

# HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

September 2016  
Vol. VI 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.

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

CHD= Cincinnati Health Department

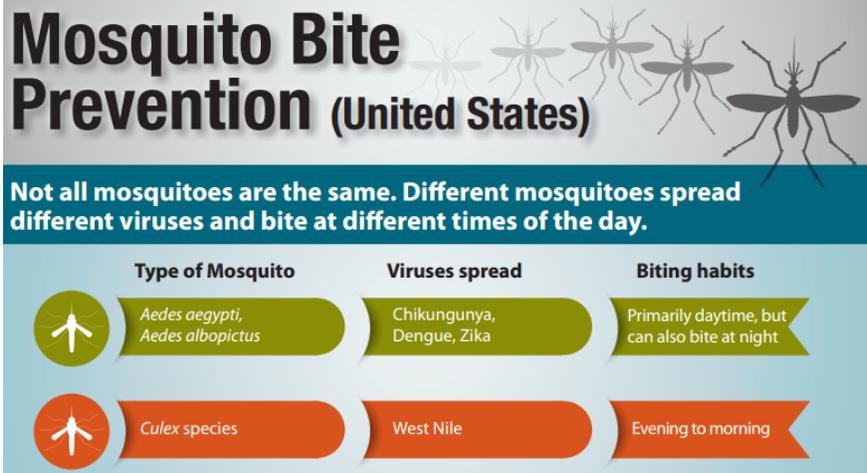
 Cincinnati Health Department

 @CinciHealthDept

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## Flood Waters Pose Health Risks

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



**Mosquito Bite Prevention (United States)**

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

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

### **Remove standing water!**

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

### **Improve sanitation**

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

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

## Commissioner's Corner



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

## Community Events

### September 15

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

### September 16

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

### Save the Date!

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

Making  
**Strides**  
toward a  
world  
with more **birthdays**



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

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

## September Is National Preparedness Month Protect Yourself and Those Around You

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

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

Please visit [www.ready.gov](http://www.ready.gov) for packing lists, fact sheets and preparedness tips to help you and your community.

**DON'T WAIT.**

**COMMUNICATE.**

**MAKE YOUR  
EMERGENCY PLAN TODAY.**



FEMA

AMERICA'S  
**PrepareAthon!**



Ready

NATIONAL PREPAREDNESS MONTH 2016

## Lead-Free Kids for a Healthy Future

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

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

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

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



## New School Based Health Center Opens



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

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

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

## Zika Virus

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



## CHD Welcomes Christa Hyson

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

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



## Cincinnati Health Department Helps Cincinnati Public Schools Combat Mold

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

### How can I prevent mold?

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

### How to get rid of mold:

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



**To schedule a Healthy Homes Assessment, call:**

**(513) 352-2908**

**CHD Healthy Homes Office**

**1525 Elm St.**

**Cincinnati OH 45202**

For more information, visit:

[www.cincinnati-oh.gov](http://www.cincinnati-oh.gov)

<http://tinyurl.com/CincyHealthyHomes>