

MCHD NEWSLETTER

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



SPRING TIRE COLLECTION



Spring is here and so are the mosquitoes! Not only do mosquitoes cause skin irritation from their bites, they can carry diseases. Diseases spread by mosquitoes are a concern in Ohio each year. The most effective way to prevent mosquito-borne diseases is to prevent being bitten by mosquitoes. What actions can you take to protect yourself? The Ohio Department of Health shares these tips to “Fight the Bite”:

- Consider avoiding outdoor activities during peak mosquito biting hours. Take extra care to use EPA-registered insect repellent during these hours if outdoors.
- Wear light-colored clothing, long-sleeved shirts or jackets and long pants to protect against mosquito bites.
- Stop mosquitoes from breeding in and around your home.

Did you know improperly stored tires can trap rain water, making them an ideal breeding environment for mosquitoes? They can! To help the residents of Morgan County properly dispose of their discarded tires, our staff recently teamed up with the Morgan High School FFA to host a Tire Collection in McConnelsville. In less than 2.5 hours approximately 2,400 tires were collected to fill the two semi trailers funded by MCHD’s Ohio EPA Mosquito Control Grant! Thank you Morgan FFA for all your help! If you missed this tire collection, be sure to watch for our next one in the fall.

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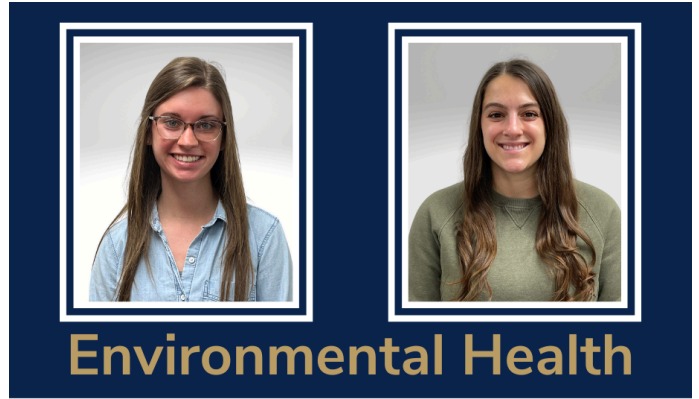
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www.facebook.com/mocohd

WE ARE PUBLIC HEALTH



Administrative

- Our entire team works to **prevent** poor health outcomes, **promote** public health, and **protect** our community.
- Our administrative team performs such duties as department oversight, fiscal operations, emergency preparedness, accreditation and vital statistics.



Environmental Health

- We work to prevent human illness or injury through public education, regulation and advocacy.
- We work to ensure safe food handling practices by local food service operators and retail food establishments.
- We work to ensure the water coming out of your faucet is clean and safe, and your properly functioning septic system keeps you protected from waterborne diseases.



Health Education

- We promote the importance of proper nutrition, physical activity, and tobacco prevention to stay strong and healthy.
- We prepare our community by offering CPR/First Aid classes.
- We educate our community about disease prevention and naloxone use to prevent deaths from opioid overdoses.



Nursing

School Liaisons

- We work to protect our community from vaccine-preventable diseases through our immunization clinic.
- We work to protect our community through communicable disease investigation and follow-up.
- We work to promote healthy living through services like free blood pressure checks at our office.
- We provide disease prevention education in our schools.

Our Mission:

To provide quality client-centered public health services to enhance the well-being of the entire population of Morgan County.

MORGAN COUNTY FARMERS MARKET



Main Street Church of Christ Parking Lot, 9 N 4th St, McConnelsville, OH 43756

EVERY THURSDAY

MAY 30 THROUGH
OCTOBER 31
11:00 A.M. TO 1:00 P.M.

Great local opportunity
to find fresh produce!!

05.29.24

BE SEPTIC SMART

Do you have a septic system? Do you know how to keep your septic system healthy? Follow these tips to help maintain a healthy septic system for years to come:

- Have your system pumped every 3-5 years by a registered septage hauler.
- Stagger the use of water-generating appliances such as dishwasher and washing machine to decrease the strain on your system.
- Don't park, drive, or plant over your drainfield.
- Avoid flushing harsh chemicals, non-degradable materials (wipes, diapers, feminine products, etc.) and grease to keep your system healthy.
- Have your system inspected every 3 years by MCHD or a licensed professional.

If your existing system is in need of repair or replacement, there is income-based assistance available from the Ohio EPA. Contact the Morgan County Development Office at 740-962-1322 for more information.

If you are thinking of building or buying a house, call MCHD to get a list of soil evaluators. A soil evaluator needs to test your soil to determine the best spot where a septic tank should go before you build or dig.

Call 740-962-4572 and ask to speak to our Environmental Health team or visit www.morganpublichealth.org/septic for more information.

#ATOBACCOFREEOHIO



Did you know vaping can expose you to toxic chemicals that can damage your lungs and decrease your ability to play? It can!


Vaping can also cost \$1500 or more a year! Don't waste your money on vapes, invest in your future instead.

Worried about the impact tobacco can have on your family's health? Want to learn more about vaping? Call our office at 740-962-4572 to speak with our tobacco cessation coordinator


Know someone who needs help quitting? Check out these FREE services below:





For individuals younger than 18, please have them visit <https://oh.mylifemyquit.org/index> or text "Start My Quit" to 36072.



Adults who want to start their journey to a tobacco-free life can call 1-800-QUIT-NOW or visit <https://ohio.quitlogix.org>.



MY NEW SEPTIC SYSTEM HAS BEEN INSTALLED, **NOW WHAT?**



 <p>MCHD conducts an inspection of the completed system prior to final cover by the contractor.</p> <p>Initial System Installation</p>	 <p>MCHD conducts an inspection of the completed system for final approval.</p> <p>3-6 Months After Installation</p>	 <p>MCHD conducts a 12-month inspection to ensure proper function of the new system.</p> <p>8-12 Months After Installation</p>	 <p>Have your septic tank pumped by a registered septage hauler.</p> <p>Every 3-5 Years After Installation</p>
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Additional Questions?  740-962-4572  www.morganpublichealth.org


Trauma

Feeling depressed or anxious

Thoughts of suicide

SOME REASONS TO CALL, TEXT, AND CHAT

988



Drinking too much or drug use

SUMMER WEATHER SAFETY

Thunderstorm:

- Keep trees trimmed and loose items picked up before storms arrive to limit dangerous projectiles from strong winds.
- Seek shelter inside at the FIRST sign of thunder or lightning and stay inside for 30 minutes after the LAST sign of thunder or lightning.
- Thunderstorms can escalate quickly, stay away from windows once indoors. If a building is not nearby, get inside a vehicle.

Tornado:

- Tornadoes can form in minutes. Stay Weather-Ready by having a way to receive weather alerts any time of day.
- Know your safe place and be ready to act quickly if a warning is issued. Safe places include storm shelters and basements — but if not available, an interior room without windows can also be protective. If you receive a tornado warning, take shelter immediately. Stay in place until all is clear and the warning has ended.

Extreme Heat:

- Never leave people or pets in a closed car.
- Wear loose, lightweight, light-colored clothing.
- Find shade and wear a hat wide enough to protect your face.
- Drink plenty of fluids to stay hydrated.

SUMMER ACTIVITY IDEAS

Are you looking for a way to boost your mood, sharpen your focus, reduce your stress and improve your sleep? Adding physical activity to your daily routine can help you do all these things and help you stay healthier. Check out these ideas for adding physical activity to your day:

Around the House:

- Set a timer for yourself to do as much cleaning around the house as you can. Moving quickly will get your heart pumping.
- Plant flowers in your garden. Spend time raking up leaves, twigs, and other debris around the yard that gathered during the winter.

In Beautiful Morgan County:

- Take a hike at Burr Oak State Park. Have young kids? Visit their 0.5 mile-long Storybook Trail.
- Take a brisk walk around downtown McConnelsville. Visit the Farmer's Market on Thursdays to add steps to your walk and grab some delicious produce!
- Check out the Covered Bridge Trail. Walk around at each stop to get an up-close look at each bridge! Visit the Morgan County Convention & Visitors Bureau for information on the bridges.
- Try a new active hobby. Launch a kayak from the ADA compliant launch at the Malta Boat Ramp or try out the free disc golf course at Burr Oak.

Get active and start feeling better today! Be sure to ask your healthcare provider if any of your current health conditions may limit your ability to be active in any way.



Get Connected. Get Help.™
Available 24/7
Call 211, or toll free 1-844-253-1161



United Way
of Muskingum, Perry,
and Morgan Counties

211 is a FREE service
to get information about community services
offered in Muskingum, Perry and Morgan Counties.

Call 211 to get connected with services like:

- Food, clothing, shelter and utility assistance
- Physical and mental health resources
- Support for seniors and persons with disabilities
- Support for community crisis or disaster recovery
- Volunteer opportunities
- County and city information

04.24.24

NURSING CLINIC HOURS

By Appointment Only

Mondays and Thursdays
8:30am - 11:30am
1:00pm - 3:30pm


Services Available:


- Immunizations
- TB Test
- Allergy Shots **

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

Call to schedule your appointment

740.962.4572





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

The Greatest Wealth of a Community is the Health of the People. 5.3.24