



July 2025

Re-Introducing HCPH's Quarterly Newsletter



We are excited to reinstate HCPH's quarterly newsletter that will provide a recap of updates to the programs and services provided by Huron County Public Health, in addition to any upcoming community events HCPH will be participating in.

This newsletter is a one-stop shop for agency and community updates and information!

Summer Cookout Safety



Wash your hands before and after preparing food.



Always clean your grill before and after each use.



Use a thermometer to ensure food is cooked to a safe temperature.



Prevent cross-contamination with raw meat.



Upcoming Events & Dates to Remember



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

- **Labor Day** - Monday, September 1st
- **Columbus Day** - Monday, October 13th



Dates to Remember:

- **August 1st - 31st** - Immunization Awareness Month
- **August 31st** - National Overdose Prevention Day
- **Sept. 1st - 30th** - Suicide Prevention Month
- **Sept. 1st - 30th** - National Preparedness Month



HCPH Welcomes Three New Staff Members in 2025

Carl Riems, REHSIT

Registered Environmental Specialist-in-Training (REHSIT)

As an REHSIT, Carl will aide our Environmental Health division in safeguarding the community's health by reducing environmental threats to human health by educating the public on pest and home hazards, regulation food and water supplies, regulating human waste disposal, regulation pools, beaches, tattooing, inspecting manufactured home parks, campgrounds, and advocating for policies and practices that reduce environmental hazards.



Paige Snyder, Prevention Grant Coordinator

Community Programs Division

Paige joined HCPH in April 2025 as the agency's Prevention Grant Coordinator. In this role, Paige will champion the three grants:

Strategic Prevention Framework (SPF), Drug-Free Communities (DFC), and the Youth Suicide Prevention (YS) grant.

In addition to coordinating the Prevention grants, Paige will be attending community events and programs focused on mental health and substance use prevention in our community, including A.R.I.S.E. and Trauma-Informed Care.

Sydney Raifsnider, Grant Coordinator

Creating Healthy Communities (CHC)

Sydney joined HCPH in April 2025 as the agency's Creating Healthy Communities (CHC) Grant Coordinator. Sydney will oversee the CHC Coalition, in addition to collaborating with community partners to implement healthy eating and active living objectives in Huron County.



Complete Our Community Feedback Survey!

We Want to Hear from YOU!

Participation is **confidential** and appreciated!

Must be age 18+ to complete

Scan the QR code to complete the EPIIC survey!



Residents of Huron, Sandusky, Seneca, Ottawa, and Wyandot counties.

As part of the Strategic Prevention Framework (SPF) grant, the Enhancing Prevention Initiative and Infrastructure Consortium (EPIIC) is conducting a short survey in the aforementioned counties that will help us better understand adult behaviors and attitudes related to vaping, nicotine, and marijuana substance use.

This survey consists of 26 questions and will take approximately 10 minutes to complete. The information collected by the survey will help provide needed information, services, and resources to our community.

Interested participants will be entered to win a \$100 Amazon gift card!

Survey Closes on August 1st

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Visit HCPH at the 2025 Huron County Fair!



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Stop by the Health Building August 11 - 16, 2025!

Throughout the week, we will be offering a variety of FREE on-site services, activities, and resources!



Individuals age 11+ can fill out a community feedback survey for a FREE t-shirt!

These surveys are used to organize and improve programs and services requested by the community.



Blood Pressure Checks



Car Seat Safety



Rapid STD Testing

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

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

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

ATTENTION

Vital Statistics services will be unavailable on Wednesday, August 6th due to a change in the Ohio Department of Health's Bureau of Vital Statistics software.

HCPH expects all services to be restored by 8:00am on Thursday, August 7th.

For questions or concerns, please contact HCPH's Vital Statistics Division 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
- Detera Drug Deactivation Kits
- Fentanyl Test Strips

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



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Community Programs Projects in Progress: CHC Garden

Nourishing Huron County Community Garden

The Nourishing Huron County Community Garden has been planted for the 2025 season. Through the Creating Healthy Communities (CHC) program and the assistance of Town & Country Garden Club in Norwalk, all produce harvested from the garden will be free to the community and will also be donated to the area food banks.

This year's garden features:

- Big Bertha Sweet Peppers
- Cilantro Herb
- Giant Jalepeno Peppers
- Jet Set Tomatoes
- Lemon Basil Herb
- Paste Tomatoes
- Sweet Banana Peppers
- Zucchini



Garden Progress Photos as of July 1, 2025

Healthy Summer Recipe:

Grilled Chicken and Rice Foil Packs

- 4 boneless, skinless chicken thighs cut into 1/2 inch chunks
- One 15-oz can black beans, drained and rinsed
- 1 cup converted rice
- 1 cup salsa
- 2 tablespoons pickled jalapeno slices, finely chopped
- 1 tablespoon tomato paste
- 1 teaspoon chili powder
- 1/4 teaspoon turmeric
- Kosher salt
- 2 cups low-sodium chicken broth
- 2 scallions, thinly sliced



Directions for preparing this meal:

<http://bit.ly/4eDB3FK>

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)**

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

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Summer Safety & Preparedness Tips



Swim Healthy This Summer!

We all share the water we swim in, so let's make it as healthy as possible for each other!

- Don't swim and don't let children swim when sick with diarrhea
- Don't swallow the water
- Shower before getting in the water to rinse off any germs that may be on your body
- Take kids on bathroom breaks
- Check diapers regularly and change them in a diaper changing area

Emergencies Can Happen At Any Time, Are You Prepared?

Ready.gov recommends having the following checklist in a Basic Emergency Supply Kit:

- ☐ Water and non-perishable food items, enough for a few days
- ☐ Can opener (for canned foods)
- ☐ Extra cellphone battery or charger
- ☐ Battery-powered radio to receive NOAA Weather Radio alerts
- ☐ Flashlight and extra batteries
- ☐ First aid kit
- ☐ Whistle to signal for help
- ☐ Dust mask to help filter contaminated air
- ☐ Moist towlettes, garbage bags, and plastic ties for personal sanitation
- ☐ Non-sparking wrench or pliers to turn off utilities
- ☐ Local maps

SEPTEMBER 2025
NATIONAL PREPAREDNESS MONTH



Protect • Check • Remove • Watch **Ohio.Gov/Tick**

BeTICK Smart

- 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.

How to Remove a Tick

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

Ohio Department of Health

Actual Size Comparison **Ohio Tick ID Card**

CM 1 2 3 4 5

Blacklegged (deer) tick

American dog (wood) tick

Lone Star Tick

Female, Male, Nymph, Larva

(Enlarged to show detail)

A. Blacklegged tick, nymph
B. Blacklegged tick, female
C. American dog tick, female
D. Lone star tick, female

Stay Bite-Free



Use EPA-approved insect repellents against mosquitos and ticks, such as:

- DEET
- Picardin
- IR3535
- Oil of Lemon Eucalyptus
- Para-menthane-diol
- 2-undecanone

Ticks can carry many diseases, including Lyme disease. To prevent tick bites, try these tips:


- Wear long pants
- Tuck shirts into pants
- Avoid wooded or brushy areas
- Wear insect repellent





Back to School Prep for the 2025-26 School Year

Ohio Immunization Summary for School Attendance, 2025-2026



Vaccine/Grade	K	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th
DTaP Diphtheria, Tetanus, Pertussis	4 or more doses												
Hep B Hepatitis B	3 or more doses												
MMR Measles, Mumps, Rubella	2 doses												
Polio	3 or more doses												
Varicella (Chickenpox)	2 doses												
Tdap Tetanus, Diphtheria, Pertussis								1 dose					
MCV4 Meningococcal ACWY								1st dose					2nd dose

Important Notes:

- Vaccine should be administered according to the most recent version of the [Recommended Child and Adolescent Immunization Schedule](#) for ages 18 years or younger or the [Catch-up Immunization schedule for persons aged four months-18 years who start late or who are more than one month behind](#), as published by the Centers for Disease Control and Prevention's Advisory Committee on Immunization Practices.
- Vaccine doses administered less than or equal to four days before the minimum interval or age are valid (grace period). Doses administered greater than or equal to five days earlier than the minimum interval or age are not valid doses and should be repeated when age appropriate.
- If MMR and varicella are **not** given on the same day, the doses must be separated by at least 28 days with no grace period.
- For additional information, please refer to the [Ohio Revised Code 3313.67](#) and [3313.671](#) and the [Ohio Department of Health \(ODH\) Director's Journal Entry](#) regarding school immunization requirements, recommended vaccines, and exemptions to immunizations.
- Please contact the Ohio Department of Health Immunization Program at 800-282-0546 or 614-466-4643 with questions.



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

Additional 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

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