HEALTHMATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

July 2020
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"**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

CHD= Cincinnati Health Department

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city of CINCINNATI HEALTH DEPARTMENT

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 test-ing 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.

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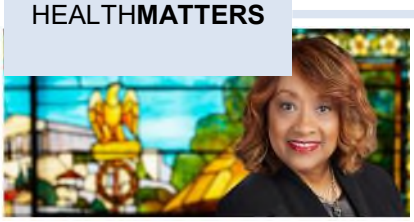


Commissioner's Corner

As communities and businesses are opening, you may be looking for ways to resume some daily activities 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.

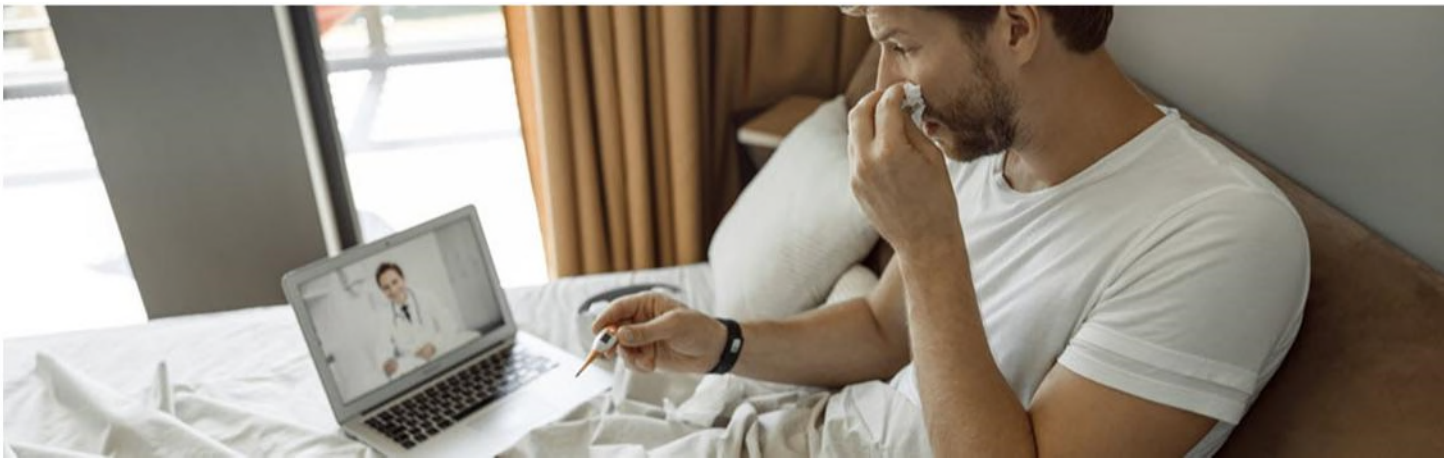
In general, the more closely you interact with others and the longer that interaction, the higher the risk of COVID-19 spread. So, think about:

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.



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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.

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. Hepati-tis C is spread through contact with blood or equipment used to give injections. Hepatitis D is spread thorough blood and occurs in people who are 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 old-er 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 arthritic, and juve-nile idiopathic arthritis. Symptoms, areas affected, and blood test are used to differentiate they 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 symp-toms.

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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 al-ready 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 pan-demic, 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

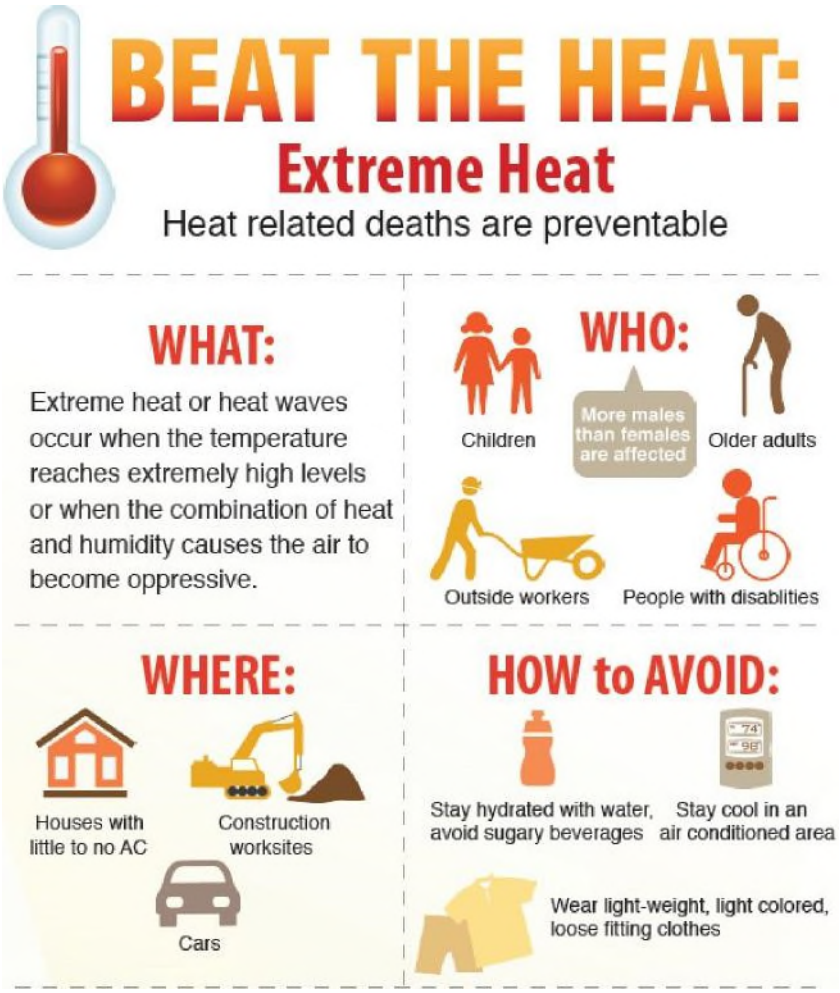
Tips for Preventing Heat-Related Illness:

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.



Firework Safety

Fireworks have been a tradition to celebrate since America's first birthday in July 4, 1777. They are quintes-sential, 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, lacera-tions, and foreign objects in the eye. Make the choice to protect yourself and your family from fireworks inju-ries.

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 spend 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 illness-es. Wash any wounds immediately with soap and water and then plan to see a healthcare provider. (It's im-portant 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 expo-sures before symptoms start.

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