


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

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## Halloween Safety

As Halloween approaches, ensuring a safe and enjoyable experience is key. Check out these tips to ensure a night full of treats and no tricks! 

### Pumpkin Carving:

- Use age-appropriate tools and supervise children. Paint pumpkins as a safer alternative.
- Use battery-operated candles or glow sticks in jack-o'-lanterns. Keep decorations away from open flames.

### Set Rules:

- Establish rules for trick-or-treating, including where they can go and who they can be with.
- Make sure children have a way to contact you and establish regular check-in times.

### 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 and avoid alcohol:

Drive slowly, be cautious, and be prepared to stop suddenly if needed. Drive sober. Call a friend if you need a ride home after drinking.

## Staff Spotlight: Kailea Holbrook



Meet Kailea Holbrook, a dedicated Registered Environmental Health Specialist (REHS) who has been serving at the Williams County Health Department for 7 and a half years.

As an REHS, Kailea is an expert in environmental programs related to private water systems, sewage treatment system operation and maintenance, and recreational programs. She implements a wide range of environmental health initiatives aimed at protecting and promoting public health throughout Williams County. Her work involves inspections, investigations, consultations, and education to ensure compliance with regulations while providing excellent service to county residents.

Kailea holds a Bachelor's degree in Molecular Biology and a Master's degree in Biology, along with her REHS license. Outside of work, Kailea enjoys reading, traveling, spending time outdoors hiking, taking nature walks, or kayaking. She also loves hanging out with her dog and enjoying a good cup of coffee.

If Kailea could choose a superpower, it would be teleportation, making travel quicker and easier to visit more places. Her favorite TV show is Parks and Recreation, a comfort show that always brings a good laugh while humorously portraying the life and work within the public service sector.

Stay tuned to learn more about the incredible individuals working to make Williams County a healthier place!

## Cancer Screenings & Prevention

Regular cancer screenings and preventive measures reduce cancer risks and improve treatment outcomes.

### Why are screenings important?

Early detection through screenings can find cancer at an earlier, more treatable stage, significantly improving survival rates. Screenings such as mammograms, colonoscopies, and low-dose CT scans can detect cancers before symptoms appear, allowing for earlier intervention and better outcomes.

### How can I lower my risk?

- Maintain a healthy weight and exercise regularly.
- Avoid smoking and exposure to secondhand smoke.
- Limit alcohol consumption.
- Eat a balanced diet rich in fruits, vegetables, and whole grains.
- Protect your skin from excessive sun exposure.
- Discuss the risks of hormone replacement therapy or birth control with your doctor

### Stay proactive:

Consult your healthcare provider for personalized screening and prevention recommendations. They can help you understand your risk factors and create a plan.

## More WCHD Programs & Services

WCHD offers various programs and services to make Williams County a healthier place to live. Here are a few of our many programs:

**MyPlate Program** - The 3rd Grade MyPlate Program teaches children about healthy eating habits to help reduce childhood obesity and improve mental health. This program is provided in 3rd grade classrooms across Williams County schools. Each student receives a \$10 produce voucher to encourage healthy food choices.



**Recycling Program** - This program aims to increase public awareness and education about recycling. WCHD partners with various agencies to collect and recycle materials through community events and local recycling trailers.



**ECHO Coalition** - The Educating Communities on Healthy Opportunities (ECHO) Coalition is a prevention program that promotes and advocates for healthy, substance-free lifestyles for both youth and adults.



**Children with Medical Handicaps Program (CMH)** - This program connects families of children with special health care needs to a network of approved providers. This program helps families obtain payment for necessary medical services for their children.



**Women, Infants, and Children Program (WIC)** - WIC is a nutrition education program for families with children under 5 years old and pregnant women. WIC provides nutrition and breastfeeding education, highly nutritious foods, referrals to healthcare services, and immunization screenings. Participants can also use a debit card to redeem benefits at local grocery stores.



**Community Presentations** - WCHD offers community presentations on various health-related topics. To request a presentation, complete the survey on our website or call 419-485-3141 to speak with our staff about your request. Please request presentations at least two weeks before your event.



For more information about these programs and other services, [visit our website](#).

## Lead Poisoning Prevention Month

October is Lead Poisoning Prevention Month. While lead poisoning can be harmful to everyone, children are especially at risk. Lead can severely affect mental and physical development and can be fatal at very high levels. Common sources of lead poisoning are lead-based paint and lead-contaminated dust in older buildings and homes.

Lead poisoning in children can be prevented, and there are resources available to get your child tested and treated for lead poisoning. To learn more, [click here](#) or call us at (419) 485-3141 to talk to a public health nurse.

## SIDS Awareness Month

Source: U.S. Dept. of Health and Human Services

October is Sudden Infant Death Syndrome (SIDS) Awareness Month. Following safe sleep recommendations can prevent many SIDS deaths.

- **Place babies on their backs to sleep.** Babies who sleep on their backs are at lower risk for SIDS than babies who sleep on their stomachs or sides. Once babies can roll from back to stomach and from stomach to back on their own, you can leave them in the position they choose after starting sleep on their back.
- **Use a crib, bassinet, or portable play yard with a firm, flat mattress and a fitted sheet.** Avoid sleep on a couch or armchair or in a seating device, like a swing or car safety seat (except while riding in the car). Avoid letting baby sit slumped over, like with their chin on their chest, because it could block their airway and breathing. Infants should sleep in their own sleep space.
- **Keep loose blankets, pillows, stuffed toys, bumpers, and other soft items out of the sleep space.** Remove everything from baby's sleep area, except a fitted sheet covering the mattress.
- **Breastfeed if possible and avoid smoking.** Smoking during pregnancy greatly increases baby's risk of SIDS. Secondhand smoke in baby's home, the car, or other spaces where baby spends time also increases the risk of SIDS.

I sleep **Alone** on my **Back** in an empty **Crib** and **Don't** smoke around me  
on a safe, firm mattress

## Health Education Week



National Health Education Week is October 21st-25th! The goal of National Health Education Week is to increase awareness on major public health issues and promote a better understanding of the role of health education.

The Williams County Health Department has two Health Education Specialists that are dedicated to providing accessible and relevant education to Williams County residents of all ages. Whether it be personalized child passenger safety education to families, educating Kindergarten students about poison prevention, or providing adults with information about sun safety, the WCHD Health Education Specialists can be found in the community working hard to improve health outcomes in Williams County.

WCHD Health Education Specialists are able to provide presentations on most health topics. If you or your organization are interested in a presentation with our health educators, [click here](#) to fill out a request or give us a call at (419) 485-3141!

## 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)



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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