

What's in This Month's Issue:

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- Sun Safety: Protect Your Skin

ServSafe Food Safety Course

ServSafe is a course offered by the Williams County Health Department for Food Safety Managers. The training meets the Ohio Department of Health's Food Manager Certification for risk level III and IV establishments.

Training costs \$200 and includes books, materials, resources, and the exam. You must attend both classes and take the exam to receive credit. If you are interested in registering for the course, contact Rachel Palmer or Courtney Squires by calling 419-485-3141.

The Williams County Health Department will be hosting the training in June and November of this year. If you are not available to attend on June 29th and 30th, register for the course that will take place on November 9th & 10th.

**SERVSAFE
MANAGER TRAINING & EXAM**



ServSafe Food Safety Manager training is a certificate program that meets the Ohio Department of Health's Food Manager Certification for risk level III and IV establishments.

WHEN?

- Class 1: June 29, 2022 from 9am-4pm
- Class 2: June 30, 2022 from 9am-4pm
- Exam: June 30, 2022 from 4:30pm-6pm*

Training costs **\$200** and includes: books, materials, resources, and the exam.

Register by calling 419-485-3141!

*To take the exam you must attend both classes.



Contact the instructors with questions:

Rachel Palmer
 • rachel.palmer@williamscountyhealth.org
 • 419-485-3141 ext. 107

Courtney Squires
 • courtney.squires@williamscountyhealth.org
 • 419-485-3141 ext. 125

What is Monkeypox?

Source: CDC

Monkeypox, a disease caused by infection with monkeypox virus, is rare and spreads between people primarily through direct contact with sores, scabs, or body fluids. People can only catch monkeypox if they have close, physical contact with someone who is infected.

The risk for getting monkeypox in the United States is low, but it's important to know the symptoms. Anyone who has a rash that looks like monkeypox and has had potential exposure to the virus should talk to their healthcare provider.

A monkeypox rash may initially appear similar to pimples, blisters, or raised bumps, and it may be accompanied by fever and chills. The images below show some examples of a monkeypox rash.

Learn more: <https://bit.ly/3t3dCiy>.



WIC: Formula Shortage

Due to the ongoing nationwide formula shortage, our WIC staff in Williams County is working very hard to help our families care for their children. The state of Ohio has now allowed the temporary use for purchasing substitute formulas with the WIC Nutrition Card. These substitutes can be found in the link provided below. Walmart has also created a website to help track formula availability at all their stores. Customers can navigate this website by using the following steps:

- Open Walmart.com and search for "formula".
- If the city/store displayed in the blue bar is not the desired store, click on it to change the location.
- Start by putting in a zip code, then select a store and save.
- An individualized page will show formula available both online and at the selected store.
- The page also shows the status of the items displayed: Pickup (available at the store), Delivery, Shipping, or Out of Stock.
- Information can be filtered to show all brands of baby formula carried or filtered for a specific brand.
- Customers can select how they would like to receive their items, whether that is in-store, pickup, delivered from a store, or shipped.

WIC formula substitutes: bit.ly/WICFormula

If you have any questions regarding formula, please call our local WIC office Monday through Friday. Our office hours are 8:30am to 12pm and 1pm to 5pm.

Bryan office: 419-636-8754

Montpelier office: 419-485-3141 ext. 121



School Immunization Clinics

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)	HILLTOP SCHOOLS Date: August 4th Memorial Park West Unity, OH (500 block of North Liberty St.) (Use North Entrance)	NORTH CENTRAL SCHOOLS Date: August 4th 400 E Baubice St, Pioneer, OH 43554 (Use North 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)	MONTPELIER SCHOOLS Date: August 2nd 1015 E Brown Rd, Montpelier, OH 43543 (Use Main Entrance)
STRYKER SCHOOLS Date: August 11th 400 S Defiance St, Stryker, OH 43557 (Use Elementary Entrance)	Questions? Call the WCHD at 419-485-3141.	

Logos: United Way, United Way of Williams County, Public Health Williams County Health District

Larger Image: bit.ly/3L62XJU

4YourMentalHealth Campaign

The four county health departments need your feedback to improve our 4YourMentalHealth campaign. Take this 5 minute survey to help us improve our campaign.

Survey: <https://bit.ly/4YMHEval>






Take our survey:


bit.ly/4YMHEval


Have you seen our campaign?
#4YourMentalHealth


Sun Safety: Protect Your Skin

Skin cancer is the most commonly diagnosed cancer in the United States. More than 2 Americans die of skin cancer every hour. It is important to limit exposure to the sun to prevent skin cancer. Use the following tips to reduce your risk.

-  Seek shade, especially during midday hours (10 am to 4 pm) in March through October. Umbrellas, trees, or other shelters provide relief from the sun.
-  Be careful around surfaces that reflect the sun's rays such as water, snow, concrete, and sand.
-  Wear sun protection gear like a hat with a wide brim and sunglasses. Choose a hat with brims that provide protection to the face, ears, and back of the neck.

 Protect your eyes from the sun with sunglasses. Sunglasses reduce the risk of cataracts. Wrap-around sunglasses are best to prevent the UV rays from entering from the side of your face.

 Wear a long-sleeved shirt and pants or a long skirt for additional protection. If it is too hot, wear a t-shirt or a beach cover-up along with sunscreen.

 Apply a thick layer of broad spectrum, water-resistant sunscreen with an SPF of 15 or higher. Be sure to reapply at least every 2 hours or every 40 minutes after being in water or sweating. One ounce of sunscreen or enough to fill one shot glass is recommended to cover the exposed areas of the body properly.

What are the early signs of skin cancer? Know your ABCDE's. See the graphic below.

 <p>A</p>	 <p>B</p>	 <p>C</p>	 <p>D</p>	 <p>E</p>
<p>ASYMMETRY</p> <p>One half is unlike the other half.</p>	<p>BORDER</p> <p>Irregular, scalloped or poorly defined border.</p>	<p>COLOR</p> <p>Varied from one area to another; has shades of tan, brown or black; sometimes white, red, or blue.</p>	<p>DIAMETER</p> <p>While melanomas are typically greater than 6mm (the size of a pencil eraser) when diagnosed, they can be smaller.</p>	<p>EVOLVING</p> <p>A mole or skin lesion that looks different from the rest or is changing in size, shape or color.</p> <p>Example:</p> 



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/WCCommunityTalkingPoints

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

Main Office
 310 Lincoln Ave.
 Montpelier, Ohio 43543
 Phone: 419-485-3141
 Fax: 419-485-5420

WIC Satellite Office
 1399 East High Street
 Bryan, Ohio 43506
 Phone: 419-636-8754
 Fax: 419-636-8107

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