



Health Commissioner Update



Be Tick Smart!

Each spring and summer, ticks become a public health threat across Ohio. Ticks can spread diseases, including the most common two; Lyme disease, and Rocky Mountain Spotted Fever (RMSF), as well as other tickborne diseases such as anaplasmosis, babesiosis, and ehrlichiosis that are also on the rise.

Tickborne diseases are illnesses that can spread to people or pets through the bite of an infected tick. To feed, a tick will wait on a blade of grass or a leaf until a person or animal brushes by, then the tick will climb on and make its way to the skin where it can feed.

If not removed, a tick may feed for several days. While it feeds, the tick will get larger as it fills up with blood. The longer the tick is attached, the greater the chance it will pass on any disease germs it may have.

Most cases of these diseases in Ohio are caused by these common ticks:

The blacklegged tick, also known as the "deer tick" may transmit the bacteria that cause anaplasmosis and Lyme disease, as well as the parasite that causes babesiosis. The risk of exposure to this tick is greater in wooded or brushy areas and along the edge area between lawns and woods.

The lone star tick may also transmit the bacteria that cause ehrlichiosis. It may also transmit other diseases. This tick is most common in shady areas along roads and in meadows and woods.

The American dog tick may transmit the bacteria that cause Rocky Mountain Spotted Fever. It is often found in overgrown lots and along weedy roadsides, paths and hiking trails.

Take action to decrease your risk of infection: protect against tick bites, check for ticks, remove ticks as soon as you can, and watch for symptoms .

- R. Joseph (Joe) Ebel RS, MS, MBA

BeTICK Smart 

[Ohio.Gov/ Tick](https://www.ohio.gov/tick)

**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.**

Ohio
Department of Health



Grant Awards

The Fairfield County Health Department (FCHD) has been awarded three new grants, for a total of almost \$75,000, that will be used to provide health promotion and education to the residents of Fairfield County.

The Ohio Department of Health (ODH) awarded a Tobacco Prevention and Cessation Capacity Building grant to FCHD for \$30,000. Funding will be used to help increase awareness of cessation programs and to provide ongoing tobacco prevention education in Fairfield County.

ODH also awarded FCHD a Capacity Building for Healthy Eating and Active Living (HEAL) grant with funding up to \$38,000. Program activities include conducting a Policy, Systems, and Environmental change assessment to identify community partners and build community engagement to improve community health.

The Aladdin Shriners Hospital Association for Children awarded FCHD \$6,875 to purchase health promotion materials to use in schools, including Jump Ropes, Frisbees, Balls, Hygiene kits, and more.

“The Fairfield County Health Department is pleased to receive these grant awards to create meaningful health impacts for children and adults in Fairfield County,” said Joe Ebel, Fairfield County Health Commissioner. “We are excited to dedicate more resources to promoting health and wellness in our community as we transition from our COVID-19 emergency response activities.”

Mosquito Spraying



The Fairfield County Health Department (FCHD) practices an integrated pest management approach to mosquito control which includes trapping for adults, dipping for larvae, treating standing water with larvicide, draining breeding sites when possible, and spraying to kill adult mosquitoes when needed.

Mosquito-borne diseases that may occur locally in Ohio include: Eastern equine encephalitis virus (EEEV), LaCrosse virus (LACV), St. Louis encephalitis virus (SLEV), and West Nile virus (WNV). Mosquito-borne diseases that may be imported into Ohio (travel-acquired) include: Chikungunya virus (CHIKV), Dengue, Japanese encephalitis (JE), Malaria, Yellow fever, and Zika.

WIC

WIC is a nutrition education and support program that specializes in nutrition education and support for mother and baby while pregnant or breastfeeding as well as nutrition education and support for infants and children under the age of 5. WIC also provides key nutrients through supplemental food such as milk, fruits & vegetables, cereal, juice, eggs etc. These foods are conveniently provided through an Electronic Benefits



Transfer (EBT) card. Brief Screenings for height, weight and blood iron testing help WIC health professionals determine nutritional health risks and from that foods are tailored to each participant's needs and likes.

Handling the Heat

The heat has returned this summer. Make sure you're taking steps to keep you and your loved ones safe.

- Learn to recognize the signs of heat illness.
- Do not rely on a fan as your primary cooling device. Fans create air flow and a false sense of comfort, but do not reduce body temperature or prevent heat-related illnesses.
- Identify places in your community where you can go to get cool such as libraries and shopping malls.
- Cover windows with drapes or shades.
- Weather-strip doors and windows.
- Use window reflectors specifically designed to reflect heat back outside.
- Add insulation to keep the heat out.



Program Spotlight

Help Me Grow



Help Me Grow Home Visiting is a voluntary family support program for pregnant women or new parents. Offered in every county of the state through a well-established network, Help Me Grow Home Visiting is an evidence-based program that promotes healthy growth and development for babies and young children. Our home visitors are well-trained professionals who use a non-judgmental and compassionate approach that empowers parents with skills, tools and confidence to nurture the healthy growth of their children.

Community Outreach

Join us July 16th at the Lancaster Farmers Market downtown!

Starting at 8AM, Fairfield County Health Department will be hosting a
Bike to the Market!

Awesome give aways, free bike helmets for children, and a chance to win a free bike!



Check out our Facebook for more information



FCHD has participated in several local information tables and community events

Regular Events

BOARD MEETING

Next Meeting: July 13, 2022

Second Wednesday of each month beginning at 3:00pm
The Fairfield Department Board of Health Meeting
OSU Extension Office, 831 College Ave
Conference Room A (West Wing)
Lancaster, Ohio 43130

The public is welcome. Social Distancing will be used. Masks are encouraged.