

PREVENT DISEASE AND INJURY. PROMOTE HEALTH AND WELLNESS. PROTECT YOU AND YOUR COMMUNITY.

What's in This Month's Issue:

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Back to School Health Tips

Use these back to school tips as your children return to school.

- Packing your children's lunch is the best way to make sure they are eating nutritious meals while at school. Follow these tips to make sure your child has a balanced meal to fuel their learning.
 - Try to include at least one food from each food group (fruit, vegetable, grain, protein, and dairy)
 - Pack low-fat milk, 100% fruit juice, or water instead of sugary juice boxes
 - Use icepacks to keep cold foods cold and thermoses to keep hot foods hot
- Overloaded backpacks can cause back and shoulder injuries for children.
 - Always use both straps to evenly distribute weight on the shoulders
 - Backpacks should wear no more than 5-10% of a child's body weight
 - Rolling backpacks should be used cautiously because they create a trip hazard in crowded hallways
- Walking to school is a great way to encourage physical activity, reduce chronic disease, and support healthy development, learning, and cognition. Use these tips if your child is able to walk to school.
 - Pedestrians should walk on the side of the road against traffic flow, use a crosswalk while crossing streets, and not cross between parked cars. Put down phones or other devices while walking, especially when crossing the street.

- Make sure your children know to always stop and look both ways before crossing a street. If there is a car stopping, make eye contact with the driver before crossing.



- Bus stop safety:
 - Get to the bus stop at least 5 minutes early.
 - Stand at least 3 giant steps away from the curb in a spot easily seen by the bus driver. Do not wait in the house or in a car.
 - Do not let children play in the street or with toys that could roll into the street.
 - All belongings should be worn or in your child's backpack so their hands are free to use the handrails.
 - Wait until the bus comes to a complete stop before walking towards the bus to get on.

New WCHD Hours

The Williams County Health Department will now be closing all offices at 4:30pm.

Williams County Health Department
NEW HOURS
BEGINNING AUGUST 15TH

The Montpelier office will be open from
8:30am-4:30pm Monday-Friday.

The Bryan office will be open from
**8:30am-12:00pm and
12:30pm-4:30pm Monday-Friday.**

COVID-19 Vaccines: Novavax

Source: Public Health Collaborative & CDC

On July 19, 2022, the CDC approved the Novavax vaccine for emergency use authorization for adults 18 years and older. Novavax is a two-dose, protein-based COVID-19 vaccine.

The Novavax vaccine is created using more traditional protein-based technology for vaccine development, unlike the other COVID vaccines currently available in the United States (the Pfizer and Moderna mRNA vaccines and viral-vector Johnson & Johnson vaccine).

Novavax will now be the fourth COVID-19 vaccine available in the U.S. As a protein-based vaccine, Novavax is another option for people who are allergic to one of the components in a mRNA or viral-vector vaccine. The vaccine is currently authorized as a primary series only, and not as a booster dose.

More about the Novavax vaccine: bit.ly/3Jp9gsG

Free At-Home Test Kits

Source: CMS.gov

Did you know that you can get free at-home COVID-19 test kits?

Most people with a health plan can go online, or to a pharmacy or store to purchase an at-home over-the-counter COVID-19 tests authorized by the U.S. FDA at no cost, either through reimbursement or free of charge through their insurance. This applies whether you purchased your health plan on your own or whether you get health insurance through your job. The test will either be free directly at the point of sale, if your health plan provides for direct coverage, or by reimbursement if you are charged for your test. Be sure to keep your receipt if you need to submit a claim to your insurance company for reimbursement.

Learn more about free of charge or reimbursed test kits: <https://go.cms.gov/3PTbwLb>

Order Free COVID Test Kits to Your Home:

<https://special.usps.com/testkits>

Johnny's Ambassadors Event



Laura Stack, Founder & CEO of Johnny's Ambassadors, will be presenting at Bryan City Schools. Johnny's Ambassadors educates parents and teens about the risks of today's high-THC marijuana on adolescent brain development, mental illness, and suicide.

Laura's 19-year-old son, Johnny, died by suicide after becoming psychotic from dabbing high potency THC concentrates. The devastating loss of her child gives Laura a powerful voice and a platform for change. Laura is the recipient of the Drug-Free America Foundation's Moxie Award for protecting youth from substances, the Leadership in Advocacy Award from the National Speakers Association, and the American Association of Suicidology's Loss Survivor of the Year Award. Johnny's story has been told in People Magazine, the New York Times, the Wall Street Journal, the Epoch Times, the Ingraham Angle, the Untold Story with Martha MacCallum, and PBS.

The public is welcome to attend the presentation on Wednesday, August 24th from 6:30pm to 8pm in the Bryan Arts and Education Center. In addition, students in grades 6-12 will hear Ms. Stack speak on August 25th.

Thank you to the Williams County ECHO Coalition for sponsoring this event.

Everyone Welcome:

August 24th, 6:30pm-8pm @ Bryan City Schools

Learn more: <https://johnnysambassadors.org/>



2022 Community Health Assessment Release Event

Join Williams County Health Partners for the release of the 2022 Community Health Assessment. During the event, we will review the local data on relevant health topics for adults and youth in Williams County. Hospital Council of Northwest Ohio (HCNO) will be hosting the event.

When:

Aug. 31st, 9-11:30am

Where:

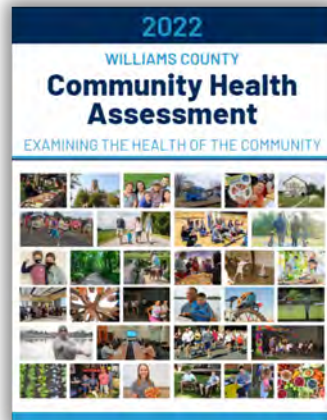
East Annex Conference Room or online

Zoom Link:

<https://bit.ly/3bVE2NA>

See the flyer to learn more:

<https://bit.ly/3A2R4kq>



We have access to COVID-19 vaccines for children as young as 6 months. We also have widespread access to treatments proven to reduce the risk of serious illness and hospitalization for our most vulnerable Ohioans, including those who are more vulnerable to severe illness based on their age or medical conditions. The CDC has updated its guidance due to this better understanding of the current strain of the COVID virus we are now facing. Click to view guidance on:

- Understanding Risk: bit.ly/3pkAFD9
- Exposed to Positive Case: bit.ly/3QQ57R1
- Testing Positive: bit.ly/3KcTamJ

Suicide Prevention Breakfast

2ND ANNUAL FOUR COUNTY
**SUICIDE PREVENTION
BREAKFAST:**
A COMMUNITY CONVERSATION

The Four County Suicide Prevention Coalition is hosting a Suicide Prevention Breakfast on Sept. 15th.

Prevent suicide through awareness and bring hope to our community. Learn about suicide prevention and the resources available in the four county area. Discover how you can make a difference. This year, the event has been expanded to include resources for businesses, veterans, & schools, featuring a panel discussion. Sign-in and breakfast open at 8:00am with presentations beginning at 8:30am.

Learn more and register online here:

bit.ly/2022SPCBreakfast

CDC COVID-19 Guidance Updates

Source: CDC & ODH

The CDC updated COVID-19 guidance to reflect the changes in the virus. Currently, most Ohio communities are experiencing high levels of community spread. While cases have increased, the good news is hospitalizations remain lower compared to past surges. We are in a much better position with the virus compared to what we have seen previously. We now have much stronger immune resistance stemming from a combination of vaccines and prior illness.



WCHD Community Talking Points are published on a monthly basis and posted on our website and social media. If you would you like to receive the community talking points directly, sign up by completing this form: bit.ly/WCCCommunityTalkingPoints

For more information on WCHD programs and services, visit:
williamscountyhealth.org

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