

Seneca County General Health District Monthly Newsletter



JUNE 2, 2023 | VOLUME 03

SUMMER & EXTREME HEAT SAFETY

There is hot, and then there is hot!

Extreme heat is a period of high heat and humidity with temperatures above 90 degrees for at least two to three days. In extreme heat, your body works extra hard to maintain a normal temperature, which can lead to death. Extreme heat is responsible for the highest number of annual deaths among all weather-related hazards.



Older adults, children and sick or overweight individuals are at greater risk from extreme heat.



Humidity increases the feeling of heat.

How to stay safe during extreme heat

- Never leave people or pets in a closed car on a warm day.
- If air conditioning is not available in your home, go to a cooling center.
- Take cool showers or baths.
- Wear loose, lightweight, light-colored clothing.
- If you're outside, find shade. Wear a hat wide enough to protect your face.
- Drink plenty of fluids to stay hydrated.
- Avoid high-energy activities or work outdoors during midday heat, if possible.
- Check on family members, seniors and neighbors.
- Watch for heat cramps, heat exhaustion and heat stroke.

Learn more at: <http://www.ready.gov/heat>

EMPLOYEE OF THE MONTH

*Caroline Quinter is SCGHD's
June Employee of the Month.*

She was nominated by a co-worker for:

- Giving her time and service with a smile and kindness to everyone.
- Stepping in to help during times of need.
- Being a valuable employee who goes above and beyond her job duties.



CONGRATULATIONS, CAROLINE!!

NATIONAL HIV TESTING DAY

National HIV Testing Day is June 27. Knowing your status empowers you to take steps to stay healthy, no matter the result. Our Reproductive Health & Wellness Clinic, in partnership with Sandusky County Public Health, offers HIV testing and many other reproductive health services. Clinics are held at Seneca County General Health District on Mondays from 9:00 a.m. to 3:30 p.m. Appointments can be made by calling 1 (800) 524-7171.



CHECK US OUT!



WWW.SENECAHEALTHDEPT.ORG

MEDICAL RESERVE CORPS SEEKING VOLUNTEERS

Want to make a difference in your community? Become a part of the Seneca County Medical Reserve Corps, a local network of volunteer medical professionals, public health experts, and non-medical citizens who together help make the community stronger and healthier during disasters and every day.

MRC volunteers are trained as part of a team and work within their community's health, preparedness, and response infrastructures to help meet local medical and public health needs during emergencies.

MRC volunteers also promote preparedness in their communities to improve everyday health, reducing potential public health risks and vulnerabilities.



To join Seneca County MRC, visit www.ohioresponds.odh.ohio.gov

For more information about Seneca County MRC, call (419) 447-3691 ext. 6333

CHILDREN WITH MEDICAL HANDICAPS PROGRAM

The Children with Medical Handicaps Program (CMH), is a health care program in the Ohio Department of Health. It links families of children with special health care needs to a network of quality providers. It also helps families obtain payments for diagnostic and treatment services their child needs.

Betsy Miller, RN, is the CMH nurse at Seneca County General Health District. She helps clients connect to the right services and also:

Conditions Eligible for CMH:

AIDS	Metabolic Disorders	Cleft Lip
Hearing Loss	Severe Vision Disorders	Cystis Fibrosis
Cancer	Sickle Cell Disease	Diabetes
Juvenile Arthritis	Spina Bifida	Congenital Heart Disease
Cerebral Palsy	Hemophilia Chronic	Lung Disease

- ✔ Provides home visits
- ✔ Help families with community resources
- ✔ Serves as a liason for medical bills

Currently, Betsy has an average of 140 clients on the CMH program.



For more information about the CMH Program, call (419) 447-3691 ext. 6358