

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

- Healthy Summer Tips
- Access to Care Survey
- Sewage Treatment System Exam for O&M
- ECHO Coalition: How to get involved
- Birth Certificate Program
- CHIP Workgroups

## Healthy Summer Tips

Source: CDC

Get ready to make your health a priority this summer! Whether it's protecting your skin from the sun, staying hydrated, or enjoying outdoor activities safely, these tips will help you have a happy and healthy summer season.



**Sun Protection:** If the UV index is 3 or higher in your area, protect your skin from too much exposure to the sun. Use shade, wide-brimmed hats, clothing that covers, and broad-spectrum sunscreen with at least SPF 15 for sun protection. Reapply sunscreen after 2 hours and after swimming, sweating, or toweling off. Check the UV index forecast here: <https://enviro.epa.gov/envirofacts/uv/search>



**Stay Hydrated:** Drink water instead of sugary or alcoholic drinks to reduce empty calories and stay hydrated. Drink plenty of water, even if you don't feel thirsty. Carry a water bottle with you and refill it throughout the day.



**Heat Safety:** Try to stay in shaded areas or indoors during the hottest part of the day. Wear light, loose-fitting, light-colored clothing to help your body stay cool. If you're exercising or playing sports, take frequent breaks and rest in a cool place. Never leave children or pets unattended in cars.



**Water Safety:** Always follow the ABC's of drowning prevention:

- A - Adult Supervision - do not leave children unattended in or near water
- B - Barriers - have a secure or locked fence or barrier around a pool
- C - CPR - make sure you know CPR and have a cell phone nearby to call for help



**Limit Screen Time:** Spending too much time in front of screens can negatively impact physical & mental health. Set limits for screen time and encourage at least 1 hour of physical activity each day for your children. Unplug and enjoy activities like reading, going outdoors, exercising, or spending time with loved ones.



**Insect Protection:** Use insect repellent that contains DEET and wear long-sleeved shirts and long pants to prevent mosquito bites and ticks. After you come indoors, check your clothing, body, and pets for ticks. If you need to remove a tick, use this tool from the CDC: [www.cdc.gov/ticks/removing\\_a\\_tick.html](http://www.cdc.gov/ticks/removing_a_tick.html)



**Bike and Helmet Safety:** A helmet can protect you from a serious brain or head injury. A helmet should be fitted properly, sitting evenly on your head with no movement from side to side or front to back. Be mindful of cars, pedestrians, animals, or uneven pavement while biking.



**Eat Healthy Foods:** Incorporate more produce into your diet. Look for in-season fruits and vegetables and experiment with new, healthy recipe and snack ideas from [myplate.gov](http://myplate.gov).



**Food Safety:** When eating outdoors, make sure to keep perishable foods like meat, dairy, and mayonnaise-based salads in a cooler with ice. Wash your hands before eating and avoid leaving food out in the sun to prevent foodborne illnesses.

## Access to Care Survey

The Williams County Health Department would like to better understand our community and how residents access health care and behavioral health services. Take our survey to provide your input on why some people may struggle to access health care or behavioral health (mental health &/or substance use treatment) resources in our community.

Survey: [surveymonkey.com/r/CRD6HZK](https://surveymonkey.com/r/CRD6HZK)

**TAKE OUR SURVEY:**  
[SURVEYMONKEY.COM/R/CRD6HZK](https://surveymonkey.com/r/CRD6HZK)

WCHD would like to better understand our community and how residents access health care and behavioral health services.



## Sewage Treatment System Exam for O&M

### ATTENTION Sewage Treatment Systems Program Participants

The Williams County Health Department has recently learned about the new \$65 online sewage treatment system (STS) exam fee. Additionally, there is now a fee of \$40 to print your certificate when choosing the online option. These fees are NOT associated with the health department.

**The STS exam is still offered for free in-person at the health department. To schedule an in-person exam, please give us a call at 419-485-3141.**

If you want to inspect your septic system for O&M permit requirements and need to take an exam, schedule an in-person exam at our Montpelier office to avoid online fees.

Call 419-485-3141 to learn more or schedule your exam.

We apologize for any inconvenience this may cause.



## ECHO Coalition: How to get involved

The mission of the ECHO Coalition (Educating Communities on Healthy Opportunities) is to promote and advocate for healthy lifestyles free from substance use among youth and adults throughout Williams County. ECHO creates safe and healthy communities through substance use education, awareness, and prevention.

ECHO Coalition is launching a new process, Moving to Action, which engages coalition and community members in a community-led, data-driven and evidence-based process to address and prevent substance use among youth in Williams County.

You're invited to join the coalition as we build partnerships among community organizations to reduce substance use.

All ECHO Coalition members are encouraged to participate in Moving to Action and invite others to join in the movement. Please contact Bethany Coutz for more information:

[bethany.coutz@williamscountyhealth.org](mailto:bethany.coutz@williamscountyhealth.org)



COME AND JOIN US FOR THE

### ECHO LUNCHEON

**Community Assessment of  
 Substance Use & Misuse Issues**

**JUNE 16TH, 2023**

**12:00-1:30 PM**

**LUNCH PROVIDED**

**AT UNITED WAY OF WILLIAMS COUNTY**

Inform & improve the substance use & misuse issues in Williams County families, schools, neighborhoods, & communities.

What are the problems that you observe in the work you do?  
 What programs/activities are being implementing to address substance use & misuse issues?

Share data & see data from the Community Health Assessment.  
 Inform & select strategies to improve substance use & misuse.



### Regular Meetings:

**WHEN:** 3rd Friday each month - 8am-9:30am

**WHERE:** United Way of Williams County

1100 E. High St., Bryan, OH 43506

## Birth Certificate Program

### Importance of Birth Certificates

A certified birth certificate contains the state seal and cannot be photocopied or laminated. There are a few instances where having a birth certificate may be necessary:

- Obtaining a Driver's License
- Replacing a Social Security Card
- Getting Married
- Registering for School
- Traveling Abroad

### What if I was born in a different state?

In order to obtain a certified birth certificate in Ohio, the birth must have taken place in Ohio. If you were born or are looking for a record of someone who was born in another state, contact that state agency for information on receiving a birth certificate.

### How can I get a birth certificate?

Visit our Montpelier office during our business hours (8:30am-4:30pm) to fill out an application. The certified birth certificate can be processed while you that same visit as long as there are no errors. Birth Certificates are \$25 per copy.

The following information is needed for the application:

- full name at birth
- date of birth
- mother's maiden name
- father's name
- county or city where the birth occurred

We also offer an online application using VitalChek. Scan the QR code below or use the link to complete an online application:

[bit.ly/VitalChekForm](https://bit.ly/VitalChekForm)

Orders are processed at the Williams County Health Department the day they are received.



Lastly, the application can be mailed by downloading a fillable application on our website: [bit.ly/BirthDeathForm](https://bit.ly/BirthDeathForm).

Questions? Call us at 419-485-3141, option 1.

## CHIP Workgroups

In May, the coalition, Williams County Health Partners, met to discuss the Community Health Improvement Plan (CHIP). The plan focuses on 3 priorities to work on as a community over the next three years:

1. Mental Health & Addiction
2. Health Behaviors & Built Environment
3. Access to Care

Based on the three priorities, workgroups were assembled. Partners from different sectors within the community will work to implement the strategies in the plan with the overall goal of improving health in Williams County.

To learn more about how to get involved in the CHIP or a workgroup, email Victoria Smith at [victoria.smith@williamscountyhealth.org](mailto:victoria.smith@williamscountyhealth.org).

Sign up for a workgroup:

<https://forms.gle/aamNaVPaE88Gd42XA>



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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