

Newsletter

Huron County Public Health's Health Updates

UPCOMING EVENTS

HCPH offices will be closed:

Christmas and Christmas Eve:
December 24th (All Day)
December 25th (All Day)

New Year's Eve and Day:
December 31st (All Day)
January 1st (All Day)

Martin Luther King Jr. Day:
January 20th (All Day)

Visit www.huroncohealth.com for any changes to HCPH's office hours.



Experiencing the Winter Blues?

It's not uncommon to feel sad, irritated or less energetic during the winter months. For some people, these are manageable ups and downs that come with the changing seasons. However, Huron County Public Health (HCPH) has some tips about how you can help combat the Winter Blues.

The Winter Blues or Seasonal Affective Disorder (SAD), is a type of depression that comes and goes with the seasons, typically starting in the late fall and early winter and going away during the spring and summer. There are many ways the weather change may negatively affect you which include: having low energy, oversleeping, overeating, increased weight gain, craving for carbohydrates, and social withdrawal.

Attributes that may increase your risk of SAD include: being female, being young in age, and having depression.

You can make the weather change transition easier and attempt to combat the winter blues yourself by:

- Talking about how you're doing. If you're feeling blue or having a hard time getting motivated, talk to a friend about it.
- Getting some sunlight. Even on dark gloomy days, a light box or special lamps that mimic natural light may help lift your mood.
- Staying active. On cold, dark days, it can be hard to pull yourself out of bed. But it's important to keep moving and active.
- Sticking to your normal routines. Just because it's darker in the evenings doesn't mean you should stay in. Go to the gym or hang out with friends.

It is Okay to Ask for Help

- National Suicide Prevention Lifeline:
Call 1-800-273-8255
- Crisis Text Line:
Text TALK to 741741 to text with a trained counselor.
- Connect with mental health resources in Huron County:
Call 419-668-9858 or visit <http://www.huroncountymhas.org>

For additional resources visit: <https://www.nami.org/Learn-More/Mental-Health-Conditions/Depression/Major-Depressive-Disorder-with-a-Seasonal-Pattern>

Should My Child Stay Home From School?

Keeping your child home when they are sick can prevent them from spreading their illness to others. If your child has the following symptoms he or she should stay home.

VOMITING OR DIARRHEA

Keep your child home for at least 24 hours after the last time the child vomits (pukes) or has diarrhea without medicine.

BAD OR HARSH COUGH

Keep your child home and contact your child's healthcare provider. It's possible they could have bronchitis, flu, pneumonia, whooping cough or croup.

COLD

If your child has a mild cough, sneezing, aching muscles and watery eyes keep them home on the first day or two. This is when they are most able to spread the cold to others.



FEVER

If your child has a fever of 100°F or higher on the day or night before school, you should keep them home until they are fever free for 24 hours without medicine.

EARACHE

If your child has pain, drainage, or blood from their ear canal, contact your child's healthcare provider.

SORE THROAT

Keep your child home if they also have a fever, swollen glands, a hard time swallowing or talking, or if their throat is red and swollen. A bad sore throat with a headache and/or upset tummy can be signs of strep throat.

PINK EYE

Contact your child's healthcare provider and keep them home until 24 hours after treatment starts.

Good Health Habits

Good health habits can help stop the spread of germs. In addition to staying home when sick, washing hands frequently, coughing or sneezing into elbows, and getting an annual flu shot can help reduce the risk of getting the flu or other illnesses.

Flu Season 2019-2020

WHAT'S NEW THIS FLU SEASON?

- Flu vaccines have been updated to be a better match for the flu viruses circulating this season.
- The nasal spray flu vaccine is again recommended as an option for non-pregnant individuals, 2 – 49 years of age.

WHO SHOULD GET A FLU VACCINE?

The CDC recommends that everyone 6 months and older get a flu vaccine, especially those that are at higher risk of serious flu complications. These people include:

- Children younger than 5 years old
- People 65 years and older
- Those with chronic medical conditions
- Anyone with someone in the home that is unable to get a flu vaccine.



WHY GET A FLU VACCINE?

The main purpose for getting a flu vaccine is to stay healthy through flu season. Studies have shown that getting a flu vaccine reduces the risk of illness by 40-60%. However if you do get sick, it can help reduce the severity of symptoms and reduce the risk of flu-associated hospitalization. Getting a flu vaccine can also help protect those around you that are either too young or have certain health conditions that prevent them from receiving their own flu vaccine.

WHAT VIRUSES WILL THE 2019-2020 FLU VACCINE PROTECT AGAINST?

There are many different flu viruses and they are constantly changing. U.S. flu vaccines are reviewed annually and updated as needed to match the circulating viruses. Flu vaccines protect against 3-4 viruses that research suggests will be the most common during the flu season. **To schedule a Flu vaccine appointment with HCPH call 419-668-1652 Ext. 241.**

Common Cold vs The Flu

SYMPTOMS	COLD	FLU
SYMPTOM ONSET	GRADUAL	ABRUPT
FEVER	RARE	USUAL
ACHES	SLIGHT	USUAL
CHILLS	UNCOMMON	FAIRLY COMMON
FATIGUE, WEAKNESS	SOMETIMES	USUAL
SNEEZING	COMMON	SOMETIMES
STUFFY NOSE	COMMON	SOMETIMES
SORE THROAT	COMMON	SOMETIMES
COUGH	MILD TO MODERATE	COMMON
HEADACHE	RARE	COMMON



Have a Happy & Healthy Holiday Season!

The holidays are a great opportunity to enjoy time with family and friends, celebrate life, to be grateful, and reflect on what's important. They are also a good time to appreciate the gift of health. Here are some holiday tips from the CDC to help keep you happy and healthy this season.

- Wash your hands often: keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others.
- Stay warm: cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry, and dress warm in several layers.
- Manage stress: the holidays don't need to take a toll on your health and pocketbook. Keep your commitments and spending in check and make sure to get proper sleep.
- Travel safely: don't drink and drive, and don't let someone else drink and drive. Wear a seat belt every time you drive or ride in a motor vehicle.
- Prevent injuries: use step stools instead of climbing on furniture when hanging decorations and be sure to keep vaccinations up to date.

Did You Know?

The top three days of the year for home candle fires are Christmas, New Year's Day, and New Year's Eve.

"Deck the Halls" Safely.

Colorful lights, candles, holiday trees and other decorations are an important part of holiday celebrations. To help make sure your decorations are safe, HCPH offers the following safety tips:

- Think about using battery-operated candles to avoid potential fire risks.
- Only use decorations that are flame-retardant or not flammable.
- Check holiday lights each year for frayed wires or excessive wear.
- Keep potentially poisonous plant decorations, including mistletoe berries, Jerusalem cherry, and holly berry, away from children and pets.
- Make sure extension cords used for outdoor decorating are marked for outdoor use.
- Turn off all indoor and outdoor electrical decorations before leaving home or going to sleep.
- Make sure that cords are not pinched in doors, windows, or under heavy furniture, which could damage the cord's insulation.

Holiday Tree Safety Tips

While they are arguably the most exciting decoration, holiday trees can also be the most dangerous.

- When purchasing a live tree, check for freshness.
- If you have an artificial tree, make sure it's labeled "Fire Resistant."
- When setting up a tree at home, place it away from fireplaces, radiators or portable heaters. Place the tree out of the way of traffic and do not block doorways.
- Water your live Christmas tree daily to keep it from becoming dry.

Eat Smart

Celebrate with No Regrets

Don't let the festive atmosphere derail your plans to eat healthy. Celebrate the season without regrets by making healthy choices.

Keep portions in check — Put less on your plate and pass on that second helping. Split appetizers, entrees, and desserts with others. Use a smaller plate when possible so a small serving will look like more.

Bring a dish — If the event is potluck style, offer to contribute a lighter option. That way, you'll have at least one healthy choice!

Go easy — Avoid loading up on foods that are fried, buttered or have a lot of cheese or cream. Look for fruit, veggies and dip, whole grains and baked or grilled items.

Be prepared — Have a healthy, high-protein, high-fiber meal or snack before you go to the event. If you're not hungry, it will be easier to avoid overeating.

Treat yourself — Try bite-sized tastes or split portions of dessert and other treats.

Find more tips for healthy celebrations at: heart.org/HealthyforGood



Leftover Safety

Keep food out of the "Danger Zone": Bacteria can grow quickly between 40°F and 140°F. Keep food out of this zone to prevent bacteria from growing. Keep hot food hot and cold food cold. Within 2 hours of cooking food, leftovers should be refrigerated.

Wrap Leftovers: Leftovers that are going to be stored for later should be wrapped in an airtight package or sealed in a storage container. This will help keep bacteria out.

Store Leftovers Safely: Leftovers should only be kept in the fridge for 3 to 4 days. Leftovers stored in the freezer may be kept for 3 to 4 months.

More food safety tips can be found at www.fsis.usda.gov.

Holiday Food Quiz

Pick the healthier option:

1. Eggnog or Hot Coco
2. Green Bean or Sweet Potato Casserole
3. Pumpkin or Pecan Pie
4. Sausage Stuffing or Dinner Roll w/Butter
5. Mashed Potatoes or Sweet Potatoes

Answers: 1. Hot Coco 2. Green Bean 3. Pumpkin Pie 4. Dinner Roll 5. Sweet Potatoes

www.eatingwell.com

PREPARE YOUR CAR FOR WINTER

Preparing your car for the cold winter weather before it hits can help make those first snow covered mornings go a lot smoother. Whether you will be dropping a child off at school or commuting into work, keep these tips in mind:

BATTERIES HATE THE COLD. The best way to avoid issues when starting your vehicle in the cold is to keep your car warm if possible. Parking in a garage or under a carport, tree, or next to a building can provide a measure of protection.

ENGINE OIL DOESN'T LIKE THE COLD EITHER. Check your owner's manual to see what kind of oil is recommended for cold weather use.

KEEP YOUR GAS TANK FULL to avoid ice in the tank and fuel lines. Consider using dry gas to protect against fuel-line freezing (an expensive problem to fix).

CHECK YOUR TIRES and gauge how worn the tread has become. If necessary, replace tires with all weather or snow tires.

KEEP AN EMERGENCY KIT IN YOUR CAR and include items such as blankets, food and water, booster cables, flares, tire pump, bag of sand/kitty litter, flashlight with extra batteries, first-aid kit, and a battery powered radio.

PRACTICE CAR SEAT SAFETY



In a car crash, fluffy padding such as a winter coat immediately flattens out from the force leaving extra space under the harness. As a result, a child can then slip through the straps and be thrown from the seat. These tips from the American Academy of Pediatrics (AAP) will help parents keep little ones warm as well as safely buckled in their car seats.

- Dress infants and children in several thin layers.
- Dress kids in an extra layer of clothing than usual.
- Make sure layers are snug, not bulky.
- Remember warm boots, hats, and mittens.
- Change out of wet clothes as soon as possible.

HCPH distributes car seats to eligible Huron County families and has certified car seat technicians on staff that can provide car seat checks for all area residents. To make an appointment call 419-668-1652 Ext. 241.

SNOW EMERGENCY CLASSIFICATIONS

The sheriff of a county is responsible for declaring a snow emergency or temporarily closing county and township roads within their jurisdiction.

LEVEL 1: Roadways are hazardous with blowing and drifting snow. Roads may also be icy. Motorists are urged to drive very cautiously.

LEVEL 2: Roadways are hazardous with blowing and drifting snow. Roads may also be very icy. Only those who feel it is necessary to drive should be out on the roads. Contact your employer to see if you should report to work. Motorists should use extreme caution.

LEVEL 3: All roadways are closed to non-emergency personnel. No one should be driving during these conditions unless it is absolutely necessary to travel or a personal emergency exists. All employees should contact their employer to see if they should report to work. Those traveling on the roads may subject themselves to arrest.

Information about current levels in the county can be found at www.huroncountysheriff.org or by following the Huron County Sheriff's Office on Facebook.



AAA TIPS FOR DRIVING IN THE SNOW

ACCELERATE AND DECELERATE SLOWLY. Applying the gas slowly to accelerate is the best method for regaining traction and avoiding skids. Don't try to get moving in a hurry, and take time to slow down for a stoplight. Remember: it takes longer to slow down on icy roads.

DRIVE SLOWLY. Everything takes longer on snow-covered roads. Accelerating, stopping, turning – nothing happens as quickly as on dry pavement. Give yourself time to maneuver by driving slowly.



THE NORMAL DRY PAVEMENT FOLLOWING DISTANCE OF THREE TO FOUR SECONDS SHOULD BE INCREASED TO EIGHT TO TEN SECONDS. This increased margin of safety will provide the longer distance needed if you have to stop.

KNOW YOUR BRAKES. If you have anti-lock brakes (ABS) and need to slow down quickly, press hard on the pedal - it's normal for the pedal to vibrate a bit when the ABS is activated. In cars without ABS, use "threshold" breaking, keeping your heel on the floorboard and using the ball of your foot to apply firm, steady pressure on the brake pedal.

DON'T POWER UP HILLS. Applying extra gas on snow-covered roads just starts your wheels spinning. Try to get a little inertia going before you reach the hill and let that inertia carry you to the top. As you reach the top of the hill, do not stop. Instead, reduce your speed and proceed down hill as slowly as possible.

STAY HOME. If you really don't have to go out, don't. Even if you can drive well in the snow, not everyone else can. Don't tempt fate: if you don't have somewhere you have to be, watch the snow from indoors.

