TIPS FOR A SAFE SUMMERTIME DURING COVID-19

Staying physically active is one of the best ways to keep your mind and body healthy. You can visit parks, trails, and open spaces as a way to relieve stress, get fresh air and vitamin D, stay active, and safely connect with others.

KNOW BEFORE YOU GO:

While these facilities and areas can offer health benefits, it is important that you follow the steps below to protect yourself and others from COVID-19.

DO:

- Visit parks that are close to your home.
- Prepare before you visit. Check with your state or local authorities in advance to be sure which areas or services are open.
- Stay at least 6 feet away from others (“social distancing”).

DON’T:

- Visit parks if you are sick or recently exposed to COVID-19, or if the park is crowded.
- Visit playgrounds. It can be challenging to keep surfaces clean and disinfected.
- Participate in organized activities or sports that you cannot use “social distancing”.

Other safety tips:

Food poisoning peaks during summer months due to warmer temperatures, which can let foodborne germs thrive. Each year, 1 in 6 Americans get sick from eating contaminated food.

Sunburn is a common summertime injury. Unprotected skin can be burned by the sun’s UV rays in as little as 15 minutes, but can take up to 12 hours for the skin to show the damage. It’s recommended to stay out of the sun between 10 a.m. and 4 p.m. when the UV rays are at their highest level. You can burn even on cloudy days.
The Fairfield Department of Health is now an Accredited Health Department!!

This is a shout out to all employees of the Fairfield Department of Health for their hard work and dedication to achieving this accomplishment.

The Fairfield Department of Health (FDH) has been awarded 5-year Accreditation status through the Public Health Accreditation Board (PHAB). This milestone accomplishment is official recognition that the Fairfield Department of Health meets the rigorous standards of PHAB, which works to improve and protect the health of the public. Fairfield Department of Health is committed to advancing and transforming the quality and performance of public health.

The department will now begin the journey towards “Reaccreditation”. Over the next 5 years FDH will be required to submit annual reports to PHAB, demonstrating our health department’s continued work on the accreditation standards and measures. Reaccreditation is meant to demonstrate accountability and continuous progress. FDH will use reaccreditation as an opportunity for self-examination and learning for continuous improvement. Accreditation ensures Fairfield Department of Health is doing all that it can to improve the quality of life for the people in our community.

As we continue to navigate through the COVID-19 pandemic, FDH staff will also be working to update the department’s Strategic Plan and Performance Management Plans. Although this may prove to be more challenging with the changes in workplace structure, we are confident that we will be successful.
HOW COVID-19 HAS CHANGED THE WORKINGS OF THE FAIRFIELD DEPARTMENT OF HEALTH

FDH put procedures in place to maintain safety during the COVID-19 outbreak. The following measures were implemented to protect not only the employees of FDH but the visitors and clients that we serve on a daily basis. WIC is allowing participants into the vestibule to get their cards loaded. Participants are being contacted by phone to conduct interviews for their WIC services to be continued. For Birth and Death Records, you can go online to myfdh.org and print off a form to mail in with your fee of $32.00 or call the vitals office @ 740-652-2836 to request a record. For Nursing, the clinics have been cancelled until August because all the nurses at this time are working on COVID-19 investigations. Environmental is continuing to conduct site visits and investigating complaints. The Board of Health is holding their monthly meetings by teleconference. Staff rotating duties between the office and their homes. Beginning in May, some staff began to transition back to the office full time.

Extra cleaning and extra hand sanitizing stations added.

Meeting being held practicing social distancing.

Messages on the door for the health department.

New station for employees to have their temperature taken when they enter the building.
WIC had Plexiglas installed on their desks.

Environmental office has a blue line to show 6 feet.

Board of Health meeting being held through teleconferencing.

WIC’s set up so that participants only come into the vestibule to get benefits on their card.

Staff working from home.

Environmental employee out serving the public.

The Fairfield Department of Health greatly appreciates the many volunteers that have been helping us during the COVID-19 pandemic. Thank You!!
WHAT IS A HEALTH DEPARTMENT??

The public health system in Ohio is comprised of the Ohio Department of Health (ODH), 113 local health departments, health care providers, and public health stakeholders that work together to promote and protect the health of all Ohioans.

Local health departments, like school districts, maintain independent governance, but often work together, along with the state and federal public health agencies. Depending on the type of health district (county or city jurisdiction), funding comes from the support of their community through levies, city general operation funds, contracts, county government, and inside millage. To help support local health departments, ODH receives funds from federal agencies, state general revenue, and other sources and distributes many of these funds through contracts and grants that contribute toward public health programs and services. ODH also provides technical support, laboratory services, and other critical services to aid local health department efforts.

Local health departments strive to protect and improve the health of their communities by preventing and controlling the spread of disease and injury, protecting against environmental hazards, promoting and supporting healthy behaviors, and preparing for and responding to emergencies.

Services that are provided by Fairfield Department of Health include access to birth and death records (Vital Statistics), health education, immunization clinics, WIC service, and environmental health programs such as inspections related to food safety, public swimming pools, campgrounds, sewage, and water.

Local residents and businesses are encouraged to contact their FDH regarding environmental or any other health concerns.

Local health departments are governed by regulations in the Ohio Revised Code (ORC) and the Ohio Administrative Code.

HEALTHY AT HOME

Health professionals are advising us to remain at home due to the COVID-19 pandemic. With being at home most of the time now, we need to find different ways to stay healthy. Some ideas to stay active and healthy mentally and physically include:

- Watching something educational to switch up screen time
- Play virtual games with family and friends
- Try out new cooking recipes
- Get everyone involved in cleaning and cooking to get up and get moving
- Use free YouTube videos to stay physically active
- Set an alarm while working from home to remind yourself to get up and walk around every hour
- Keep a routine, try to wake up and go to bed at the same time each day

COCONUT MILK STRAWBERRY-BANANA POPS

Ingredients:
- 1 can coconut milk
- 1 pint fresh strawberries, cleaned and chopped
- 1 medium banana
- 2 Tablespoons maple syrup or honey
- 12 freezer pop molds

Directions:
Place all ingredients in a blender; cover and process until smooth. Pour pureed mixture into molds and top molds with holders. Freeze until firm, at least 4 hours.

ANNIVERSARY’S FOR APRIL THROUGH JUNE

EMILY SULLIVAN, DEBRA SMITH, KELLY GREGORY, SHERI LEDGETT, LUCINDA ROBINSON, AMY GABRIEL

THANK YOU FOR YOUR YEARS OF SERVICE!
Protect Yourself and Others from COVID-19

- Wear Face Coverings
- Practice social distancing
- Cover Coughs & Sneezes
- Wash hands often
- Use hand sanitizer
- Clean & Disinfect “high touch” surfaces often
- STAY HOME if you are sick

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Public Health
Prevent. Promote. Protect.
Fairfield Department of Health