



Public Health
Prevent. Promote. Protect.

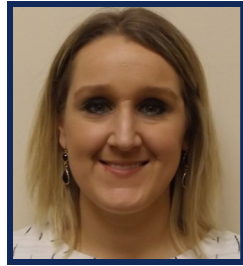
Fairfield Department of Health

FDH - Health Matters

Prevent • Promote • Protect

Issue 11 - Spring 2017

Stacy Hughes - WIC Nutrition Assistant



What's something that's very important to you?

Raising healthy, happy children. My children and family

are my everything!

One thing I want people to know about me?

I love competitive cooking shows (Top Chef) and watch (addictively) The Bachelor and The Bachelorette.

Why this job?

I love working with children and families, and this position gives me the opportunity to do that while learning about public health, WIC, and ways to support a population in need.

If you could go anywhere, where would it be?

I would hop on a plane and fly to Clearwater Beach, FL! Love this place!!

Records Management

What is Records Management?

Records Management is the oversight of all records in the Health Department. A record could be electronic or hard-copy, anything from a shot record to an old septic system application.

Who Tracks Records Management?



Sheri Ledgett, Records Management Specialist, tracks all records for FDH. This includes keeping inventory, retention schedules and disposing of records. Records management has improved department efficiency in maintenance and storage of records.

How Can I Obtain a Record?

To request a record, visit our website at www.myfdh.org. Follow the "Public Records Request" link to fill out a request form, or contact the Records Management Specialist: 740-652-2809, FDHPublicRecords@co.fairfield.oh.us.

Regular events:

- Board of Health meetings — second Wednesday of each month at 3:00 p.m. at the Health Department.
- District Advisory Council — 7:00 p.m. at the Fairfield County Courthouse.
- Environmental Review Committee (ERC) meetings — each month beginning at 9:00 a.m. at the Health Department. ERC meetings are a public forum for discussing issues regarding Environmental programs.
- Immunization Clinics — Tuesdays by appointment, at the Health Department. Late clinics on first and third Tuesdays.

Fairfield Dept. of Health

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*Dr. Mark Aebi,
Health Commissioner*

Larry Hanna, Administrator

March is National Nutrition Month!



Ingredients

- 2 cans black beans, drained and rinsed
- 2 carrots, finely chopped
- 1/2 cup finely chopped red onion
- 1/2 cup seasoned breadcrumbs
- 1 egg, beaten
- 2 teaspoons chili powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Recipe source: *eatright*, Academy of Nutrition and Dietetics (www.eatright.org)

Directions

- Place 1½ cups of the black beans into a large bowl and mash well using a fork or a potato masher. Add in the remaining black beans and the rest of the ingredients and mix very well.
- Scoop ¼ cup out at a time and form into a patty. Repeat for the remaining patties.
- Heat a non-stick skillet over medium heat. Spray the skillet with either cooking spray or a teaspoon of oil. Place the patties a few at a time into the skillet and cook until browned on each side, about 2 to 3 minutes per side.
- Remove from skillet and enjoy as is, or on slider buns with various toppings.



HELPING KEEP POOLS HEALTHY AND SAFE

BY KEVIN BARLOW, REGISTERED SANITARIAN

Healthy and Safe Swimming Week is May 23-29. Learn what the Health Department does to regulate local pools!

The Fairfield Department of Health (FDH) places a high priority on keeping individuals safe from potential water borne illness or injury, specifically as it relates to public swimming facilities.

Why We Do...

“Public” means a pool that serves anything other than a private home and includes municipal pools as well as pools at apartment complexes, condominium complexes, and exercise facilities. Hazards in public swimming facilities can lead to water borne illnesses such as cryptosporidiosis, injury from slips, trips and falls, or even death by drowning. As well as being a Registered Sanitarian, the FDH inspector who performs pool inspections is a Certified Pool Operator through the National Swimming Pool Foundation.

Beware the Germs!

- *Cryptosporidium*, norovirus, and *E. coli*
- These germs cause outbreaks of diarrhea
- These germs—sometimes millions at a time—can spread when someone who is sick has diarrhea in the water. Other people can get sick if they swallow the germ water—even just a mouthful.
- Pool chemicals, like chlorine or bromine, are added to the water to kill germs. But they don't work right away. If used properly, they can kill most germs within a few minutes. However, some germs, like Crypto, can live in properly treated pool water for several days.

—From “Share the Fun, Not the Germs,”
Centers for Disease Control and Prevention (CDC)

What We Do...

By instituting a blend of education, consultation and inspection, the FDH sanitarian helps to ensure that the public pools in our health district are safe for swimming year round. The inspector also works closely with public pool operators to help them maintain their facilities in the safest possible manner.

Inspections

Public Swimming Pools and Spas are inspected following the Ohio Administrative Code (OAC) 3701-31. Some of the items examined during those inspections include:

- Performing water chemistry tests to ensure proper levels of disinfectant, pH, and other water chemistry parameters.
- Reviewing facility records to ensure that operators are checking water chemistry as often as necessary and are appropriately responding to accidents that may occur.
- Ensuring lifeguards are properly trained and are present where required.
- Checking the facility's emergency phone to make sure it is operable.
- Ensuring that the proper safety equipment is in place around the pool deck.

Keep germs out of the water
and water out of your mouth.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

www.cdc.gov/healthyswimming

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