

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

## What's in This Month's Issue:

- 988 Suicide Prevention Lifeline
- Am I Up to Date on my COVID-19 Vaccines?
- COVID-19 Vaccines for Children
- How to Grill Food Safety
- School Immunizations
- Car Seat Safety
- How Do Regulations & Laws Impact Health?

## 988 Suicide Prevention Lifeline

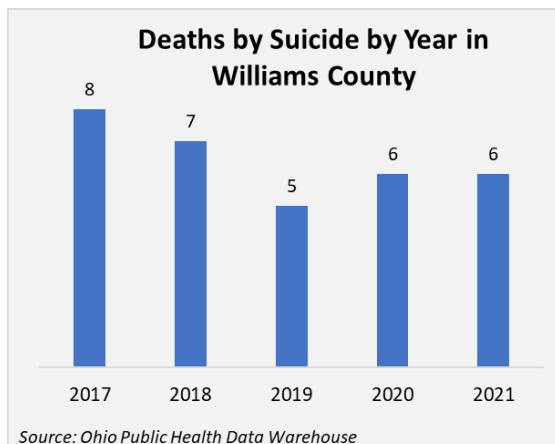
Source: Suicide Prevention Lifeline



988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline. This dialing code is now available to everyone across the United States.

The current Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis, even after 988 is launched nationally.

Numerous studies have shown that callers feel less suicidal, less depressed, less overwhelmed and more hopeful after speaking with a Lifeline counselor. To learn about what happens when you call, text, or chat with the Lifeline, click [here](#).



Current data available shows that 5 people died by suicide in Williams County between January 2022 & July 2022.

## Am I Up to Date on my COVID-19 Vaccines?

Source: CDC

COVID-19 vaccine boosters can further enhance or restore protection that might have decreased over time after your primary series vaccination. People are protected best from severe COVID-19 illness when they stay up to date with their COVID-19 vaccines, which includes getting all recommended boosters when eligible.

The CDC has a tool that helps you determine if you are up to date on your COVID-19 vaccines. Answer a few questions anonymously to see if you or your loved one need another shot. Click the link or the photo below to find the tool.

Learn more about boosters or the tool: <https://bit.ly/3HGXycj>.

Learn more about where to get vaccinated in Williams County: [bit.ly/COVIDVaccinesWC](https://bit.ly/COVIDVaccinesWC)

## Find Out When You Can Get Your Booster

Boosters are an important part of protecting yourself from getting seriously ill or dying from COVID-19. They are recommended for most people.

Use this tool to determine when or if you (or your child) can get one or more COVID-19 boosters.

[Find Out When to Get a Booster >](#)

## How to Grill Food Safely

Prevent food poisoning by using these tips:

👉 **Clean** - Wash your hands with soap before & after handling raw meat. Wash surfaces and utensils. Don't reuse items that have touched raw meat.

↔️ **Separate** - Separate raw meat from other food items in your cart, grocery bags, and fridge.

🍳 **Cook** - Use a food thermometer to check the heat of your food. Use the temperatures in the graphic below - click to enlarge or visit: [bit.ly/2xHOinJ](https://bit.ly/2xHOinJ).

❄️ **Chill** - Place your leftovers in the freezer or fridge within 2 hours of cooking (or 1 hour if above 90 degrees outside).



## School Immunization Clinics



Any child in need of an immunization is able to get immunized at the clinics. Call **419-485-3141** to pre-register your child and schedule a time slot. Appointments are required.

### BRYAN CITY SCHOOLS

**Date: August 9th**  
1000 Fountain Grove Dr,  
Bryan, OH 43506  
(Use MS/HS Entrance)

### EDGERTON SCHOOLS

**Date: July 26th**  
111 E. River St.  
Edgerton, OH 43517  
(Use HS Entrance)

### EDON SCHOOLS

**Date: July 26th**  
802 W Indiana St.  
Edon, OH 43518  
(Use Main Entrance)

### HILLTOP SCHOOLS

**Date: August 4th**  
1401 W. Jackson St.  
West Unity, OH  
(Use Elementary Entrance)

### MONTPELIER SCHOOLS

**Date: August 2nd**  
310 Lincoln Ave.  
Montpelier, OH 43543

### NORTH CENTRAL SCHOOLS

**Date: August 4th**  
400 E Baubice St.  
Pioneer, OH 43554  
(Use North Entrance)

### STRYKER SCHOOLS

**Date: August 11th**  
400 S Defiance St.  
Stryker, OH 43557  
(Use Elementary Entrance)



**Questions?**  
Call the WCHD at 419-485-3141.



Larger Image: [bit.ly/3zc1mQd](https://bit.ly/3zc1mQd)

## COVID-19 Vaccines for Children

Source: Public Health Collaborative & CDC

On June 18, the CDC announced its recommendation that children age 6 months and older should get a Pfizer or Moderna COVID-19 vaccine. The decision was made after analyzing substantial data from clinical trials involving thousands of children. The data confirms the vaccine's safety and effectiveness for children in this age group. The CDC also advises that children age 5 and older who receive the Pfizer vaccine should get a booster at least 5 months after their second shot. Getting vaccinated continues to be our best line of defense to protect all people, including children age 6 months & older, from getting severely ill with COVID-19.

Learn more about COVID-19 vaccines for children: [bit.ly/3HUe3BI](https://bit.ly/3HUe3BI)

Local vaccine availability: [bit.ly/COVIDVaccinesWC](https://bit.ly/COVIDVaccinesWC)

## Car Seat Safety

Source: Safe Kids Worldwide

Did you know that more than half of all car seats are not used or installed correctly? The WCHD has Certified Child Passenger Safety Technicians (CPSTs) available who offer free car seat checks to Williams County residents. CPSTs are car seat experts and can answer questions about buying the right car seat, installing the car seat, getting the right fit within the car seat, and when to change the car seat used for a child.



Correctly used child safety seats can reduce the risk of death by as much as 71 percent.

Call the WCHD to learn more about community events or schedule an appointment with a CPST: 419-485-3141 ext. 108. You can also use the Ultimate Car Seat Guide to answer quick questions about your child's car seat use: <https://ucsg.safekids.org/>.



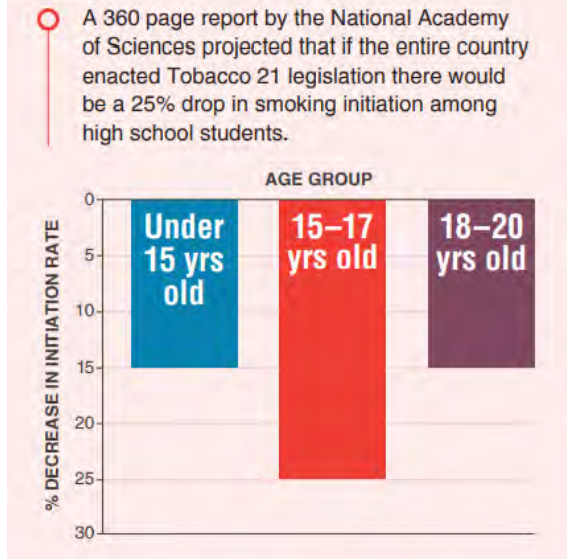
## How Do Regulations & Laws Impact Health?

Regulations and policies that either encourage communities to adapt a healthy behavior or reduce an unhealthy one are important tools for public health work. Many community health improvements have been achieved through policies and regulations. These include fewer motor vehicle deaths due to seatbelt laws and better health due to safe drinking water regulations.

In 2019, the federal government banned the sale of tobacco products to people under the age of 21 through their Tobacco 21 policy. The goal of this policy is to prevent young people from beginning to use tobacco products in the first place - most people develop an addiction to tobacco products between the ages of 18 and 21.



## Dramatic Impact on Initiation



By reducing the accessibility of tobacco products to this age group, Tobacco 21 has been able to prevent young people from developing an unhealthy habit, which will lead to better community health in the future. Through policies like this, we are able to encourage entire communities to live healthier lives.

Learn more about how policy impacts public health: <https://bit.ly/3bkQJAX>



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](https://bit.ly/WCCCommunityTalkingPoints)

For more information on WCHD programs and services, visit: [williamscountyhealth.org](https://williamscountyhealth.org)

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