HEALTHMATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

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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

@CHD

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

How to stay healthy in and out of the pool

Memorial Day is usually the unofficial start of summer. It is when area pools open to the public. The Cincinnati Health Department is alerting the community about an unseen irritant with a multi-syllable name that could be lurking in the water. Cryptosporidiosis, or crypto, a gastrointestinal illness, is caused by a microscopic parasite and is most commonly spread through water. The parasite is resistant to chlorine based disinfectants.

People can get it several ways, but mostly commonly from contaminated food or water sources. Crypto is passed in the stool of an infected person or animal. It spreads very easily and symptoms which include watery diarrhea and stomach cramps, can last a week to several weeks.

The Cincinnati Health Department says pool owners and managers have to be diligent about hygiene, but the parasite is resistant to chlorine. The CHD works with public pools in Cincinnati to test and monitor pool water hygiene.

The best health option, according to Sharon Hutchins, PhD, MPH, supervising epidemiologist with the communicable disease unit, CHD, is to not enter the water if you are still recovering from an illness or your child isn't potty-trained or is hesitant to get out of the water to use the bathroom. "If you are sick, particularly with diarrhea, you should not be swimming or in public water spaces. Crypto can also spread in fountains or splash areas and be transmitted person-to-person or after handling animals," says Dr. Hutchins.

The parasite is protected by an outer shell that allows it to survive outside the body for extended periods of time that also makes it tolerant to chlorine disinfection. Symptoms include diarrhea, stomach pains and vomiting, according to the Center for Disease Control and Prevention.

Tips to avoid or lessen parasitic infections:

- When swimming try not to swallow the pool water.
- Drink water only from safe sources.
- Boil any questionable water for at least one minute before drinking.
- Wash all raw fruits and vegetables under running water from a safe source.
- Wash your hands with soap and warm water often, especially after using the bathroom.
- Whenever possible, use a vegetable brush to scrub the outside of fruits and vegetables.

Commissioner's Corner

We are in full preparation mode for our Public Health Accreditation Board (PHAB) site visit. Though we don't have a date confirmed, the Site Visit Team has been selected and the clock is ticking as they review all our documentation.

Presenting a safe, professional and organized environment is an important part of our site visit. In preparation, we want to ensure that all staff and our facilities are ready. The PHAB lead team has prepared a checklist for staff to use to evaluate individual workspaces. This includes not only reducing clutter in our workspaces but making sure we have equipment, furniture and supplies to fulfill requirements (e.g. HIPAA security, safety, filing/storage cabinet, storage, damaged furniture/equipment removal/ replacement). Everything must be completed by **June 15.**

On-site Clean-Up days will be scheduled for each (non clinical) CHD location. Programs may contact the Supervisor of Maintenance, Andrew Bass, at Andrew.bass@cincinnati-oh.gov to schedule their cleaning day(s). Mr. Bass will provide appropriate resources needed for clean up and organization. Extra recycling and trash bins will be located on each floor. A larger staging area will be set up in the auditorium for trash, recycling, shredding and furniture/equipment.

After June 15, we will conduct facility tours to ensure work spaces meet the PHAB standards. Those that don't will need to be addressed immediately and comply to the standards. Thank you in advance to all staff for your cooperation!

Events & Shout Outs!

Congratulations to CHD's **Denisha Porter**,MPH, RS, REHS, HHS; Director of Health Promotion and Worksite Wellness, Creating Healthy Communities and former CHD Board of Health Member, **Dr. Donna Shambley-Ebron**, on being selected as a Nefertiti Awards recipient.

Saturday, June 9 — 4th Annual "Get It Checked" Health Fair at Spring Street Park (corners of E. 12th Street and Spring Street), from 10:00 a.m.-4:00 p.m.

June 16 (12-9 p.m.) June 17 (2-6 p.m.),— 31st Cincinnati Juneteenth, Eden Park

Congratulations Retirees
Rochelle Sandford, Customer Relations Rep, Environmental Health Services, 29 Years

National HIV Testing Day - June 27

Each year on June 27, CHD observes National HIV Testing Day. On this day, we unite with partners, patients and other organizations to raise awareness about the importance of HIV testing and early diagnosis of HIV.

HIV stands for Human Immunodeficiency Virus. It weakens a person's immune system by destroying important cells that fight disease and infection. More than 1.2 million people in the United States are living with HIV and nearly 45,000 people find out they have HIV every year, but 1 in 8 people don't know they have it or experience any symptoms. No effective cure exists for HIV. But with proper medical care, HIV can be controlled. Some groups of people in the United States are more likely to get HIV than others because of many factors, including their sex partners, their risk behaviors, and where they live.

People who have contracted the virus have it for life, since our immune systems can't seem to rid the body of it like other viruses**.** As the infection progresses, the patient's immune system is irreparably damaged. The body soon becomes prey to various opportunistic infections (ones that healthy people never have to worry about) and certain blood cells numbers plummet.

This is the point at which a patient is classified as having developed Acquired Immunodeficiency Syndrome (AIDS). This represents the final, deadly stage of an HIV infection. AIDS patients require complex treatments in order to stay alive.

More than 90% of new HIV infections in the United States could be prevented by testing and diagnosing people living with HIV and making sure they receive early, ongoing treatment. People who test negative have more prevention tools available today than ever before. People who test positive can take HIV medicines that can keep them healthy for many years and greatly reduce their chance of passing HIV to others.

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Water….essential to your health

Did you know a 20 oz. sugary drink can contain up to 240 calories and 17 teaspoons of sugar? Choosing a glass of water is a simple way to cut your sugar intake and improve your health. Sugary drinks are not only high in sugar, but they're also high in calories and salt. If you're working hard to get healthy, you need to make sure you get enough water when thirsty and eating meals. Most of your fluid needs are met through the water and beverages you drink. However, you can get some fluids through the foods that you eat. For example, broth soups and foods with high water content such as celery, tomatoes, or melons can contribute to fluid intake.

You need water. Being dehydrated can make you feel unfocused and tired. **Water helps your body:**

- Keep your temperature normal
- Lubricate and cushion joints
- Protect your spinal cord and other sensitive tissues
- Get rid of wastes through urination, perspiration, and bowel movements

Your body needs more water when you are:

- In hot climates
- More physically active
- Running a fever
- Having diarrhea or vomiting

If you think you are not getting enough water, these tips may help:

- Carry a water bottle for easy access when you are at work of running errands.
- Freeze some freezer safe water bottles. Take one with you for ice-cold water all day long.
- Choose water instead of sugar-sweetened beverages. This can also help with weight management. Substituting water for one 20-ounce sugar sweetened soda will save you about 240 calories.
- Choose water when eating out. Generally, you will save money and reduce calories.
- Add a wedge of lime or lemon to your water. This can help improve the taste and help you drink more water than you usually do.

Continued….National HIV Testing Day - June 27

Am I at risk for HIV?

HIV is spread through some of the body's fluids, like blood, semen (cum), vaginal fluids, and breast milk. HIV is passed from one person to another by:

- Having sex (vaginal, anal, or oral) without a condom or dental dam with a person who has HIV
- Sharing needles with someone who has HIV
- Breastfeeding, pregnancy, or childbirth if the mother has HIV
- Getting a transfusion of blood that's infected with HIV (very rare in the United States)

Help encourage HIV testing on National HIV Testing Day and every day to ensure people get tested for HIV, know their status, and get linked to care and treatment services. **To schedule HIV/STI testing, call CHD at 513-357-7301.**

A Message from the Board of Health

Phil Lichtenstein, MD
Chair, Board of Health

The Cincinnati Health Department will conduct an in-person survey of Cincinnati residents as part of its *2018 Cincinnati Community Health Assessment*. This is a local part of a regional effort, sponsored by dozens of hospitals and health departments, to collect data called the *Community Health Needs Assessment*. Cincinnati is collecting additional information to ensure representation of City residents, their health status, needs, and priorities.

We will be using a survey methodology called CASPER (for details see http://bit.ly/CHD-CASPER) that was designed to rapidly collect data after an emergency, but is well suited to get a geographically representative sample of a larger area and collect data about any topic. To do this type of survey, we have teams of two to go out to specific neighborhoods of the City and interview a member of the selected households (each team will receive a list of households to survey). If your neighborhood is selected and one of our volunteers comes to your home, we hope you consider taking the survey for this worthwhile cause.

On May 29, 2018, Greater Cincinnati Water Works (GCWW) officially launched a new "**Go Green. Go Paperless."** Campaign to encourage customers to sign up to receive paperless (aka electronic) invoices via email.

The initial method of outreach for the campaign is via email. Notifications will be sent to nearly 60,000 current "paper" customers promoting the ease for them to "Go Paperless in Just a Few Clicks." The emails will be sent in a staggered delivery format, over the course of approximately four weeks May 29 – June 19. We currently have around 60,000 of our 241,000 customer accounts as paperless; our goal is to increase that number to 120,000.

If you are currently not a GCWW Paperless customer, please look for your email (email address on file with billing account) in the next week or two, and click to Go Paperless!

Why is GCWW encouraging customers to go paperless?

- Faster delivery of statements and other documents
- Reduced paper clutter for the customer
- Reduced postal costs
- Protection of our natural resources through reduced paper consumption
- Access to statements online at any time, from anywhere

You can also Go Paperless and sign up for Auto Pay by enrolling at portal.myGCWW.org.

GCWW Customer Care Representatives are also available at (513) 591-7700, Monday through Friday, 7:30AM to 5:30PM to assist customers with going paperless, enrolling, or any other questions they may have.

Smart phone obsession can ruin your romance
Are you "phubbing" your family?

Researchers at Baylor University studied the effects of being distracted by a cellphone while in the presence of a romantic partner. They called this type of distraction phone snubbing, or "phubbing."

The study showed that the more time one person was on the phone while the couple were together, the more dissatisfied the other person was with the relationship.

Here are some of the behaviors researchers found to be problematic in relationships:* Phone Snubbing:

- Placing a cell phone where you can see it when you're with your partner.
- Keeping a cell phone in your hand when you're with your loved one.
- Glancing at your phone when talking to the other person.
- Checking your phone when there is a break in the conversation.

Keep reading to find out more about the effects of "distracted presence" and how to become more intentional with technology in a way that protects relationships by logging on to https://www.cincinnati-oh.gov/health/reports-publications/

If you are concerned about your own, or a loved one's technology use, your Public Employees Assistance Program (PEAP) can help. The counselors at PEAP can help you find ways to become more balanced with use of technology in order to strengthen your relationships. Call 513.421.7600 to schedule an appointment**.**

Prevention is key to avoid mosquito bites

No one is a fan of being bitten by mosquitoes, but the small insects are already beginning to appear. Although most kinds of mosquitoes are just nuisance mosquitoes their bites are not only itchy but they also spread viruses that make you sick, or in rare cases, cause death. Whether you're staying at home or traveling abroad, preventing mosquito bites is the best way to reduce the risk of mosquito-borne disease.

Mosquitoes can be found in many different environments and you may not always notice when you have been bitten. Mosquitoes bite during the day and night, live indoors and outdoors, and search for warm places as temperatures begin to drop. Some will hibernate in enclosed spaces, like garages, sheds, and under (or inside) homes to survive cold temperatures. Except for the southernmost states in North America, mosquito season starts in the summer and continues into fall.

Warm temperatures and standing water from recent rains create perfect mosquito breeding conditions. Keep your family safe by avoiding getting bit in the first place. The following are some steps that can be taken to help prevent mosquito bites whether you're at home or traveling.

Avoid mosquito bites.
It is import to prioritize personal protection to protect against mosquito bites.

- Wear EPA-registered mosquito repellents whenever mosquitoes are present and follow label instructions.
- Wear long, loose, light-colored clothing.
- Install or repair screens on windows and doors to keep mosquitoes outside.

Help reduce mosquito breeding around your home.
Get rid of potential mosquito breeding sites to help prevent mosquito-borne diseases. Empty standing water from flowerpots, gutters, buckets, pool covers, pet water dishes, discarded tires, and birdbaths. Consider using products containing *Bacillus thuringiensis israelensis* (Bti), available at many garden and home improvement stores, to control mosquito larvae in containers that are too large to empty. Follow the label instructions.

Communities Healthy by Design

AIA Cincinnati recently hosted the Cincinnati Health Department, The Health Collaborative, and GBBN Architects to teach the latest Urban Design Salon on how to build with the community instead of for the community and how health data can be utilized to design and plan for community needs. To build healthier communities, local architects and public health partners seek practical relationships in creating urban architecture that use place-specific data. By connecting known data and design action, this salon discussed how architects can grow their awareness into meaningful work across disciplines, while taking a stand on issues that benefit our community. The main objectives of the salon were to;

- Utilize, learn from, and leverage public-private partnerships.
- Build with a conscience.
- Find and use environmental health data for design.
- Understand how philanthropy, health, and design work together.
- Counter the ways poor urban design impacts health.

Speakers were Angela Mazzi, AIA ACHA EDAC (GBBN Architects), Angelica Hardee, PhD (Gen-H, The Health Collaborative) and Christa Hyson, MPH (Cincinnati Health Department). If you have an interest in Urban Planning, Architecture, Environmental Design and how Public Health relates – please email Couper Gardiner at cgardiner@unitingarch.org for more information on future events.

By Brian Hostetler, PharmD Candidate, Class of 2019

Protecting Your Skin While Having Fun in the Sun

It's that time of year again in Cincinnati! After a long winter, we seemed to have gone from the cold weather and skipped straight to summer. As it gets warmer outside, we spend more time outdoors and do all sorts of activities in the sun. While it is great to get out and enjoy yourself, it is important to remember to keep your skin protected! We all know that being outdoors in the sun for too long can cause painful sunburns, but prolonged exposure from the sun's ultraviolet (UV) rays can lead to a type of skin cancer called melanoma. It's also important to note that other forms of UV radiation, like indoor tanning, are bad for your skin and can increase the risk of you getting cancer. Melanoma can be deadly if it's not detected right away, and can occur anywhere on the body. However, it is most common on the head, neck, torso, upper back, and legs. What does a melanoma look like? It's typically a spot on the skin which can be mistaken for a mole, but there are some important differences. Using the pneumonic ABCDE, here are some important things to look out for:

A	**A**symmetry - while most moles are symmetrical, melanomas tend to be asymmetrical and may have different looking halves of the spot
B	**B**order - the edges of the melanoma are usually uneven
C	**C**olor – most moles are a single color, but melanomas can have different colors within the same spot, or have unusual coloring like blue, red, and white
D	**D**iameter – look out for any spots that are larger than 6 mm, or about the size of a pencil eraser; spots this size are larger could be a melanoma
E	**E**volving – take notice if the spot is changing size, shape, or color

While it is important to be wary of unusual spots on your skin, and to get your skin checked annually by a dermatologist, you can still have fun out in the sun. Make sure to wear sunscreen with at least a sun protection factor (SPF) of 30. The SPF is a number to show how much protection the sunscreen offers, with higher numbers offering greater sun protection (sunscreens typically have SPF values that range from 2-100). It should be applied 15 minutes before going out in the sun, and be applied every 2 hours while out in the sun. However, if you go swimming, or start sweating a lot, more should be applied immediately after. Stay out of direct sunlight or seek shade during the times of 10 a.m. to 2 p.m. when the sun's rays are the most intense, and make sure to wear a hat or clothing on unprotected areas of the skin. Check out https://melanomaknowmore.com/ for more information about melanoma, and for information about the monthly free skin cancer screening clinics around Cincinnati. Have fun out in the sunshine this summer, stay hydrated, and protect your skin!

Sources

1. Melanoma Know More [Internet]. [accessed 2018 May 17]. Available from: https://melanomaknowmore.com/.

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