seasonal influenza, also known as the flu, is an illness that causes fever, headache, tiredness, cough, sore throat, nasal congestion, and body aches. it is usually spread from person to person by coughing and sneezing. flu season in ohio can begin as early as october and run as late as march. however, it is not uncommon for sporadic cases to appear all year long.

most people who get the flu usually recover in one to two weeks, but the flu can be deadly. an estimated 200,000 people are hospitalized with the flu each year in the u.s. on average, it is estimated that there are more than 20,000 flu-related deaths, many of which could have been prevented with a flu vaccine.

flu vaccines are designed to protect against the influenza viruses that experts predict will be the most common during the upcoming season. there are three kinds of influenza viruses that commonly circulate among people today.

while everyone should get a flu vaccine each flu season, it is especially important that the following groups get vaccinated because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications:

1. pregnant women
2. children younger than 2
3. people 65 years of age and older
4. people of any age with certain chronic medical conditions
5. people who live in nursing homes and other long-term care facilities
6. people who live with or care for those at high risk for complications from flu

while covid-19 and influenza have many of the same symptoms, covid-19 may include change in or loss of taste or smell.

500 free flu vaccine

on october 21, 2020, the fdh held a free flu vaccine clinic at the fairfield county fairgrounds. this clinic was also used as an exercise training for the upcoming covid-19 vaccine campaign.

community involvement

junior fair

the fdh handed out face masks and hand sanitizer during the junior fair, october 11—16, 2020.

500 free flu vaccine

on december 8, 2020, fdh and the ohio national guard hosted a “pop-up” covid-19 testing site at the fairfield county fairgrounds.
TENT AT THE JUNIOR FAIR

DRIVE-THRU FLU CLINIC AT THE FAIRGROUNDS

COVID-19 POP-UP TESTING
ALL-STAFF TRAINING

On September 25th, all employees of the Health Department participated in an all-staff training. Staff received training in Continuity of Operations Planning (COOP), Training and Exercise Planning (TEP), Point of Dispensing 101 & 102 (POD), Outbreak Investigation, team building, and CPR/AED. Happy to report that all staff passed their CPR/AED test!

WIC INTERNS

Below are three interns from Ohio University who worked on their masters internship in dietetics with the WIC Program here at FDH.

Kate Kondik
Paige Myers
Erin Swatzel

WIC also had Emily Jones who is working on her distance internship in dietetics.

NEW EMPLOYEE FOR NURSING

Jessica Whalen is the new Immunization Nurse at FDH. At this time she is assisting with the COVID-19 tracking.

ANNIVERSARIES FOR DECEMBER THROUGH FEBRUARY

Stephanie Fyffe, Jamie Ehorn, Paulettta Krieger, Cheryl Hopkins, Dennis Oliver, Denise Roudabush, Colt Bush, & Hannah Chamberlain
WHAT THE FAIRFIELD DEPARTMENT OF HEALTH IS DOING IN RESPONSE TO COVID-19:

- Investigating positive cases and notifying and quarantining close contacts of all confirmed COVID-19 cases.
- Sharing information and meeting as needed with city, township, and village leaders.
- Working with our schools and providing guidance as needed.
- Participating in conference calls with the Central Ohio Region, Ohio Department of Health and monitoring information from the Centers for Disease Control and Prevention (CDC).
- Collaborating with local partners and medical colleagues to share guidance and resources.
- Preparing local guidance for the community.
- Answering public questions that come in on the phone, email, or social media.

COVID-19 VACCINE

We are currently working on a vaccine campaign for COVID-19. FDH is receiving guidance from Ohio Department of Health and the CDC. We will provide the community with more information as it becomes available.

FDH strongly recommends citizens receive the COVID-19 vaccine once available. CDC recommends getting the flu shot early this year in case there has to be a certain amount of time between the flu shot and COVID-19 shot.

Please continue to wear your mask, social distance (6 feet), and avoid crowds to reduce the spread of COVID-19.

Regular Events:

- Board of Health meetings-second Wednesday of each month at 3:00 p.m. (Call for meeting location)
- District Advisory Council (DAC)-7:00 p.m. at the Fairfield County Courthouse. The DAC meets in January, March, and September. (Call for meeting dates).
- Environmental Review Committee (ERC) meetings-temporarily suspended at this time. ERC meetings are a public forum for discussing issues regarding Environmental programs.
- Immunization Clinics-Tuesday’s only. Temporarily closed at this time.