



Mercer County Health District Quarterly Digest

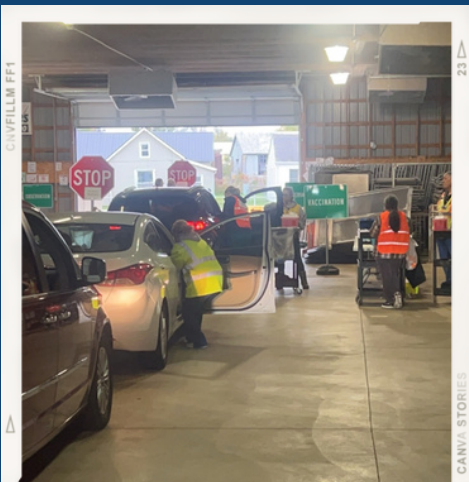
Volume 6 Newsletter



Drive Thru Flu Clinic

October 8, 2024

Join us for our annual Drive Thru Clinic on October 8! Experience the convenience and efficiency of receiving a flu shot from the comfort of your vehicle. Our dedicated team will provide a seamless and safe experience.



OUR MISSION

Protect, promote, and improve the health of Mercer County

OUR VISION

All people of Mercer County lead a healthy, fulfilling, and productive life

From the HEALTH DEPT ● ● ● ● ●

In public health, we want to empower people to make decisions and engage in activities that benefit their health. While you are enjoying the nice summer weather, why not spend some time in the garden combining the benefits of physical activity and healthy eating? If you are unable to grow food in a garden or it is just too late to start this year, check out a local farmer's market for some fresh and healthy food!

Celina Farmers' Market

Covered Bridge Farmers' Market

CHNA Progress ● ● ● ● ● ● ● ● ● ●

A community health needs assessment is currently underway, conducted by Live Well Mercer County under the leadership of the Mercer County Health District and Mercer Health. A community survey recently concluded, and focus groups and key informant interviews are wrapping up. Data will be analyzed and a report will be written over the next few months. If you are interested in reviewing the draft report and offering feedback, please contact Jason Menchhofer at 419-586-3251 ext. 1450 or jmenchhofer@mchdohio.org



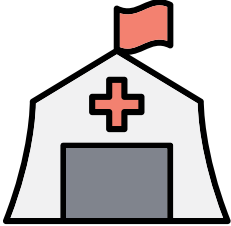
MERCER COUNTY

HEALTH DISTRICT

Emergency Preparedness/ MRC

MRC by the Numbers

**800
MRC Units**



Approximate number of
MRC units nationwide

**3 million+ COVID-19
Response Hours**



Number of volunteers-
medical, public health
professionals, and others-
across the country

**300,00+ MRC
Volunteers**



Approximate number of
volunteer hours dedicated
to COVID-19 response
efforts in local
communities

hello



MCHD welcomed Holli Brackman as the new Emergency Response Coordinator in May. Holli comes to MCHD from Columbus where she was a Clinical Exercise Physiologist working in the Cardiac/Pulmonary Rehab department for two years. She is a Celina High School and BGSU alumni. She is excited to be back in Mercer County and joining the MCHD team.

WANT TO VOLUNTEER?

We appreciate our MRC volunteers and aim to grow our team. Everyone, regardless of medical background, can contribute to our community. Whether you have medical expertise or not, your unique skills are valuable. To join or learn more, contact us at admin@mchdohio.org. We look forward to connecting and discussing your role in our mission.



SAVE THE DATE

Remaining 2024 MRC Meetings

SEPTEMBER 4, 2024

DECEMBER 4, 2024

Health Services

PUBLIC HEALTH NURSING



Back to School Immunizations

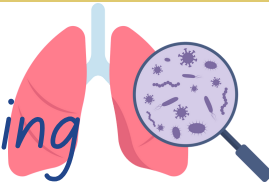
It's that time of year again! Time to get your kindergarteners, seventh graders, and seniors their back-to-school shots so that they are set to start the new school year! We offer appointments on Monday-Wednesday 7:30-3:30, Thursday 9:30-5:15, and on Friday 7:30-11:45. Call now to beat the rush for your immunization appointment!

Senior Health Fair



Director of Nursing, Misty Kleman RN, was invited to set up an informational booth at the Mercer County Council on Aging for their Senior Health Fair. While there, Misty was able to chat with the elder generations of Mercer County to find out their health needs and talk about our services we can provide them. Adults are never too old to receive vaccines!

Tuberculosis Case Investigation Training



The Director of Nursing and Communicable Disease nurse were able to attend a Tuberculosis Case Investigation Training at the Wood County Health Department in May, presented by Marion County, Indiana Public Health Department. While there, their surveillance and disease management skills were refreshed and they had the opportunity to hear about real-life experiences.

CPR Skills Refresher Course



In March our nursing staff renewed their CPR and BLS certifications. The class was taught by Mercer Health Occupational Health.



Clinic Hours:

 (419) 586-3251 Option 2

Monday: 7:30am-3:30pm
Tuesday: 7:30am-3:30pm
Wednesday: 7:30am-3:30pm
Thursday: 9:30am-5:15pm
Friday: 7:30am-3:30pm
Saturday: CLOSED
Sunday: CLOSED



BBQ FOOD SAFETY

Keep raw food separate from cooked food.

Don't use a plate that has potentially touched or has been contaminated by raw meat, poultry, or seafood for anything else unless you first wash the plate in hot, soapy water. Keep utensils and surfaces clean.

Marinate food in the refrigerator, not out on the counter.

And if you want to use some of the marinade as a sauce on your food after it's been cooked, keep a separate portion in reserve. Don't reuse marinade that contained raw meat.

Cook Food Thoroughly.

To kill any harmful bacteria that may be present, use a food thermometer.

- Hamburgers should be cooked to 160°F
- Chicken should be cooked to at least 165°F

Refrigerate and freeze food promptly.

You shouldn't leave food out of the cooler or off the grill for more than two hours. Never leave food out for more than one hour when the outside temperature is above 90°F.



TEMPORARY FOOD PACKET



Click above on the Temporary Food Packet to get a link for temporary food! Please allow 10 days advance notice in order to obtain a temporary food service license!

DID YOU KNOW?



Bacteria in food multiply faster at temperatures between 40°F and 140°F, so summer heat makes the basics of food safety especially important.

INTERESTING FACT



FIGHT THE BITE!



As spring arrived, so did ticks and mosquitos. Both can carry diseases that may have lasting side effects.

The best ways to prevent tick-borne illness are: Wear insect repellent, be diligent at checking for ticks after being outdoors and safely removing any ticks you find--pull ticks straight up and out with tweezers or fingers wrapped in paper towels.

Avoid mosquito-borne illness by: Staying indoors during dawn and dusk hours if able, wearing insect repellent and protective clothing, and avoid letting standing water collect outdoors around your home.

Community Engagement and Education

NO WRONG DOOR

MCHD took part in the No Wrong Door event hosted at Tri Star Career Compact. This event provided our staff with a chance to connect with other community partners. By networking and learning about the services offered by different agencies, we can effectively direct community members to the appropriate agency for their needs.

YMCA Kids Day



Misty Kleman, Director of Nursing, and Moriah Plattner, PHN I, hosted a booth at the YMCA Kids Day. Kids were invited to find out how far their germs spread when “sneezing” colorful water from spray bottles. While there, Misty and Moriah also offered car seat checks and guidance.

Health Literacy ● ● ● ● ● ● ● ●



Karen Komondor

Founder/President Health Literacy 360, LLC

Co-founder/Past President Ohio Health
Literacy Partners

Chair, National Council to Improve Patient
Safety Through Health Literacy

MCHD was offered the opportunity to learn about health literacy. Karen Komondor, an RN from Health Literacy 360, LLC provided a presentation titled: “Unlocking the Code: The Power of Health Literacy in Driving Clear Communication and Achieving Health Equity”. An interesting statistic presented was up to 80% of healthcare information is forgotten immediately, 50% of information is recalled incorrectly and 78% of patients discharged from the ER did not understand the information given and nearly all did not realize they had not understood.

References: CDC Vector Borne Disease: <https://www.cdc.gov/vector-borne-diseases/prevention/index.html>

MRC: <https://aspr.hhs.gov/MRC/Pages/index.aspx>

<https://www.fda.gov/consumers/consumer-updates/barbecue-basics-tips-prevent-foodborne-illness>



MERCER COUNTY
HEALTH DISTRICT