

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

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

- Free Preventative Services & Cancer Prevention
- ECHO Orientation Breakfast
- COVID-19 Update
- Trauma-Informed Care Community Workshop
- School Immunization Clinics
- Mental Health Awareness Month
- Tick Safety

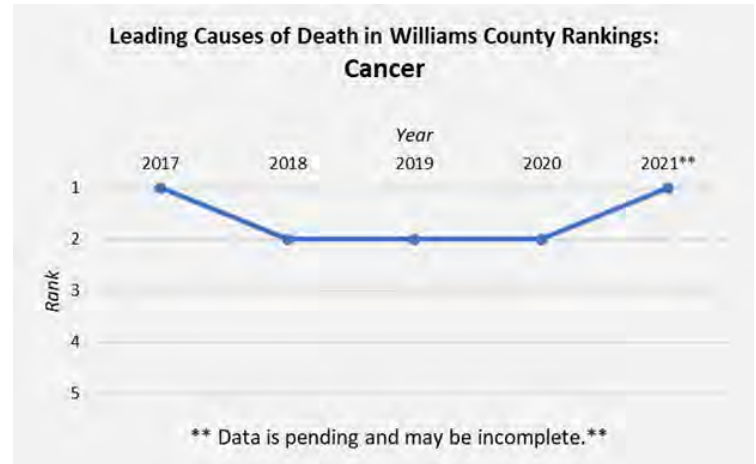
## Free Preventative Services & Cancer Prevention

(Source: CHWC, Ohio Department of Health)

Did you know that most U.S. health insurance plans are required by law to provide 100% coverage for many common preventative services? This means you will not be charged copay or coinsurance, even if you haven't met your annual deductible. Visit [healthcare.gov](https://www.healthcare.gov) for a comprehensive list of preventative health services that are covered 100% by most health plans. Check with your insurance provider to learn more.

In Williams County, cancer is ranked in the top 2 leading causes of death for each of the past 5 years. Cancer screenings are very important to detect cancer early and reduce the risk of dying from that cancer. When it comes to cancer prevention, many services are fully covered such as:

- Colorectal cancer screenings for men and women ages 45-75.
- Breast cancer mammogram screenings for women 50+ who are at average risk, every 2 years or for women ages 40-49 who are at higher risk, as recommended.
- Cervical cancer screenings for women ages 21-29, pap test every 3 years; women ages 30-65, based on healthcare provider recommendations (pap test every 3 years, HPV test every 5 years, both pap and HPV test every 5 years).
- Lung cancer screenings for adults ages 50-80 who are at high risk for lung cancer.
- Visit [healthcare.gov](https://www.healthcare.gov) to learn more about free cancer screenings.



## ECHO Orientation Breakfast

ECHO (Educating Communities on Healthy Opportunities) Coalition is hosting an orientation breakfast. Come learn about the ECHO Coalition and how you can be involved in substance use prevention in Williams County. The event is located at the Bryan Eagles on Wednesday, May 18th from 7:30am to 9:00am. Everyone is welcome. RSVP by emailing Bethany Coutz at [bethany.coutz@williamscountyhealth.org](mailto:bethany.coutz@williamscountyhealth.org).



**ORIENTATION BREAKFAST**  
YOU'RE INVITED



**HOSTED BY THE ECHO COALITION**

COME LEARN ABOUT SUBSTANCE ABUSE PREVENTION IN WILLIAMS COUNTY AND HOW YOU CAN BE INVOLVED

## Trauma-Informed Care: A Community Workshop

A trauma-informed care workshop will take place on Thursday, June 9th. The event will take place at Bryan City Schools in the high school cafeteria from 10:30am to 3:00pm. Lunch will be provided. During the event, we will:

- Learn how trauma-informed care efforts result in earlier identification and intervention for at-risk youth and families.
- Explore strategies that have been adopted by other Ohio communities.
- Collaborate on a community plan to improve outcomes in Williams County.

This workshop is designed for those who have already received trauma-informed care training, as well as those who are new to the subject. This is the launch of an ongoing community collaboration to address trauma and adverse childhood experiences (ACEs) and their effects in Williams County. Registration for the event will close on May 25th: [bit.ly/WilliamsTIC](http://bit.ly/WilliamsTIC)

**WILLIAMS COUNTY**  
**TRAUMA-INFORMED CARE:**  
**A COMMUNITY WORKSHOP**

- **Learn** how trauma-informed care efforts result in earlier identification and intervention for at-risk youth and families.
- **Explore** strategies that have been adopted by other Ohio communities.
- **Collaborate** on a community plan to improve outcomes in Williams County.

**THURSDAY, JUNE 9TH**  
**10:30AM - 3:00PM**  
 Doors open at 10:00am  
 Presentation & discussion begin at 10:30am  
 Lunch will be provided

**BRYAN CITY SCHOOLS**  
**HIGH SCHOOL CAFETERIA**  
 1000 Fountain Grove Dr., Bryan, OH 43506

Register online by **May 25th**: [bit.ly/WilliamsTIC](http://bit.ly/WilliamsTIC)

Share this event with other Williams County residents or agencies.

Questions? Email Victoria Smith at [victoria.smith@williamscountyhealth.org](mailto:victoria.smith@williamscountyhealth.org)

## 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.

<b>BRYAN CITY SCHOOLS</b> <b>Date: August 9th</b> 1000 Fountain Grove Dr, Bryan, OH 43506 (Use MS/HS Entrance)	<b>HILLTOP SCHOOLS</b> <b>Date: August 4th</b> Memorial Park West Unity, OH (500 block of North Liberty St.)	<b>NORTH CENTRAL SCHOOLS</b> <b>Date: August 4th</b> 400 E Baubice St, Pioneer, OH 43554 (Use North Entrance)
<b>EDGERTON SCHOOLS</b> <b>Date: July 26th</b> 111 E. River St. Edgerton, OH 43517 (Use HS Entrance)	<b>EDON SCHOOLS</b> <b>Date: July 26th</b> 802 W Indiana St. Edon, OH 43518 (Use Main Entrance)	<b>MONTPELIER SCHOOLS</b> <b>Date: August 2nd</b> 1015 E Brown Rd, Montpelier, OH 43543 (Use Main Entrance)
<b>STRYKER SCHOOLS</b> <b>Date: August 11th</b> 400 S Defiance St, Stryker, OH 43557 (Use Elementary Entrance)	<b>Questions?</b> <b>Call the WCHD at 419-485-3141.</b>	

Logos for United Way, United Way of Williams County, and Public Health are included at the bottom.

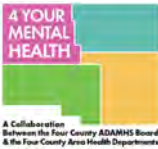
Larger Image: [bit.ly/3L62XJU](http://bit.ly/3L62XJU)

The Williams County Health Department will be hosting school immunization clinics this summer. If your child needs a vaccine, check out the flyer to find a convenient clinic near you. Call 419-485-3141 to pre-register your child and schedule an appointment. Vaccines available include Dtap, Polio, MMR, Varicella, Meningococcal, and Tdap. The following vaccines are required for school:

- Kindergarten: Dtap, Polio, MMR, Varicella
- 7th Grade: Meningococcal, Tdap
- 12th Grade: Meningococcal

If you have questions about the clinic, a vaccine, or need to know what your child needs, call 419-485-3141 and ask to speak to a public health nurse. Learn more about vaccines or the diseases they prevent here: [Vaccines for Your Children - CDC](https://www.cdc.gov/vaccines/imz/downloads/pdf/12-17-15-000.pdf)





## Mental Health Awareness Month

Mental health is an important part of your overall health. Take care of your mental health by practicing strategies to reduce stress:

- Move more. Regular exercise like going for a walk can boost your mood and improve your health.
- Eat healthy meals & snacks. Eat more fruits and vegetables and drink more water to improve your energy levels and mood.
- Set boundaries & take time to recharge. Set aside time for yourself. Try a relaxing activity or unwind by journaling, taking a nap, listening to music, going on a walk, or talking to a friend.
- Get enough sleep. Adults need 7-9 hours of sleep per night. Take steps to stick to a healthy sleep schedule to stay refreshed.
- Don't compare yourself to others. Notice situations when you compare yourself to others, like when using social media, and avoid your triggers. Social media does not reflect reality.
- Practice gratitude. Commit to writing down three things you are grateful for each day.

What does mental health mean to you? Take our survey: [bit.ly/4YMHSurvey](https://bit.ly/4YMHSurvey).

*If you or someone you know is thinking about suicide or self-harm, call the Local Suicide Prevention Lifeline at 1-800-468-HELP (4357), or text the Crisis Text Line (text 4HOPE to 741-741). Both services are free and available 24 hours a day, 7 days a week. All calls are confidential.*

## COVID-19 Update

[COVID.Gov](https://www.covid.gov) recently launched as a one-stop site for COVID-19 treatment, testing, vaccination, and information. Visit this site for free masks, testing, vaccines, and more! Find isolation or quarantine requirements for if you test positive or are exposed to a COVID-19 case on our website: [bit.ly/3smsuYM](https://bit.ly/3smsuYM).

### Williams County (WC) Data:

(Monthly Average)

Weekly Cases: 14	WC Rank: #38
COVID-19 Hospitalizations: 0	WC Cases Per Capita: 109.0
Deaths Reported: 0	Ohio Cases Per Capita: 146
Fully Vaccinated: 43.66%	
Current COVID-19 Community Level: <b>Low</b>	* new cases per 100,000 population over 2 weeks

(Learn more: [bit.ly/3sta3SQ](https://bit.ly/3sta3SQ))

## Tick Safety

Tick exposure is more common during warmer months. This spring and summer, be tick smart by following these tips. Click the image to learn more.

Protect • Check • Remove • Watch **Ohio.Gov/ Tick**

# BeTICK Smart

**Ohio** Department of Health

- 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.



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

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

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Fax: 419-636-8107

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