

# MCHD NEWSLETTER

The greatest wealth of a community is the health of the people.



If you live in Chesterhill, you may have noticed dozens of people taking a stroll around the Stan Triplet Path, clipboards in hand, on a pleasant Sunday afternoon in mid-September. MCHD, in partnership with the Chesterhill Village Council and Morgan County Support and Solutions, organized a “walk audit” as part of the Healthy Eating Active Living (HEAL) grant from the Ohio Department of Health.

A walk audit is an evidence-based activity in which participants observe and evaluate the walkability and safety features of given location. Over the last year, the Stan Triplet Path has been identified as a place in Chesterhill with a lot of potential for fun physical activities to take place. In fact, local officials had already started planning and dreaming about work to be done around the area. The walk audit served to supplement the work that the Village is already doing by providing community input about features that residents would like to see around the path, such as benches or trashcans. Our HEAL grant funds will be used to help make some of these dreams a reality!

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## ANIMAL BITES

Despite taking precautions, sometimes animal bites happen. Do you know what to do if you are bitten by an animal? Immediately after the incident, animal bites or scratches should be washed with disinfectant soap and water.

When an animal sick with rabies bites you and breaks the skin, there is a chance you can get sick with rabies. If you are bitten, scratched, or unsure, talk to your healthcare provider about whether you need any type of treatment.


Ohio law requires all dog or other non-human mammal bites, be reported within 24 hours to the health district in which the bite occurred. In Morgan County those reports are made to our office. Once notified, we will contact the victim to gather details about the bite and information on the rabies vaccination status of the animal.

Rabies is preventable through prompt appropriate medical care. Visit your veterinarian with your pet on a regular basis to keep rabies vaccinations up-to-date. This protects both them and your family.



Many would agree that one of the best parts of the holidays is the food! However, typical holiday foods like cookies, cakes, casseroles, and breads are often filled with salt, fat, and sugar. This holiday season, celebrate while sticking with healthy habits!

- Start the day with a healthy breakfast
- Make fruits and veggies part of your holiday plate
- Add exercise to the calendar
- Remember to stay hydrated by drinking water




### Bitten by an animal?

- Animal bites or scratches should be washed immediately with disinfectant soap and water
- Talk to your healthcare provider if you are bitten, scratched, or unsure. They will determine if you need any type of treatment.
- Report any animal bite within 24 hours to the health district in which the bite occurred.

### What about rabies?

When an animal sick with rabies bites you and breaks the skin, there is a chance you can get sick with rabies.

Visit your veterinarian with your pet on a regular basis to keep rabies vaccinations up-to-date. This protects both them and your family.



**Public Health**  
Prevent. Promote. Protect.  
MORGAN COUNTY HEALTH DEPT.

## HOLIDAY FOOD SAFETY

We want you and your family to have a healthy and safe holiday season, especially as you spend time in the kitchen preparing a variety of sides, meats, desserts, and more. It is important to do everything you can to prevent food poisoning.

According to [www.foodsafety.gov](http://www.foodsafety.gov), you can help keep your family safe from food poisoning at home by following these four simple steps: clean, separate, cook and, chill:

### 1. CLEAN

Wash Hands, Utensils, and Surfaces Often. Wash your hands frequently while handling food, and clean utensils and surfaces with hot, soapy water after they have touched raw meat.

### 2. SEPARATE:

Don't Cross Contaminate. Use separate cutting boards and plates for produce, meat, poultry, seafood, and eggs. In your fridge, make sure raw meat is secured in containers or leakproof plastic bags.

### 3. COOK AT THE RIGHT TEMPERATURE:

Food is safely cooked when the internal temperature is high enough to kill germs that can make you sick. Use a food thermometer to be sure your food is safe. When you think your food is done, place the food thermometer in the thickest part of the food, making sure not to touch bone, fat, or gristle. Go to [www.foodsafety.gov](http://www.foodsafety.gov) to view a temperature chart.

### 4. CHILL:

Refrigerate and Freeze Food Properly. Refrigerate perishable foods within 2 hours.

## #ATOBACCOFREEOHIO

Do you know of someone that is interested in quitting tobacco? Whether they smoke, vape, dip, or chew, quitting tobacco can improve their health and quality of life. But they don't have to do it alone!

Encourage them to call 1-800-QUIT-NOW (1-800-784-8669) or visit <https://ohio.quitlogix.org> to start their journey to a tobacco-free life.

For those younger than 18, please have them visit <https://oh.mylifemyquit.org/index>.

Want to learn more? Call our office at 740-962-4572 to speak with our tobacco cessation coordinator.

## FLU PREVENTION

Influenza, or the flu as most of us call it, is a sickness that can spread from one person to another. The flu can cause you to experience symptoms such as fever, cough, sore throat, tiredness, headaches, and a stuffy/runny nose.

Thankfully, there are steps we can take to help prevent the spread of the flu. These steps include:

- Cover your mouth with a tissue or sleeve when coughing or sneezing
- Washing your hands often
- Staying home when you feel sick
- Getting the flu shot

Everyone 6 months and older should get a flu shot each year. It is especially important that the following groups get vaccinated either because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications:

- Pregnant women
- Children younger than 5, but especially children younger than 2 years old
- People 65 years of age and older
- People of any age with certain chronic medical conditions such as heart disease, asthma, or diabetes
- People who live in nursing homes and other long-term care facilities
- People who live with or care for those at high risk for complications from flu

Monday	8:30am - 12:30pm
Tuesday	8:30am - 12:30pm
Wednesday	Closed
Thursday	8:30am - 3:30pm
Friday	Closed

Services Available:

- Immunizations
- TB Test
- Allergy Shots \*\*

Call to schedule your appointment  
740.962.4572

\*\*Please call and arrange with nurse, Physician Order required

**Public Health**  
Prevent. Promote. Protect.  
MORGAN COUNTY HEALTH DEPT.

The Greatest Wealth of a Community is the Health of the People. 11.29.23

Have you gotten your annual flu vaccine yet?  
There's still time!

A flu vaccine is the best way to help protect yourself and your loved ones against flu and its potentially serious outcomes.