas affected, and blood test are used to differentiate these types of juvenile arthritis. Like arthritis for adults, there is no immediate cure for juvenile arthritis. However, there are steps that can be taken to manage arthritis. Anti-inflammatory drugs along with physical and occupational therapy can be used to manage arthritis. Along with this, maintaining a healthy diet and active lifestyle assist in managing symptoms.



A Message from the Board of Health



Phil Lichtenstein, MD
Chair, Board of Health

We are now in a pandemic, with far-reaching effects on our daily lives. The COVID-19 situation continues to evolve and we are dealing with a significant global public health challenge. First and foremost, we would like to thank you for what you have done already to weather this crisis and to get CHD prepared to cope with this situation. Your commitment makes all the difference.

Thank you to all who are showing up, despite the risks and fears. We quite literally couldn't keep going without you. I could not properly capture all the work that is being done by frontline workers and public servants to protect all of us from the virus. Thank you for your continued dedication to serve Cincinnatians who continue to need help, to design and set up new services and programs for those facing the impact of the pandemic, and to support the infrastructure needed to make it all function.

So many of you are working at an unprecedented intensity, some of you at personal risk and so many with significant impact on your own personal and family lives. At this exceptional juncture, it is essential that we take special care of ourselves and our loved ones. The health and well-being of CHD team members is our primary concern, and we have taken the necessary steps to ensure that all of you are safe and get the right support through these demanding changes.

What to know about heat extreme

Heat related deaths and illnesses are preventable. Despite this, around 618 people in the United States are killed by extreme heat every year.

What is Extreme Heat?

Extreme heat is defined as summertime temperatures that are much hotter and/or humid than average. Because some places are hotter than others, this depends on what's considered average for a particular location at that time of year. Humid and muggy conditions can make it seem hotter than it really is.

What Causes Heat-Related Illness?

Heat-related illnesses, like heat exhaustion or heat stroke, happen when the body is not able to properly cool itself. While the body normally cools itself by sweating, during extreme heat, this might not be enough. In these cases, a person's body temperature rises faster than it can cool itself down. This can cause damage to the brain and other vital organs.

Who is Most at Risk?

Older adults, the very young, and people with mental illness and chronic diseases are at highest risk. However, even young and healthy people can be affected if they participate in strenuous physical activities during hot weather.

Summertime activity, whether on the playing field or the construction site, must be balanced with actions that help the body cool itself to prevent heat-related illness. Use this website to learn more on how to stay safe in the heat this summer, including how to prevent, recognize, and cope with heat-related illness.

Some factors that might increase your risk of developing a heat-related illness include:

- High levels of humidity
- Obesity • Heart disease
- Fever • Mental illness
- Dehydration • Poor circulation
- Prescription drug use • Sunburn

Tips for Preventing Heat-Related Illness:

Wear Appropriate Clothing: Choose light-weight, light-colored, loose-fitting clothing.
Stay Cool Indoors: Stay in an air-conditioned place as much as possible.

Schedule Outdoor Activities Carefully: Try to limit your outdoor activity to when it's coolest, like morning and evening hours. Rest often in shady areas so that your body has a chance to recover.

Pace Yourself: Cut down on exercise during the heat. If you're not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually. rest, especially if you become lightheaded, confused, weak, or faint.

Wear Sunscreen: Sunburn affects your body's ability to cool down and can make you dehydrated. If you must go outdoors, protect yourself from the sun by wearing a wide-brimmed hat, sunglasses, and by putting on sunscreen of SPF 15 or higher 30 minutes prior to going out.



BEAT THE HEAT: Extreme Heat

Heat related deaths are preventable

WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

WHO:



Children

More males than females are affected



Older adults



Outside workers



People with disabilities

WHERE:



Houses with little to no AC



Construction worksites



Cars

HOW to AVOID:



Stay hydrated with water, avoid sugary beverages



Stay cool in an air conditioned area



Wear light-weight, light colored, loose fitting clothes

Firework Safety

Fireworks have been a tradition to celebrate since America's first birthday in July 4, 1777. They are quintessential, beautiful, and represent an iconic day in world history. Fireworks-related injuries are most common on July 4 and New Year's Eve. Fireworks can cause death and injury, including burns, contusions, lacerations, and foreign objects in the eye. Make the choice to protect yourself and your family from fireworks injuries.

In 2018, fireworks started 19,500 fires causing five deaths and \$105 million in property damage. 9100 people were treated for firework related injuries. 36% of those were children younger than 15. As we get ready to celebrate with fireworks, there are some safety measures to practice to ensure an enjoyable holiday.

- Follow all regulations and laws regarding fireworks in your area
- Never allow young children to handle fireworks
- Do not use fireworks under the influence of drugs or alcohol
- All people nearby should wear protective eyewear
- Never hold lighted fireworks
- Never light fireworks indoors
- Keep distance from people, houses and other objects/material
- Never point or throw fireworks in a person's direction
- Do not re-light or handle malfunctioning fireworks
- Soak spent and unused fireworks in water before discarding
- Always keep water nearby to extinguish malfunctioning firework or accidental fires
- Light only one firework outside a container while maintaining distance after lighting



What you need to know about rabies

Rabies is a fatal but preventable viral disease. It can spread to people and pets if they are bitten or scratched by a rabid animal. In the United States, rabies is mostly found in wild animals like bats, raccoons, skunks, and foxes. However, in many other countries dogs still carry rabies, and most rabies deaths in people around the world are caused by dog bites.

If you've been in contact with any wildlife or unfamiliar animals, particularly if you've been bitten or scratched, you should talk with a healthcare or public health professional to determine your risk for rabies or other illnesses. Wash any wounds immediately with soap and water and then plan to see a healthcare provider. (It's important to know that, unlike most other animals that carry rabies, many types of bats have very small teeth which may leave marks that disappear quickly. If you are unsure, seek medical advice to be safe.)

The rabies virus infects the central nervous system. If a person does not receive the appropriate medical care after a potential rabies exposure, the virus can cause disease in the brain, ultimately resulting in death. Rabies can be prevented by vaccinating pets, staying away from wildlife, and seeking medical care after potential exposures before symptoms start.



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>



HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

SEPTEMBER 2019

Vol. IX Issue IX

"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.

Also available online on Vimeo



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

 @cinci_healthdept



CHD Celebrates National Preparedness Month in September

National Preparedness Month (NPM), is recognized each September to promote family and community disaster and emergency planning now and throughout the year. The 2019 theme is "Prepared, Not Scared."

Every September, the Center for Preparedness and Response (CPR) along with its preparedness and response partners in government, private and public health, and academia come together to observe National Preparedness Month (NPM) and encourage year-round personal and community preparedness for disasters, disease outbreaks, and human-caused emergencies.

What is Personal Health Preparedness?

Personal health preparedness is about being ready to care for and protect your health and wellness in the immediate aftermath of an emergency or disaster. That means having the supplies, skill, and self-confidence to bounce back from a difficult or life-changing event like a natural disaster.

Large-scale events, like hurricanes, can cause widespread destruction and long-lasting power outages, disrupt supply chains, and strain public health and health care systems.

When access to resources and the availability of services is limited, it is important to have an emergency supplies kit that includes items from the following categories:

- Personal needs
- Prescriptions
- Paperwork
- Power sources
- Practical skills

Personal needs refers to the unique items—supplies, equipment, and tools—you need to protect your physical, mental, and emotional health and safety in an emergency.



About half of all Americans take a prescription medication as part of their daily routine. Yet, according to a survey done by FEMA in 2012, only 8 percent of respondents said they have medications in their emergency supplies kit. Because a disaster could make it difficult to find an open pharmacy and/or get your prescription filled, it is important that you organize and protect your prescriptions, over-the-counter drugs, and vitamins to prepare for an emergency.

Continued on page 2 ...



Dear Staff,

The difference between success and failure is a great team. No matter how smart, talented, driven, or passionate you are individually, our success as an organization depends on our ability to build and inspire a team. My charge is to spur us to work well together toward a common vision and goals. To further unify us and remind everyone that "We Are One."



We kicked off our "We Are One" theme at an all staff meeting last month; the first since my arrival a year ago. It was important to me that I express to you that your diligence, self-motivation as well as dedication to always go the extra mile in order to achieve the best possible results is admirable and appreciated.

I, along with the Senior Leadership team, know the amount of effort that you have put into your jobs and we want to assure you that your efforts are significantly appreciated. That's why every member of the Senior Leadership team showcased their team's individual accomplishments and thanked them for their hard work and dedication.

I not only wanted to celebrate you, but also highlight the department's accomplishments in 2018, introduce the annual report, and formally announce the goals for fiscal year 2019-2020. Those goals centered around improving community health such as Access to Health Care, Infant Mortality, Nutrition and Food Access, and Mental and Behavioral Health.

Motivational Speaker and Principal Owner at Empire Strategies, Inc., Roland West, was the keynote and he encouraged staff to stay positive and build team comradery. Keep up the good work and remember, we can do better as a team than we can alone. Here's to your--and your team's--success!



Continued from page 1...

CHD Celebrates National Preparedness Month in September

Paperwork refers to any important papers that might help you prove medical coverage, ownership, or your identity after an emergency. Collect and protect insurance cards, identification documents, and copies of emergency action plans to prepare for a short-notice evacuation because of a wildfire, earthquake, or other event.

On average, people experience about four hours of power loss each year. Power outages caused by a large-scale disaster can last much longer and—as a result—can become life threatening for people who rely on electrically powered medical equipment and devices. Be prepared for a prolonged blackout with alternative heating and lighting, and backup power sources for your cellphone, appliances (i.e., refrigerator), and power-dependent medical devices.

Practical skills are self-health and life-saving skills and lessons that you can learn and practice—some of them every day—to prepare for an emergency. Teach and encourage those around you to learn practical skills. When family, friends, neighbors, and co-workers complete CPR training, for example, it protects your health (you can't perform chest compressions on yourself) and can help build resilience in your community.

Events & Shout Outs!

Sunday, September 15, 12:00—3:00 p.m. — Health Care Access Now 3rd Annual "It's a Great Dad to be a Dad", Cincinnati Reds Urban Youth Academy (2026 E. Seymour Avenue, 45237)

September 15—October 15, National Hispanic Heritage Month

Sunday, October 13 — First Ladies For Health's, 5th Annual Community Family Health Day. Log onto <http://www.familyhealthday.org/family->

Welcome & Congratulation to CHD Staff New Hires

Fatima Khan - Dentist - CCPC/Dental
Emaan Qureshi - Dentist - CCPC/Dental
Malika Smoot - Public Health Educator - Health Promotions/Worksite Wellness

Transfers to Health

Li Liu - Supervising Accountant - TRD/Fiscal

Retiring September 2019

Tina Williams - Dental Assistant - CCPC/Dental 30 years



Smoot



Qureshi



Kahn



Liu

Congratulations to Deann Ramey, BSHC RN, the recipient of 2,500 pairs of Bombas Socks which we'll be given to our patients and those who are experiencing homelessness. View the video here <https://www.webmd.com/dna/removing-the-obstacles>



A Message from the Board of Health



Phil Lichtenstein, MD
Board Chair

The Centers for Disease Control and Prevention recommends that people get MMR vaccine to protect against measles, mumps, and rubella. Children should get two doses of MMR vaccine, starting with the first dose at 12 to 15 months of age, and the second dose at 4 through 6 years of age.

Teens and adults should also be up to date on their MMR vaccination. Children may also get MMRV vaccine, which protects against measles, mumps, rubella, and varicella (chickenpox). This vaccine is only licensed for use in children who are 12 months through 12 years of age.

A Tale of Two Epidemics

Public Health is not a partisan issue. The mission of public health is to create interventions that extend the length and improve the quality of life for all members of our community. Epidemics threaten that mission. When epidemics arise to endanger our community, the Cincinnati Health Department combats those threats by employing evidence-based medical and public health interventions, by conducting community-wide public education campaigns, and by advocating for necessary legislation and changes in public policy.

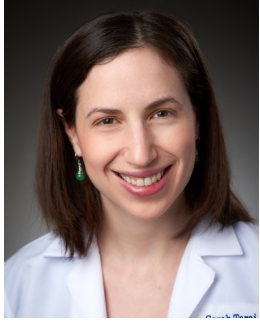
Two epidemics have threatened the citizens of Cincinnati this summer. The first of these, the measles epidemic, has passed almost unnoticed, because of efforts made by the Health Department and other health care providers, to promote life-saving immunization programs across throughout the city. The Cincinnati Health Department has played a substantial role in ensuring vaccination coverage by vigorously promoting measles immunization in its six community-based health centers, its fifteen school-based health clinics, and in an additional twenty schools that are served by Health Department nurses. These programs have achieved a 95% vaccination rate in the schools we serve. This compares with an average vaccination rate of less than 70% that do not have the benefit of Health Department affiliation. The end result of this effort is that, while new cases of measles continue to be identified in other parts of the country, there have been no reported cases in Cincinnati.

The second epidemic, gun violence, has not been successfully addressed and remains a scourge that tragically diminishes the quality of life in our community. More than twenty teenagers have been shot and killed in our streets since school ended in May. One of these was a patient of mine. He was an 18 year old who had overcome significant problems, was set to enter his senior year of high school, and was hoping to attend college. I continue to see, on a daily basis, patients who knew one or more of the other victims. In many cases, they have been afraid to leave their homes for fear of being shot and killed. In other cases, their mothers have been afraid to let them go outdoors for the same reasons. The result is that they have spent most of their summers indoors doing none of the things children and teenagers typically do. They, uncharacteristically, look forward to returning to school where they know they can see their friends again AND feel safe at the same time.

There are effective evidence-based policies for stopping the gun violence epidemic. The evidence is clear: countries that employ common-sense gun control public policy measures have a more than 50% reduction in homicide and suicide deaths compared with the United States. This proves the point that guns ultimately kill people if people who have the intent to kill have access to them. These measures include, among others a) making illegal the sale of assault weapons, bump-stocks and high capacity magazine cartridges, b) insisting on comprehensive background checks for all weapons sales including those that occur over the internet, at gun shows and in stores, c) making illegal the private sale of guns, d) requiring that all gun owners obtain certification that they have participated in gun safety classes.

CHD Celebrates National Hispanic Heritage Month

Each year, Americans observe National Hispanic Heritage Month from September 15 to October 15, by celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America. The observation started in 1968 as Hispanic Heritage Week under President Lyndon Johnson and was expanded by President Ronald Reagan in 1988 to cover a 30-day period starting on September 15 and ending on October 15. It was enacted into law on August 17, 1988, on the approval of Public Law 100-402. The day of September 15 is significant because it is the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16 and September 18, respectively. Also, Columbus Day or Día de la Raza, which is October 12, falls within this 30 day period.



Sarah Tarai, MD, is a Spanish speaking pediatrician at the Cincinnati Health Department. She joined the Health Department in 2018 and practices at Price Hill Health Center.

Dr. Tarai's professional interests include pre-school benefits for children, community-wide care and special needs health. She completed Medical School at Baylor School of Medicine Houston, Texas and her General Pediatrics training at Riley Hospital for Children at Indiana University in Indianapolis. She started as a general pediatrician and hospitalist at Witham Health Services where she helped lead the effort to establish a literacy program, Reach Out and Read, for the practice. She then moved to Cincinnati to start at the Cincinnati Health Department.

What she likes most about working at the Cincinnati Health Department is serving people from all parts of the community. "I love working with my team at Price Hill to ensure these children's complex health and social needs are met and building long term relationships with the families."

CDC, FDA, States Continue to Investigate Severe Pulmonary Disease Among People Who Use E-cigarettes

Get the facts about electronic cigarettes, their health effects and the risks of using e-cigarettes. E-cigarettes are sometimes called "e-cigs," "vapes," "e-hookahs," "vape pens," and "electronic nicotine delivery systems (ENDS)." Some e-cigarettes look like regular cigarettes, cigars, or pipes. Some look like USB flash drives, pens, and other everyday items. E-cigarettes are devices that deliver an aerosol to the user by heating a liquid that usually contains nicotine, flavorings, and other chemicals. E-cigarettes can also be used to deliver marijuana or other substances.

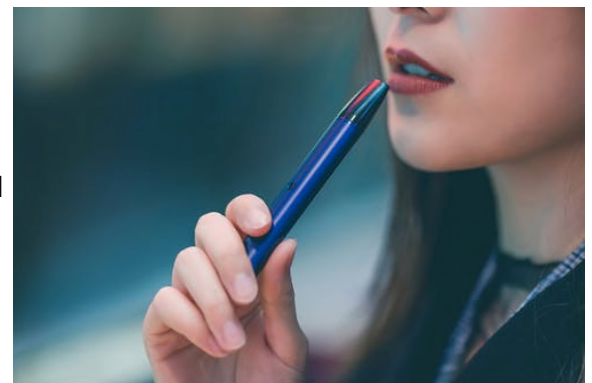
Several states have recently reported cases of severe respiratory illness among teenagers and young adults with a history of vaping. Reported symptoms include cough, fatigue, dizziness, headache, vomiting and diarrhea, chest pain, and worsening difficulty breathing, sometimes requiring intensive care. A variety of vaping products associated with the illnesses have been reported across states.

The Centers for Disease Control and Prevention, U.S. Food and Drug Administration (FDA), state and local health departments, and other clinical and public health partners are investigating this multistate outbreak of severe pulmonary disease associated with e-cigarette product (devices, liquids, refill pods, and/or cartridges) use. This investigation is ongoing and has not identified a cause, but all reported cases have a history of using e-cigarette products.

Youth should be discouraged from using vaping and e-cigarette products of any kind as the long-term health impacts for youth using these products are unknown. Patients with a history of vaping who are experiencing breathing problems should seek medical care. Health care providers should ask patients with respiratory illness about the use of vaping and e-cigarette products.

If you are concerned about these specific health risks, consider refraining from using e-cigarette products. CHD encourages everyone to follow these safety tips to stay healthy:

- E-cigarette users should not buy products off the street (e.g., e-cigarette products with THC, other cannabinoids) and should not modify e-cigarette products or add any substances to these products that are not intended by the manufacturer.
- E-cigarette products should not be used by youth, young adults, pregnant women, as well as adults who do not currently use tobacco products. If you use e-cigarette products, monitor yourself for symptoms (e.g., cough, shortness of breath, chest pain) and promptly seek medical attention if you have concerns about your health.
- Adult smokers who are attempting to quit should use evidence-based treatments, including counseling and FDA-approved medications. If you who need help quitting tobacco products, including e-cigarettes, call 1-800-QUIT-NOW.
- If you are concerned about harmful effects from e-cigarette products, call your local poison control center at 1-800-222-1222.



CHD's City of Cincinnati Primary Care earned the 2019 Health Center Quality Leader Award



Thanks to our hard work and dedication, the City of Cincinnati Primary Care (CCPC) earned the **2019 Health Center Quality Leader Award** for being in the **top 10%** of all health centers in overall clinical performance. Congratulations on achieving **Gold** in the quality award rankings.

Health Resources and Services Administration (HRSA) provides Quality Improvement Awards (QIA) to improve the 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 care to more than 28 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.

The QIA support HRSA's strategic goal to improve access to quality health care and services, and supports the U.S. Department of Health and Human Service's goal of promoting a value-based payment system by improving the quality, breadth of services, modernization, efficiency, and overall value of primary health care delivered by health centers.

In FY 2019, the U.S. Department of Health and Human Services (HHS) announced nearly \$107 million in Quality Improvement Awards to 1,273 health centers across all U.S. states, territories and the District of Columbia. Health centers will use these one-time grant funds to expand their achievements in clinical quality improvement, care delivery efficiency, and the overall value of health care in the communities they serve.

Next year, CHD's goal is to become a Nation Quality Leaders. To accomplish this, we need to be ranked in the top 1-2% of all health centers in one or more of the clinical quality measures. I am confident that we will achieve this goal!

First Ladies for Health, 5th Annual Health Day

September is National Prostate Awareness Month and the Cincinnati Health Department encourages you talk to your doctor, nurse, or other healthcare professional make sure you are up to date on recommended prostate screenings.

Prostate screenings are available during the First Ladies for Health's 5th Annual Health Day on Sunday, October 13, 2019. Prostate Screenings can be done at New Jerusalem Baptist Church (Carthage), New Prospect Baptist Church (Roselawn), Word of Deliverance (Forest Park), College Hill Recreation Center, and Evanston Recreation Center. Log onto <http://www.familyhealthday.org/family-health-day.html> for more information.





First Ladies
For Health

FAMILY HEALTH DAY

Sunday October 13th

Power in Unity. One day. 12 locations. ALL ARE WELCOME!

FREE Health Screenings
Giveaways and Raffles!
 Visit familyhealthday.org for locations

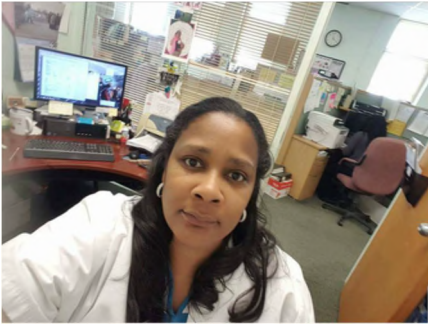









CHD Names Jackie Silas, Employee of the Month for September



Jackie Silas, RN has been with the CHD for 26 years. She is currently working in Home Health as the Team Lead for the Community Health Worker's. During her tenure at CHD, she has worked two additional stints in Home Health, as well as with Every Child Succeeds, Lead Program, Primary Care (OB/GYN, Quality Improvement/ Nursing Administration). While at the CHD, she's also completed a military career with the U.S. Army.

Ms. Silas has a great wealth of knowledge that she has obtained and shared in her two and a half decade career at CHD. She is always seeing the needs of her fellow employees, and offering kind words and support in times of trouble. She truly cares for her fellow colleagues and is not going to ask anyone to do something that she is not willing to do herself. If you have a concern, you can go to her, address the problem and you know it will be handled. If you have a question, you know she will help you, even if that means she stays over at the end of our workday. She is willing to do whatever she can to help the department strive!

Her nominations had the following comments, "Ms. Silas goes the extra mile for her patients and individuals both in and outside of her program. Ms. Silas spends extra time with her patients when needed making sure they are aware of the community resources that are available. She always offers kind words and support to her fellow employees and patients who are in need of assistance.

Ms. Silas is described as always willing to help; advocate for what is fair and just. It brings her great pleasure to know that she has helped so many people during her career and that quite a few still remember her despite all the time that has passed.

Public Health was a dream job for her while growing up in Chicago, Illinois. She was attracted to being able to educate and service the community to a state of better health and wellness. The military as well as CHD have given her the opportunity to do that.

Retirees and Years of Service Employees Honored

Recent CHD retirees and long serving employees were recognized for their dedication and years of service to CHD at the August Board of Health meeting. Cincinnati Health Department Board Chair, Dr. Phil Lichtenstein and Vice Chair, Dr. Joe Hackworth, joined Commissioner Moore and Ms. B.A. Dixon (HR) to pay tribute to employees during the Years of Service and Retiree Recognition ceremony. This tribute is a bi-annual recognition created by the Labor Management Committee and Human Resources to honor and personally thank staff and improve moral.

RETIREES RECOGNIZED: Dr. Marilyn Crumpton, Deborah Murphy, Sandra Lloyd Debra Dreyfus, Karen Flowers, and Mary E. O'Leary, Cynthia Ransohoff, Rhonda Johnson, Patricia Hollis, James Wimberg and Dr. Helen Weiss.

EMPLOYEES RECOGNIZED for YEARS of SERVICE: Mary Ann Meehan, 30 Years; Sandra Watson 30 Years; Flossietta Moss, 25 Years; Michelle Williams 25 Years; Carol Thurman 25 Years; and Maxine Watson, 25 Years.

Congratulations to all!!



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>



HEALTH MATTERS

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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

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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.



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

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

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)

A Message from the Board of Health



Phil Lichtenstein, MD

We can help you find the plan that's right for you. Call us at 513.564.2273 (CARE) to schedule an appointment.

Open Enrollment for 2021 Marketplace coverage is one month 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.





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.

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.

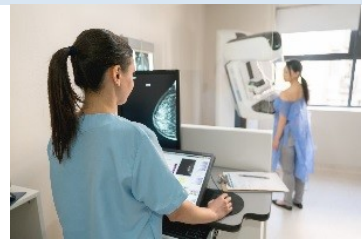
Will a flu vaccine protect me against COVID-19?

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.

If 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>

HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

DECEMBER 2020

Vol. X Issue XII

“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.

Also available online on Vimeo

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

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Stay Safe During and After a Winter Storm

During extremely cold weather or winter storms, staying warm and safe can be a challenge. Winter storms can bring cold temperatures, power failures, loss of communication services, and icy roads. There’s a higher risk for car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from over-exertion. To keep yourself and your loved ones safe, you should know how to prepare your home and your car before a winter storm hits.

Protect yourself and your loved ones during a winter storm. Take extra steps to make sure you heat your home safely, and follow the tips below. If you plan to use a wood stove, fireplace, or space heater, be extremely careful. Follow the manufacturer’s instructions and remember these safety tips:

- Turning on the stove for heat is not safe; have at least one of the following heat sources in case the power goes out:
 - Extra blankets, sleeping bags, and warm winter coats
 - Fireplace that is up to code with plenty of dry firewood or a gas log fire place
 - Portable space heaters or kerosene heaters. Check with your local fire department to make sure that kerosene heaters are legal in your area.
- Use electric space heaters with automatic shut-off switches and non-glowing elements. Make sure to keep them away from any flammable materials, like curtains or blankets.
- Use fireplaces, wood stoves, or other combustion heaters only if they are properly vented to the outside and do not leak gas from the flue or exhaust into the indoor air space.
- Have your heating system serviced by a qualified technician every year.
- Do not burn paper in a fireplace.
- Make sure you have proper ventilation if you must use a kerosene heater.
- Use only the type of fuel your heater is designed to use—don’t substitute.
- Keep heat sources, like space heaters, at least 3 feet away from drapes, furniture, or bedding. Never cover your space heater.
- Never place a space heater on top of furniture or near water.
- Never leave children unattended near a space heater.
- Make sure that the cord of an electric space heater is not a tripping hazard, but do not run the cord under carpets or rugs.
- Avoid using extension cords to plug in your space heater.
- If your space heater has a damaged electrical cord or produces sparks, do not use it.





I'd like to take the opportunity to formally introduce you to our Division Manager/ Chief Financial Officer, Mr. Robert L. Hall, Jr. Mr. Hall has worked with us for the past few months and has been busy getting acclimated with the department. If your paths haven't crossed yet, they will soon.

Mr. Hall's work with the City of Cincinnati began prior to him being an actual employee of the City. In fact, he was an employee of Hall & Associates who were partnered with Ernst and Young in a combined business venture. Hall & Associates conducted audits throughout the City's process around 1991 through 1993.

Mr. Hall obtained his certification as certified public accountant (CPA) in 1994. He has a dual degree of accounting and finance from the University of Cincinnati. He started his employment with the City of Cincinnati in Spring of 1996 as a Deputy Treasurer in City's Treasurer office. Prior to the working with the Cincinnati Organized and Dedicated Employees (CODE) forming he was briefly an officer with Middle Management Association (MMA) around 1998 and 1999. He left the City's service and pursued a career with Jefferson Wells, a consulting firm, for about a year during the Fall of 2000 through 2001. He returned to City of Cincinnati where he worked in the Department of Public Services. Mr. Hall served as the accountant and then Senior accountant in every aspect of the department. During his employment with the City, Mr. Hall attended Mount St. Joseph University in 2016 to obtain a master's degree in business administration which he earned in 2018. He is a member of the Government Finance Officer Association (GFOA), as well as a member in the Association of Government Accountants (AGA) where he serves as an officer with the local chapter of AGA. He is married with two teenage daughters.



COVID 19 is putting a burden on hospitals and healthcare workers

The City of Cincinnati is experiencing exponential growth in the number of COVID-19 cases, hospitalizations, and deaths are rising. It's no surprise that hospital staff and physical facilities are becoming taxed beyond capacity. It is more important than ever to follow guidance from local, state, and federal officials on how to stop and slow the spread of COVID-19.

As such, the Cincinnati Health Department urges all City residents to implement the following steps to prevent the spread of the virus, protect the lives of you and your loved ones, and preserve our acute and other healthcare services and capacity.

- Stay at home to the greatest extent possible. Only leave home for work, school or essential needs, such as food or medical care.
- Observe the state-wide curfew, issued November 19, from 10 p.m. – 5 a.m. daily.
- Limit exposure in your home. Only immediate household members should be allowed in. Re-think your holiday plans to eliminate gatherings.
- Continue to follow all health orders and advisories, such as wear a mask, maintain at least six feet of distance from others; wash hands frequently and stay home when you are ill.
- All gatherings should be limited to 10 or fewer. This includes both inside and outside of your home.
- If you have symptoms of COVID-19, including but not limited to new onset of fever, cough, shortness of breath, congestion or runny nose, sore throat, new loss of taste or smell, body aches, or unusual fatigue, isolate and call your primary care provider for next steps.
- If you have been diagnosed with COVID-19, you must isolate for 10 days from the date of symptom onset, or from the date of test collection (until you are not experiencing symptoms). In the home, sick or infected individuals should separate themselves from others by staying in a specific "sick room" or area, and use a separate bathroom, if available. Don't wait to hear from your health department – begin these steps immediately.
- Residents who have been identified as a contact to an individual diagnosed with COVID-19 should quarantine for one full incubation period (14 days) from the date of last contact. Individuals in quarantine should stay home, separate from others, monitor their health, and follow all instructions from the Cincinnati Health Department or your local health department.

As cold weather moves in and the holidays approach, people spend more time indoors. Please take the necessary steps to slow the spread of COVID-19. Wear a mask, stay at least 6 feet apart, avoid crowds, and wash your hands often. The more steps you take, the more you are protected against COVID-19.

A Message from the Board of Health



Edward Herzig, MD
Board Chair

Please join me in congratulating Commissioner Melba R. Moore who was named Humanitarian of the Year by Mayor John Cranley for her leadership during this global pandemic.

During the most uncertain time in our lives, Commissioner Moore has exhibited all of the qualities that make her the Humanitarian of the Year. Although she has always been recognized as a leader in the health community, she has used her position, education, business acumen and personal contacts — at great personal and professional risk — to lead our community through the COVID-19 crisis.

Under her leadership CHD has accomplished a great deal including but not limited to:

- uncovering creative solutions designed to protect and serve all citizens more effectively
- repurposed facilities and secured equipment and supplies to respond to the pandemic aligning the public with the need to embrace critical public health interventions such as vaccine acceptance, masking, and physical distancing requirements.
- broadened telehealth services, ensuring access to care while reducing the risk of COVID-19 exposure for both patients and healthcare providers.

Congratulations Commissioner Moore and thank you for all that you do! Job well done!

December 1-7 - National Influenza Vaccination Week



National Influenza Vaccination Week (NIVW) is an annual observance in December to remind everyone 6 months and older that there's still time to get vaccinated against flu to be protected during the upcoming season. Vaccination is particularly important for people who are most vulnerable to developing serious flu complications, including people with certain chronic conditions such as asthma, diabetes and heart disease. In fact, last flu season 9 out of 10 adults hospitalized for flu had at least one reported underlying medical condition.

This year that message is more important than ever, especially given the possibility that both flu viruses and the virus that causes COVID-19 will spread this winter. This could place a tremendous burden on the health care system and result in many more illnesses, hospitalizations and deaths than during a regular flu season

— especially among people managing chronic conditions because many of them also are at higher risk from COVID-19. The good news is that there is a flu vaccine that is tried and true; proven to reduce the risk of flu illness, hospitalizations and death.

There's so much that's beyond control this winter season. But we do have the power to get a flu shot to protect ourselves and our families from flu and its complications. Flu vaccination during the COVID-19 pandemic should be of added importance because it can help reduce the overall burden of respiratory disease and save medical resources for the care of COVID-19 patients.

1. Take everyday preventive actions that are always recommended to reduce the spread of flu.

- Avoid close contact with people who are sick.
- If you are sick, limit contact with others as much as possible to keep from infecting them.

2. Cover coughs and sneezes.

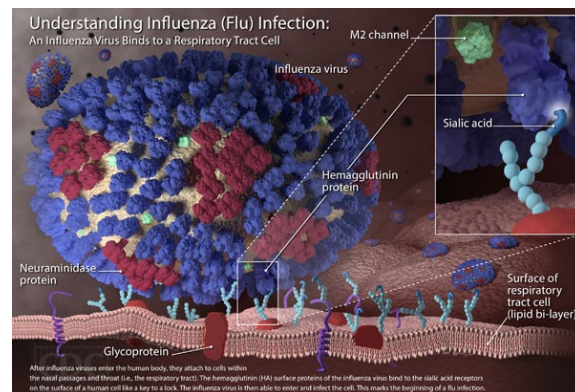
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

3. Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

4. Avoid touching your eyes, nose and mouth. Germs spread this way.

5. Clean and disinfect surfaces and objects that may be contaminated with viruses that cause flu.

Together, we can use NIVW as a nationwide call to action to encourage everyone ages 6 months and older to get their annual flu shot, especially those with chronic conditions. The more people vaccinated against flu, the more people protected from flu.





During the Coronavirus Disease 19 (COVID-19) pandemic, keeping hands clean is especially important to help prevent the virus from spreading.

Regular handwashing is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. Whether you are at home, at work, traveling, or out in the community, find out how handwashing with soap and water can protect you and your family.

How Germs Spread

Washing hands can keep you healthy and prevent the spread of respiratory and diarrheal infections from one person to the next. Germs can spread from other people or surfaces when you:

- Touch your eyes, nose, and mouth with unwashed hands
- Prepare or eat food and drinks with unwashed hands
- Touch a contaminated surface or objects
- Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- After using the toilet or changing diapers or cleaning up a child who has used the toilet
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before, during, and after preparing food or eating
- Before and after treating a cut or wound
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

Baby wipes may make your hands look clean, but they're not designed to remove germs from your hands. CDC recommends washing hands with soap and water when possible.

Follow Five Steps to Wash Your Hands the Right Way

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals. Follow these five steps every time:

- Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse your hands well under clean, running water.
- Dry your hands using a clean towel or air dry them.



Use Hand Sanitizer When You Can't Use Soap and Water

You can use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available. Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label. Sanitizers can quickly reduce the number of germs on hands in many situations. However, sanitizers do not get rid of all types of germs. Hand sanitizers may not be as effective when hands are visibly dirty or greasy. Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals.

How to use hand sanitizer

- Apply the gel product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers for about 20 seconds until your hands are dry.
- Use Hand Sanitizer When You Can't Use Soap and Water

Caution! Swallowing alcohol-based hand sanitizers can cause alcohol poisoning if more than a couple of mouthfuls are swallowed. Keep it out of reach of young children and supervise their use.

During the COVID-19 pandemic, you should also clean hands:

- After you have been in a public place and touched an item or surface that may be frequently touched by other people, such as door handles, tables, gas pumps, shopping carts, or electronic cashier registers/screens, etc.
- Before touching your eyes, nose, or mouth because that's how germs enter our bodies.

How to Safely Celebrate Christmas and New Year During COVID 19

Being away from family and friends during the holidays can be hard, but visiting family and friends can put everyone in danger during the COVID 19 pandemic. So when you talk with your friends and family about plans, it's okay if you decide to stay home and remain apart from others. In fact, health officials and experts across the nation have issued a strong warning: Visiting family and friends can put everyone in danger this winter holiday season.

CHD urges all residents to consider and follow this guidance to prevent the spread of the virus, protect themselves and those that they love.

How do I know what decision is right for me for the upcoming holidays?

Weigh the risks of COVID-19 for yourself and your loved ones

- Talk about it ahead of time
- Review or ask about the guest list, it should be a short list
- Ask what safety measures will be in place
- Check or ask about the space to ensure safe distancing
- If you decide to get together, make a plan, share with guests, and stick to it
- Think about specific things you can do to reduce the risk and make the gathering safer.

What does a safer Christmas and New Year actually look like?

The safest way to celebrate is not to celebrate in person

- Avoid gathering at all and find alternate ways to celebrate.
- Meet virtually via a video call or phone call.
- Consider making some new traditions.
- Organize a virtual call with extended family to discuss everyone's feasts and what they are thankful for.
- Share recipes instead of dinner.
- Dig out those old photos and videos of Christmas/ New Year past, use video chat to share your favorites with relatives, and ask them to do the same. Have the most tech-savvy family member create a shareable video combining all the contributions.
- Have your own parade. Drive by homes of neighbors or family members to wish them a Merry Christmas and Happy New Year. Take a walk with your family to help work off your holiday meal. Be sure to dress appropriately for the weather.

If you do gather, do it differently

- Have a small dinner that includes only those who already reside in your home.
- Host your gathering outdoors, when possible.
- Make sure the space is well ventilated by opening windows and doors, if possible
- Arrange tables and chairs to allow for social distancing.
- People from the same household can be in groups together and do not need to be 6 feet apart – just 6 feet away from other groups or families.
- Limit people going in and out of the areas where food is being prepared or handled, if possible.
- Have one household approach the food serving area at a time to prevent congregating.
- Use single-use options or identify one person to serve any sharable items.
- Avoid serving dinner as a buffet.

Before you gather

- If you or someone you live with is sick or has any symptoms that could be COVID, stay at home or cancel the gathering;
- Make sure you have hand sanitizer or make it available while gathering;
Set your own boundaries and follow through;
Avoid judgement about the decisions of others;

While you are gathering

Practice the 3 W's (**Wear, Wait, Wash**) during the event:

- **Wear a face covering** when not eating or drinking,
- **Wait six feet apart** from others, and
- **Wash your hands** regularly.

Reminders:

When guests need to remove their mask to eat or drink, maintain 6 feet distance and put the mask back on after done eating or drinking.

Regularly disinfect frequently touches surfaces like doorknobs and light switches.

Do you need health insurance coverage? Now is the time to enroll in a 2021 health plan, as open enrollment for health coverage through the Affordable Care Act marketplace is officially underway.

Open enrollment is the time period each year when you're allowed to start, stop or change your health insurance plan. Normally, you sign up around the end of one calendar year for coverage that lasts the next full year.

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.

The Cincinnati Health Department can help you find the plan that's right for you. Consumers should contact the Outreach and Enrollment Team at **513.564.2273 (CARE)** to schedule an appointment at one of CHD's community health centers for enrollment assistance.

The following people should not attend in-person holiday gatherings

- People with or exposed to COVID-19
- Do not host or participate in any in-person gatherings if you or anyone in your household
- Has been diagnosed with COVID-19 and has not met the criteria for when it is safe to be around others
- Has symptoms of COVID-19
- Is waiting for COVID-19 viral test results
- May have been exposed to someone with COVID-19 in the last 14 days
- Is at increased risk of severe illness from COVID-19
- Do not host or attend gatherings with anyone who has COVID-19 or has been exposed to someone with COVID-19 in the last 14 days.
- People at increased risk for severe illness

If you are an older adult or person with certain medical conditions who is at increased risk of severe illness from COVID-19, or live or work with someone at increased risk of severe illness, you should avoid in-person gatherings with people who do not live in your household.

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