**Huron County** AGENCY UPDATES



# NEWSLETTER 02

ISSUE

October 2025

### **Public Health**

### **Huron County Health Commissioner Retiring**



Tim Hollinger, MPH

Huron County Health Commissioner, 2005 - 2025

After 20 years of dedicated service to Huron County, Health Commissioner Tim Hollinger will be retiring at the end of 2025.

Tim's leadership, vision, and unwavering dedication have left a lasting impact on the team at Huron County Public Health and the Huron County community. Wishing you all the best as you embark on this exciting new chapter—may it be filled with happiness, good health, and fulfilling adventures.

Excited for this new chapter in life, Tim looks forward to enjoying his retirement through more time with his family, engaging in his hobbies and interests such as time spent outdoors traveling, camping, hiking, fishing, and helping out on his

#### **Introducing Huron County's New Health Commissioner**

Beginning December 1, 2025, Nicole Marks will transition into the Huron County Health Commissioner role.

Nicole obtained a Bachelor of Science in Psychology from The Ohio State University, and Master of Public Health (MPH) in Administration from Bowling Green State University and the University of Toledo through the Northwest Ohio Consortium for Public Health.

She joined HCPH in May 2015 as an intern for her MPH program, and was hired as an Emergency Planner in July 2015, working dually for Huron County Public Health and Huron County Emergency Management Agency. From there, she transitioned to the Community Partnerships Coordinator, and finally to her most recent role as Community Programs Director for

#### Do You Have Any Goals as You Transition to Health Commissioner?

"I am hopeful for a smooth transition into the Health Commissioner role and for the next person that takes my current role as the Community Programs Division Director. I anticipate that we will likely face a lot of changes during my transition, due to the shifts ongoing at the federal and state levels, and I hope that I can guide us through those challenges successfully."



Nicole Marks, MPH Huron County Health Commissioner, 2025 -

#### Favorite Part(s) of Working in Public Health?

"I enjoy getting to work on something different every day, and that I am given opportunities for learning. I also really enjoy seeing our efforts come to reality, for example, when we contribute a park element to the community through CHC, or get to engage at a public event."

#### 2025 Huron County Public Health Employee Service Milestones

- Christina Cherry 30 Years of Service
- Tim Hollinger 20 Years of Service
- Nicole Marks 10 Years of Service

Thank you for your years of service and dedication to Huron County!







### Dates to Remember



**Huron County Public Health will be** *closed* **on the following dates for the following observances:** 

- Veterans Day Tuesday, November 11th
- Thanksgiving Thursday, November 27<sup>th</sup>
- Day After Thanksgiving Friday, November 28th
- Christmas Eve Wednesday, December 24th
- Christmas Day Thursday, December 25th
- Day After Christmas Friday, December 26<sup>th</sup>
- New Year's Eve Wednesday, December 31st
- New Year's Day Thursday, January 1, 2026
- Day After New Year's Day Friday, Jan. 2, 2026

### 'Tis the Season of Seasonal Illnesses! Tips for Parents:

#### **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, they 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.

#### **EARACHE**

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

#### **BAD OR HARSH COUGH**

 Keep your child home and contact your child's healthcare provider. It is possible they could have bronchitis, flu, pneumonia, COVID-19, whooping cough, or croop.

#### **MOUTH & SKIN SORES**

 If your child has mouth sores with drooling that they cannot control, or skin sores that are draining fluid on an uncovered part of the body and are unable to be covered with a bandage, keep them home from school and contact their healthcare provider.

#### FEVER

- If your child has a temperature of 101°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.
- Including fever with a new rash.

#### 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 witha headache and/or upset stomach can be signs of strep throat.

#### **Good Health Habits**

Good health habits can help stop or reduce 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 and other illnesses, including COVID-19.









### HCPH Had a Successful 2025 Huron County Fair!



### Birth and Death Certificates Available at HCPH

- Order Online
- Mail-In Request
- Walk-In/Same Day Service

Mondays 9:00AM - 4:00PM Tuesday - Friday 8:00AM - 4:00PM

28 Executive Drive, Norwalk, OH 44857

www.HuronCoHealth.com/vital-records

For records outside of Ohio, go online to: <a href="http://www.cdc.gov/nchs/w2w.htm">http://www.cdc.gov/nchs/w2w.htm</a>

For records outside of the U.S., go online to: <a href="http://www.cdc.gov/nchs/w2w/foreign.htm">http://www.cdc.gov/nchs/w2w/foreign.htm</a>

**Birth Certificates** 



bit.ly/3vTkdfZ

Death Certificates



bit.ly/3kneOZd

#### Fees

The base fee for all certified copies of birth and death certificates is \$25.00 per copy.

\*Note: Limit of 10 copies per transaction.



For questions or concerns, please contact HCPH's Vital Statistics at 419-668-1652 ext. 244 or via email at vitals@huroncohealth.com

### Have you seen our Harm Reduction vending machine?

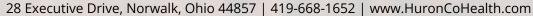
Located at our main office at 28 Executive Drive in Norwalk, our harm reduction vending machine provides 24/7/365 FREE access to naloxone (under the brand name Kloxxado) for the general public.

In addition to naloxone, the vending machine is stocked with practical public health resources (while supplies last), including:

- COVID-19 At-Home Test Kits
- · Deterra Drug Deactivation Kits
- Fentanyl Test Strips

Visit our Harm Reduction webpage to learn more: www.HuronCoHealth.com/harm-reduction











### Community Programs Projects in Progress: CHC Garden

### Food Bank Donations and Garden Clean-Up 2025

The 2025 Nourishing Huron County Community Garden is all cleaned up! We donated our last batch of produce to the Norwalk Area Food Bank on September 25<sup>th</sup>, which consisted of banana peppers, jalapenos, and tomatoes.

Huron County Public Health would like to thank the Town & Country Garden Club - Norwalk for their continued assistance watering and maintaining the garden this year.









# **Healthy Fall Recipe:**

#### Slow Cooker Turkey & Black Bean Chili

- 2 pounds ground skinless turkey breast
- 2 15-ounce cans no-salt-added black beans, rinsed and drained
- 1 28-ounce can no-salt-added diced tomatoes, undrained
- 2 15-ounce cans no-salt-added tomato sauce
- 1 cup frozen whole-kernel corn
- 1 tablespoon ground cumin
- 1 tablespoon chili powder
- 2 teaspoons dried oregano, crumbled
- 2 teaspoons ground coriander
- 4 medium garlic cloves, minced
- ½ teaspoon crushed red pepper flakes

Directions for preparing this meal: http://bit.ly/4eDB3FK





Image Source: American Heart Association

If you or your agency have interest in getting involved in Huron County's Creating Healthy Communities (CHC), please contact Sydney Raifsnider, CHC Grant Coordinator, at sraifsnider@huroncohealth.com or call 419-668-1652 ext. 248.



COVID-19 At-Home Test Kits Available at HCPH for FREE! (While Supplies Last)

Available in HCPH's 24/7 Harm Reduction vending machine at 28 Executive Drive, Norwalk, OH 44857









### Food Safety During the Holidays

### **Cottage Foods vs Home Bakeries**

It's the time of year for pumpkin spice and everything nice! However, HCPH would like to remind the community that although homemade goods may be tasty, it is important to protect the health of your family by being cautious of where you buy these types of items from.

Because some baked goods (such as pumpkin rolls) require refrigeration to keep from spoiling, they may not be packaged and sold from a home or apartment without a license and inspection from the Ohio Deparment of Agriculture.



The Cottage Food exemption in Ohio allows certain types of low-risk foods to be sold out of a home kitchen with no licensing requirement (OAC 901:3-20 Cottage Food Production & ORC 3715), however, baked goods like pumpkin rolls are NOT considered a "cottage food".

All individuals selling baked goods are encouraged to check out the links below to make sure that they are following the law.

Cottage Foods Guidance:



Home Bakery Guidance:



## Game Meat Safety

September 27<sup>th</sup> kicked off Ohio's deer archery hunting season, and while HCPH wishes a safe & bounteous hunting season to all Huron County hunters, we would like to share a reminder about food safety as you process and cook your game meat.

Check out information from the Ohio Departement of Natural Resources that shares game meat information for processing, canning, preservation, and more at https://bit.ly/3MZ0wvv.



Protect • Check • Remove • Watch



- Wear repellent.
- Check for ticks daily.
- · Shower soon after being outdoors.
- Call your doctor if you get a fever or rash following a tick bite.



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#### How to Remove a Tick

- Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
- Pull upward with steady, even pressure to remove the tick. Avoid twisting or jerking.
- Clean the bite area and your hands with rubbing alcohol, iodine scrub, or soap and water.







### 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 seatbelt every time you drive or ride in a motor vehicle.
- Prevent injuries: Use step stools or ladders instead
  of climbing on furniture when hanging decorations
  and be sure to keep up-to-date with vaccinations.

### **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.





### COMMON COLD VS THE FLU



### **Did You Know?**

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



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

### Schedule an Immunization Appointment Now! 419-668-1652 ext. 241

Services within our Nursing Division include, but are not limited to:

- Car Seat Safety
- Complex Medical Help (formerly *Children with Medical Handicaps* program)
- Cribs for Kids/Baby Sleep Safe Program
- Reproductive Health Services

