



Child Abuse Prevention Month

April is Child Abuse Prevention Awareness Month. CCPH Staff celebrated on April 13th by wearing the color blue.

Learn tips and strategies to help keep children safe and promote family well-being.

#ChildAbusePreventionMonth

#ThrivingFamilies

<https://www.childwelfare.gov/topics/preventing/preventionmonth/resources/resource-guide/>



WIC Lobby Improvements

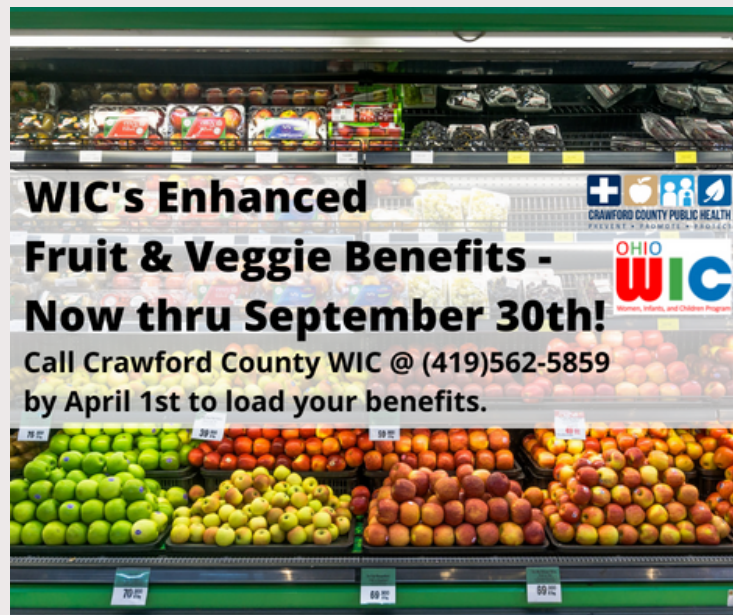
CCPH has undergone remodeling with respect for our clients security and privacy in mind. This remodeling was paid for by ARPA funds approved by our local county commissioners. My Floors out of Galion was the contractor and were absolutely amazing. We never had to close to the public or close our lobby while they worked! Thank you so much for your support!





CCPH Highlights

- Our State Fiscal Audit was conducted April 11th-15th.
- Help Me Grow is hiring a part time social worker.
- The Environmental Health Division is hiring a full-time Registered Environmental Health Specialist.
- WIC participants can enjoy a fruit and vegetable funding increase through September.
- The fourth dose of the Moderna COVID-19 vaccine is now available at CCPH.
- Stop the Bleed (tourniquet) Training will be held May 19th @CCPH at 10:00 am or 1:00 pm.
- Staff attended a public health Symposium at Bowling Green State University with Dr. Amy Acton as the keynote speaker.
- Breastmilk Donations are still being accepted at CCPH.





CCPH Service Milestones

We are fortunate to have several great staff members that have worked here for many years. We appreciate their commitment to public health and the knowledge they bring to our community.

10+ Years - Ginger George (Registrar), Deanna Grube (WIC Lactation Consultant), Beth Hiler (BC School Nurse), Christy Holman (HMG Home Visitor), Pam Kalb (HMG Contract Manager), Rebekah Kirgis (RN), Barb Roberts (Deputy Dir. of Admin Services/IT)

15+ Years - Kathy Bushey (WIC Director), Mary Coleman (WIC Nutritionist), Kate Siefert (Health Commissioner), Lisa Stine (RN)

20+ Years - Rae Johnson (RN), Krista Whitmeyer (Dir. of Admin Services), Amy Ramirez (Director of Nursing)

25+ Years - Vicki Hartschuh (WIC Clerk)



Amy Ramirez
Director of Nursing

Not Just COVID-19

Our Nursing Department is busy calling clients, making home visits, providing services at kindergarten screenings, and joining school districts on their 8th grade trips to Washington D.C. as needed. Reminder cards are being sent for vaccinations and free blood pressure checks are available daily. A healthy Crawford County is their goal.



CRAWFORD COUNTY PUBLIC HEALTH

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FREE TRAINING!

QPR

Question.
Persuade.
Refer.



BARTENDERS, BARBERS & BEAUTICIANS - Please join in the efforts to help prevent suicide.



Much like CPR for people who aren't breathing, QPR can interrupt the crisis and direct someone to proper care.

To schedule a FREE 1-hour training for your staff, call (419)562-7288.

You Will Learn To:

- Recognize the signs of suicide
- Know how to offer hope
- Know how to get help and save a life

Knowing QPR means saying "Yes" to possibly saving the life of a friend, family member, or neighbor.

Crawford County Public Health is a member of the **Crawford County Suicide Prevention Coalition**. There is a current focus on training local bartenders, barbers and beauticians on QPR (Question, Persuade, Refer). However, we are not limited to only bartenders, barbers and beauticians. This **free training** is available to anyone interested in suicide prevention. Please call **Marion-Crawford Prevention Programs** at **740-914-6444** to find out more details.

Help Me Grow is always looking forward to meeting new families that are expecting a little one. Our Home Visiting and Early Intervention services can provide support and resources to families from pregnancy through the toddler years. Want to learn more about Help Me Grow? Give them a call at (419)562-466.

EXPECTING A NEW BABY?
Do you know about **Help Me Grow?**

Call (419)562-4667 for more information

Healthy Pregnancy, Breastfeeding Support, Child Growth and Development, Child Safety, Parenting Skills, & Connecting You to Local Resources

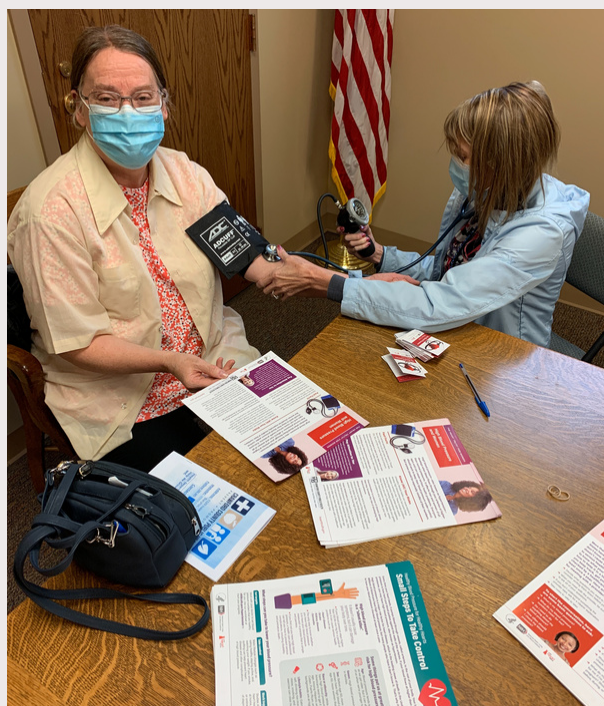


CRAWFORD COUNTY PUBLIC HEALTH

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Free Blood Pressure Checks

Crawford County Public Health offers free blood pressure checks at our facility daily. Our nursing staff has also provided these free services at our Bucyrus Library Book Sale, Council on Aging Presentations and other community opportunities. We want our community to be heart health smart!



Healthy Blood Pressure for Healthy Hearts



Blood pressure higher than 130/80 mm Hg can cause serious health problems:

- Heart disease
- Kidney disease
- Stroke
- Dementia

Have your blood pressure checked at least once a year.



May is National Blood Pressure Education Month.

Please visit CCPH to get your numbers!



www.nhlbi.nih.gov/hypertension



Newly Appointed Environmental Health Director: Blythe Caldwell

Congratulations to Blythe Caldwell, one of our Registered Environmental Health Specialists! Blythe has been selected to fill the position of Environmental Health Director. This position was formerly held by Steve Jozwiak who will officially retire on May 2, 2022 and Blythe will take over the position. This appointment was voted on Wednesday, April 20, 2022 by the Crawford County Board of Health with recognition of her outstanding service to our agency since 2016.



Follow us on:





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Stigma Reduction Billboards are Up!

Have you noticed our latest billboards? Using funds made available from an ODH Drug Overdose Prevention grant, these billboards were designed by the Crawford County Prevention Coalition (CCPC) members. We think they turned out great! The local CCPC meetings are held every 2nd Thursday of the month from 12:30-1:30pm at the Success Center. The group focuses efforts on reducing drug overdoses, increasing awareness on the risks of drug use, promoting safe storage and disposal of medications, distributing naloxone and other harm reduction tools, and reducing stigma towards people that use drugs and reducing stigma towards getting help. Together we are stronger than addiction! **#TogetherStopStigma**



TOGETHER WE ARE STRONGER
THAN ADDICTION.

#TogetherStopStigma 

CRAWFORD COUNTY
**PREVENTION
COALITION**
For a safe and healthy Crawford County.



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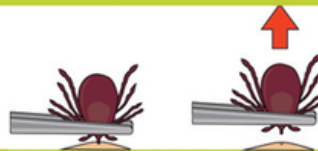
PREVENT • PROMOTE • PROTECT

Protect • Check • Remove • Watch

[Ohio.Gov/ Tick](http://Ohio.Gov/Tick)

BeTICK Smart!

- 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.



- 1 Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
- 2 Pull upward with steady, even pressure to remove the tick. Avoid twisting or jerking.
- 3 Clean the bite area and your hands with rubbing alcohol, iodine scrub, or soap and water.

We are entering peak tick season for Ohio. Make sure you check yourself, your family and your pets often!

Use tweezers to quickly remove an attached tick.

Actual Size Comparison

Ohio Tick ID Card

Blacklegged (deer) tick



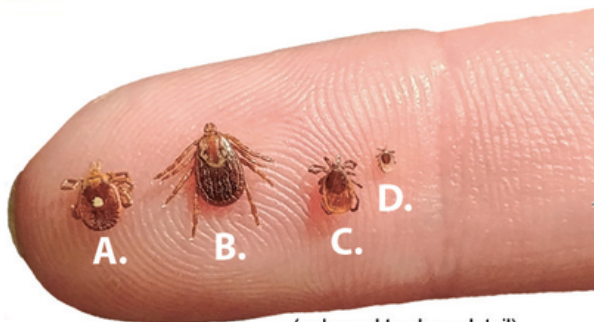
American dog (wood) tick



Lone star tick



Female, Male, Nymph, Larva



(enlarged to show detail)

- A. Lone star tick, female
- B. American dog tick, female
- C. Blacklegged tick, female
- D. Blacklegged tick, nymph

Be TICK Smart!