FAIRFIELD DEPARTMENT OF HEALTH (FDH) TIPS TO PREVENT MOSQUITO BITES

Use an insect repellent that has one of the active ingredients listed below. When used as directed, Environmental Protection Agency (EPA)-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.

- DEET
- Picaridin (known as KBR 3023 and icaridin outside the US)
- IR3535
- Oil of lemon eucalyptus (OLE)
- Para-menthane-diol (PMD)
- 2-undecamome

Tips for everyone
- Do not spray repellent on the skin under clothing.
- If you are also using sunscreen, apply sunscreen first and insect repellent second.

Tips for babies & children
- Dress your child in clothing that covers arms and legs.
- Cover strollers and baby carriers with mosquito netting.
- When using insect repellent on your child: 1) Always follow label instructions. 2) Do not use products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) on children under 3 years of age. 3) Do not apply insect repellent to a child’s hands, eyes, mouth, cuts, or irritated skin. (Adults: Spray insect repellent onto your hands and then apply to a child’s face.)

Natural insect repellents (not registered with EPA)
- We do not know the effectiveness of non-EPA registered insect repellents, including some natural repellents.
- To protect yourself against diseases spread by mosquitoes, Centers for Disease Control and Prevention (CDC) and EPA recommend using an EPA-registered insect repellent.
- Choosing an EPA-registered repellent ensures the EPA has evaluated the product for effectiveness.

PREVENTING TICK BITES

Tick exposure can occur year round, but ticks are most active during warmer months (April-September).

Before you go outdoors
- Know where to expect ticks. Ticks live in grassy, brushy, or wooded areas, or even on animals. Spending time outside, walking your dog, camping, gardening, or hunting could bring you in close contact with ticks. Many people get ticks in their own yard or neighborhood.
- Treat clothing and gear with products containing 0.5% permethrin. Permethrin can be used to treat boots, clothing and camping gear and remain protective through several washings.

After you come indoors
- Check your clothing for ticks. Ticks may be carried into the house on clothing. Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors.
- Check your body for ticks after being outdoors:
  In and around the hair, In and around the ears, Under the arms, Inside the belly button, Around the waist, Between the legs, and Back of the knees.
PREVENTION FOR VIRUSES

STOP THE SPREAD OF GERMS
Help prevent the spread of respiratory diseases like influenza and COVID-19:

- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick, except to get medical care.
- Wash your hands often with soap and water for at least 20 seconds.

For more information: [www.cdh.ohio.gov](http://www.cdh.ohio.gov)

Adapted with permission from Ohio Department of Health
ACCREDITATION UPDATE

CHA and CHIP are acronyms that you may or may not have heard before. CHA stands for Community Health Assessment. The CHA is a process of looking at health data for Fairfield County and identifying health issues. The data is gathered through surveys and other data sources and used to identify key health problems and assets in our community. The CHA is a collaborative effort between many agencies within Fairfield County.

CHIP stands for Community Health Improvement Plan. The CHIP is a multi-year plan that addresses the key health problems identified in the CHA. The CHIP is another collaborative effort with community partners to set interventions and coordinate resources in an effort to improve the health status of the community.

The CHA and the CHIP are required for accreditation, but beyond meeting requirements, these documents help the health department make positive changes in the community.

STRATEGIC PLAN

A strategic plan is another requirement for accreditation. A strategic plan is like a roadmap, it provides direction for the health department. The plan sets the mission, vision, and values of the health department. The plan identifies specific strategies, goals, and objectives to help the health department get where they want to go. The Fairfield Department of Health has started working on revising its strategic plan. The health department will host a strategic planning day in July to work on setting priorities and goals for the health department. The CHA and the CHIP provide valuable input to the department’s strategic plan. Once the plan is completed, it will be available on the health department’s website. (myfdh.org)
Welcome our New Employees

**Colt Bush** is working in our Environmental Division. He came to us from another health department. He will be working in the Private Sewage and Water Programs.

**Jacob Webb** is also working in our Environmental Division. He interned here in 2019. He will be working in the Food and School Programs.

**Hannah Chamberlain** is a new employee to our Environmental Division. She will be in charge of the rabies program, campgrounds, pools, mobile home parks and helps with sewage.

**Teresa Goddard** is now employed for the Administration Division. She will be answering the phones, helping out with the nursing clinics, and other duties as needed.

**Denise Roudabush** comes to us through Surge. She is working in the WIC Division. She is learning the in-take process, clinic, loading WIC benefits, and answering the WIC phones.
Congratulations Corner

We would like to recognize Cindy Sharpe for her great attendance in 2019. She only used 7.75 of her sick leave for the year. Keep on being healthy!!

Amber Pinkstock volunteered at FDH. She helped out in Administration and Environmental Division.

Alicen Black worked at FDH as a Dietetic Intern from Ohio University doing her rotation with WIC.

Anniversary for January through March

Cheryl Hopkins, Dennis Oliver, Stacy Hughes, Kelly Spindler, Bekah Sutter, Kevin Barlow, Devin Delgado, and Judy Tata-Scali.

Thank you for your years of service!

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