



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

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

- Grief Recovery - Helping Children with Loss
- Flu & COVID Shots Available at WCHD
- Wabash Cannonball Trail Survey
- Electronics Recycling Event

- Ohio Smoke-Free Workplace Act Benefits
- Distracted Driving Law
- Work Breastfeeding Resources
- Safe Trick-or-Treating
- Customer Satisfaction Survey
- Breast Cancer Awareness Month

## Grief Recovery - Helping Children with Loss

The vast majority of parents find themselves at a loss when trying to help their children deal with a grieving experience. This 4-week program is designed to teach parents and others who work with children the necessary tools to help children effectively deal with their broken hearts, no matter the loss they face.

**When:** Oct. 27th, Nov. 3rd, Nov. 10th, & Nov. 17th

**Time:** 1:00pm-3:30pm

**Where:** Shalom Counseling & Mediation (5030 County Road 15, Bryan, OH 43506)

**Cost:** Free! Thank you to Bryan Area Foundation for paying for the books.

**Register:**

[bit.ly/HelpingChildren2023](http://bit.ly/HelpingChildren2023)



## Flu & Updated COVID-19 Shots Available at WCHD

**Flu season is here.** Protect yourself & your family by getting a flu shot at WCHD or another local provider. Flu shots can keep you from getting the flu, or will reduce the severity of illness in people who get vaccinated but still get sick. We offer flu shots for ages 6 months and older and have the high-dose option available for people ages 65+. We also have egg-free options. This year, we will carry an intranasal (nasal spray) option. This 'no shot' flu prevention is available for healthy individuals ages 2-49 years old. It will be available soon. Women who are pregnant and people with certain medical conditions should not get the nasal spray, but can get the standard vaccine. Read about the nasal spray option at [bit.ly/CDCNasalSpray](http://bit.ly/CDCNasalSpray). It is best to get the

flu vaccine by the end of October since it takes about 2 weeks to develop protection.

**Updated 2023-2024 COVID-19 vaccines** are now available for everyone 6 months and older. For those 5 years old and older, just 1 annual COVID vaccine is needed. Children aged 6 months-4 years will need multiple doses of COVID-19 vaccines to be up to date, including at least 1 dose of updated COVID-19 vaccine. Read more about the updated vaccines here: [bit.ly/23-24COVIDVax](http://bit.ly/23-24COVIDVax)

Call our office at 419-485-3141 to make a flu &/or COVID-19 shot appointment.

## Wabash Cannonball Trail Survey

A preliminary engineering study is underway and Williams County stakeholders are looking for different ways to improve Wabash Cannonball Trail. Share your ideas! [bit.ly/WCT23](http://bit.ly/WCT23)



## Electronics Recycling Event

The WCHD is partnering with Oberlin Farms and Williams Soil and Water Conservation District to host an electronics recycling event.

Questions? Call Shannon at 419-485-3141 ext. 109

**When:** October 19, 10am - 3pm

**Where:** 8222 SR 15, Bryan, OH 43506

Click for larger image:  
[bit.ly/Recycle10-19-23](http://bit.ly/Recycle10-19-23)

**FREE Electronics Recycling Event**

With the Williams County Health Department Offices and others Soil & Water Conservation District

Date: October 19th, 2023  
Time: 10am - 3pm  
Location: USDA Bryan Service Center, 8222 SR 15 Bryan, OH 43506

**ACCEPTED ITEMS:**

Computer & accessories	Cameras
Portable heaters	Stereos/radios/speakers
VCRs	Curling irons
Drills / Saws	Flat screen TVs
Sweepers	Coffee makers
Telephones	Stoves/washers/dryers
Fans	Any small electronics

**NOT ACCEPTED:**

Cathode ray tube (CRT) devices / TVs / monitors	Refrigerators
	Freezers / any item with refrigerant
	Air conditioners

Questions? Contact Shannon for more information: 419-485-3141 ext. 109

## Ohio Smoke-Free Workplace Act Benefits

Source: ODH, CDC

In 2006, a smoking ban was approved in Ohio prohibiting smoking in public places and places of employment. Ohio was the first Midwestern state to institute this indoor ban. Health policies like the Ohio Smoke-Free Workplace Act can have a major impact on the safety, health, and well-being of communities. Research has been conducted to measure the health and economic impact of the law in Ohio as well as other smokefree policies. Smokefree laws have been proven to:

- reduce coronary events (especially heart attacks) making smokefree laws one of the most effective and cost-effective way to reduce heart disease. Heart disease is the leading cause of death in the US and Williams County.
- improve indoor air quality with reduced secondhand smoke exposure, reduce sensory and respiratory symptoms, and improve lung function in employees who do not smoke.
- reduce tobacco use and increase smoking cessation.
- reduce the likelihood that youth and young adults will start smoking.

In addition, studies have found that this law does not negatively impact businesses, sales, or employment.

WCHD partners with the Ohio Department of Health (ODH) to ensure compliance with these laws and rules. To learn more about the Ohio Smoke-Free Workplace Act, visit [bit.ly/OSFWA](http://bit.ly/OSFWA). To learn more about the benefits of smoke-free laws, visit [bit.ly/SmokeFreeLaw](http://bit.ly/SmokeFreeLaw)

## Distracted Driving Law



Beginning October 5, Ohio drivers can get a ticket for violating the State's recently strengthened distracted driving law. The law

makes it illegal in most cases for anyone driving in Ohio to use or hold a cell phone or electronic device.

The violation is now considered a primary offense, allowing any officer to pull over a distracted driver immediately.

Drivers over the age of 18 can still make or receive calls while using a hands-free device like speakerphone, earpiece, wireless headset, electronic watch, or connection to vehicle. Devices can only be activated with a single touch or swipe.



For more information, visit [phonesdown.ohio.gov](http://phonesdown.ohio.gov)

1st Offense	2nd Offense	3rd Offense
2 points assessed to license	3 points assessed to license	4 points assessed to license Possible 90-day suspension
Up to \$150 fine	Up to \$250 fine	Up to \$500 fine

Fines are doubled if the violation occurs in a work zone. After the first offense, drivers can take an online distracted driving course to help avoid the fine and points.

## Work Breastfeeding Resources

Source: ODH

The Ohio Workplace PLUS (Providing Lactation Upgrades and Support) toolkit helps provide businesses with suggestions for how to help breastfeeding employees returning from maternity leave. Employers who invest in employee lactation accommodations see a 3:1 return on investment because of:

- Lower healthcare costs
- Lower absenteeism for both mothers & fathers
- Lower turnover rates
- Improved employee morale

Learn more: [bit.ly/OHWorkplacePLUS](http://bit.ly/OHWorkplacePLUS)

If businesses have questions regarding this toolkit, reach out to our local WIC offices at 419-485-3141 or 419-636-8754.



## Safe Trick-or-Treating

As spooky season approaches, prepare for fun and safe trick-or-treating by using these tips.

### Parents & Kids:

- Travel in groups - Always supervise and guide children to ensure their safety.
- Stay on sidewalks - Avoid walking on roads or between parked cars.
- Stay visible - Use a flashlight or glow sticks to ensure you are seen by drivers. Add reflective accessories to costumes.
- Avoid strangers - Never go inside the houses or cars of strangers. Wait on the porch or sidewalk.

### Drivers:

- Be aware - Drive slowly, be cautious, and be prepared to stop suddenly if needed.
- Use headlights - Increase your visibility to pedestrians by using your headlights, even during daylight hours.
- Avoid alcohol & distractions - Drive sober. Call a friend if you need a ride home after drinking.

## Customer Satisfaction Survey

At WCHD, we care about providing excellent service. Please take a moment to share your feedback about our programs and services. Take our survey:

[www.surveymonkey.com/r/WCHDServices](http://www.surveymonkey.com/r/WCHDServices)

*Take our survey:*

🔍 [www.surveymonkey.com/r/WCHDServices](http://www.surveymonkey.com/r/WCHDServices) X

## Breast Cancer Awareness Month

Source: CDC



October is Breast Cancer Awareness Month. This month serves as a reminder of the importance of early diagnosis and screenings in the fight against breast cancer. In Williams County, breast cancer was the second leading cause of cancer deaths.

- **Who is most commonly affected?** Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women and less commonly in men.
- **How can I lower my risk?** Keep a healthy weight and exercise regularly. Choose not to drink alcohol, or drink in moderation. If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks. Breastfeed your children, if possible.
- **When do I need a mammogram?** The United States Preventive Services Task Force (USPSTF) recommends that women who are 50 to 74 years old and are at average risk for breast cancer get a mammogram every two years. Women who are 40 to 49 years old should talk to their doctor or other health care provider about when to start and how often to get a mammogram. Early detection is critical. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

Learn more about breast cancer using the following resources:

- [cdc.gov/cancer/breast/basic\\_info/index.htm](http://cdc.gov/cancer/breast/basic_info/index.htm)
- [cancer.org/cancer/types/breast-cancer.html](http://cancer.org/cancer/types/breast-cancer.html)



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

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

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