

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

What's in This Month's Issue:

- Flu Season
- Take Care of Your Mental Health
- Quality of Life Survey
- MyPlate: Eat Healthy on a Budget
- Updated COVID-19 Booster FAQs
- Medicine Abuse Awareness Month
- Isolation & Quarantine Calculator

Flu Season

Catch up on your flu and/or COVID-19 shots at the Senior Center clinics. To create an appointment, sign up at your local senior center or walk-in during the clinic. The remaining dates and locations are shown below.

Senior Center Flu & COVID-19 Clinics

Remaining Clinic Dates:

Edgerton
October 3
10:00am-11:00am
224 S. Laubach Dr.

West Unity
October 4
10:00am-11:00am
1425 E. High St.

Pioneer
October 5
10:00am-11:00am
100 N. Elm St.

Montpelier
October 7
1:00pm-2:00pm
325 N. Jonesville St.

Sign up at your local
senior center or walk-in
during the clinic.



Take Care of Your Mental Health

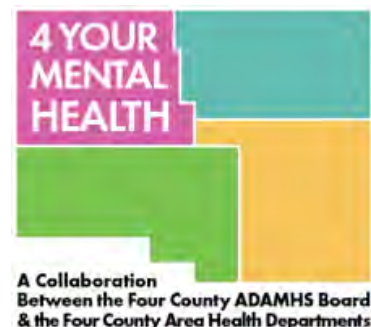
We live in a world ruled by busyness -- constantly juggling the responsibilities of home, work, and relationships, running from one errand to the next. It is easy to get overwhelmed by the responsibilities of day-to-day life. But did you know that budgeting time for self-care can help you manage stress, lower your risk of illness, and increase your energy?

Take these small steps to make self-care a little bit easier.

- Build self-care into your routine. It is okay to take breaks. Each week, take a few timeouts to reduce stress and improve your well-being. What makes you happy? Schedule time in your day to enjoy the activities you love. Do something you loved to do as a kid. Do something on your activity wish list. Add it to your calendar.
- Focus on the basics. Eat nutrient-rich foods, be active, and get enough sleep. Your physical health is closely connected to your mental health. Taking care of your body improves your mental wellness and helps you support the people you love.
- Set small goals. It can be hard to build self-care into your routine. Focus on small, daily tasks like taking a 15-minute walk, journaling for 10 minutes, or spending short bursts of time working on a hobby. Have a tough conversation to set a boundary. Walk away from your phone for an hour.

What do you do to balance your mental health? Share your story with us: bit.ly/4YMHSurvey

Crisis Support is available 24 hours a day, 7 days a week by calling: 1-800-468-4357 (1-800-GOT-HELP) or by dialing the National Suicide Prevention Lifeline, 988.



Quality of Life Survey

Williams County Health Partners needs your input. Take the Quality of Life survey to share your opinion on how Williams County could be improved. Are you satisfied with the quality of life in our community? Is our community a safe place to live? Is there a network of support available to help in times of need? Your input will help us develop a plan to improve the health of Williams County residents over the next 3 years.

Take the survey: bit.ly/WCQOLSurvey
 Or scan the QR code below

**2022 WILLIAMS COUNTY
Quality of Life
Survey**

How could life in Williams County be improved?

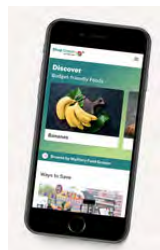
Take our survey:
bit.ly/WCQOLSurvey

MyPlate: Eat Healthy on a Budget

MyPlate has resources to help you eat healthy on a budget. Healthy food choices don't have to cost a lot. Find savings in your area and discover new ways to prepare budget-friendly foods. Try the app.



Scan this QR code
 or [click here](#)
 to use Shop
 Simple on your
 phone



Open Shop Simple on your phone. Find local savings by entering your zip code to find rewards and stores that accept SNAP EBT near you. Discover tips for buying and preparing budget-friendly foods.

Updated COVID-19 Booster FAQs

Source: HHS

What are the updated vaccines?

The COVID-19 vaccines continue to work very well at preventing severe illness, hospitalization, and death. The updated vaccines now available from Pfizer and Moderna help protect against the Omicron variant, which is causing most new COVID infections.

Who should get an updated COVID vaccine?

Every vaccinated person 12 or older should get an updated vaccine. It's especially important for the following people to get an updated vaccine because they are at increased risk for severe illness from COVID:

- People age 50 and older
- Residents of long-term care settings
- People with certain underlying medical conditions
- Pregnant and recently pregnant people

When should I get an updated COVID vaccine?

No matter which COVID vaccine you got (Pfizer, Moderna, Novavax, Johnson & Johnson) for your primary vaccination series or how many boosters you've already gotten, you should get your updated COVID vaccine 2 months after your last dose. You must have completed your primary series before you are eligible for a booster.

When am I best protected with a COVID vaccine?

You're best protected when you're up to date with your COVID vaccines. That means you've gotten all recommended doses for people your age.

Where can I find more information about COVID-19 vaccines?

For more information about COVID-19, including the safety and effectiveness of the vaccines, see HHS's [Facts About COVID-19 and the Vaccines](#).

Medicine Abuse Awareness Month

Source: National Institute on Drug Abuse (NIDA)

According to the 2022 Williams County Community Health Assessment,

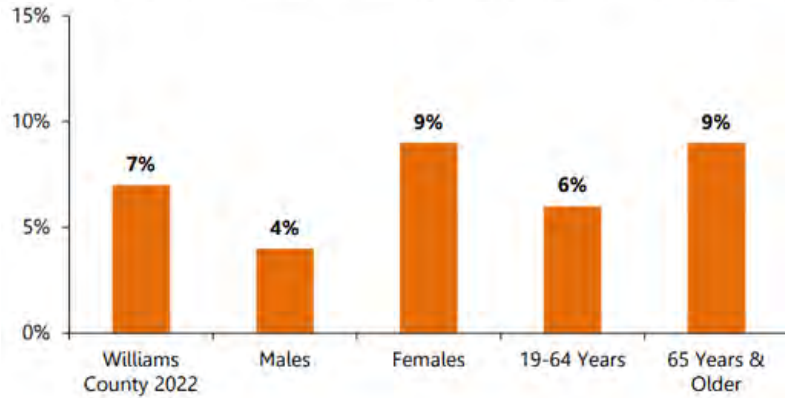
- in the past 6 months, 7% of Williams County adults used drugs not prescribed for them or took more than prescribed to feel good, high, &/or more active or alert.
- 3% of Williams County youth used prescription drugs not prescribed to them in the past 30 days.

Misuse of prescription drugs means taking a medication in a manner or dose other than prescribed; taking someone else’s prescription, even for a legitimate medical complaint such as pain; or taking a medication to feel euphoria (i.e., to get high). Prescription drug misuse can have serious medical consequences. Increases in prescription drug misuse. Over the last 15 years are reflected in increased emergency room visits, overdose deaths associated with prescription drugs, and treatment admissions for prescription drug use disorders, the most severe form of which is an addiction. (NIDA)

Many teens and young adults still believe that prescription medications are safer to use than illegal drugs, and sadly these medications prove all too easy to access and are as addictive and dangerous as illicit drugs. Talking regularly to youth about the dangers of alcohol, tobacco and other drugs reduces their risk of using in the first place.

For information about how to talk to your kids about drugs and alcohol visit the ECHO Coalition website: echocoalition-wc.com.

Williams County Adult Prescription Drug Misuse in Past 6 Months



Isolation & Quarantine Calculator

Source: CDC

The CDC has a calculator that can be used help you determine what to do if you test positive for COVID-19 or if you are exposed to someone with COVID-19. The calculator is anonymous and takes into account information specific to you to determine when you can return to normal activities.

Isolation & Exposure Calculator: bit.ly/3BWkItN



Isolation and Exposure Calculator

A tool to help you determine if you need to isolate or take other steps to prevent spreading COVID-19.

[Isolation & Exposure](#)



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

Follow us:



@williamscountyhealthdepartment



@HealthWCHD



@wms_co_health