

# Coshocton Public Health District's Newsletter

## (APRIL 2024)



### Our Mission:

To ensure equitable access to care, prevent diseases, promote healthy behaviors and protect the well-being and health environment for all community members.

Coshocton Public Health District  
Presents:

# Coffee With A Doc

Come and join us for a discussion on Cholesterol Treatment & Cardiovascular Disease Prevention at the Coshocton County Community Room!

Dr. Virostko graduated from OSU with his MD degree in 1990. He is board certified in Family Medicine at CRMC. He's the Medical Director for Respiratory Care at CRMC, the Public Health District, and the KnoHoCo Ashland Clinic. He also carries the title of 'Coshocton County Coroner' since December 2019.

**TUESDAY | 04.30.2024 | 5-6pm**  
**637 Chestnut Street, Coshocton**  
**OH 43812**



*Douglas Virostko, MD*



**RSVP:** [oliviaelson@coshoctoncounty.net](mailto:oliviaelson@coshoctoncounty.net) / **Next Event:** 05/21

## PREVENT. PROMOTE. PROTECT.



### **Coshocton Public Health District**

637 Chestnut Street  
Coshocton, Ohio 43812  
(740) 622-1426

**Hours:** Monday-Friday  
(8:00 AM—4:00 PM)

**Prenatal Clinic**  
**Child & Adult Health Clinics**  
**Children with Medical Handicaps (CMH)**  
**Communicable Disease Investigation**  
**Vital Statistics (Birth/Death Certificates)**  
**Environmental Health**  
**Coshocton County WIC**

# Protecting, Connecting and Thriving:

## We Are All Public Health

APRIL 1-7, 2024



Public health is more than just health care. It's the steps we take to make sure our neighborhoods and environments are free from pollution. It's making sure our food and water are safe to eat and drink. It's also the relationships we foster in our communities. We're all interconnected. When we all come together to support public health, all of us—individuals, families, communities and the public health field — can achieve the goals of public health.

### 10 ESSENTIAL PUBLIC HEALTH SERVICES



- **Infants:** RSV (given within a week of birth) - can also be given up to 8 months if this is their first RSV season.
- **2 Months:** Dtap, Hib, PCV20, Polio, Hepatitis B, Rotavirus
- **4 Months:** Dtap, Hib, PCV20, Polio, Rotavirus
- **6 Months:** Dtap, Hib, PCV20, Polio, Hepatitis B, Rotavirus
- **\*\*2-6 Months (Can give Vaxelis Vaccine which includes: Dtap, Hib, Polio, and Hepatitis B\*\***
- **12 Months:** Hib, Hepatitis A, MMR, Varicella  
(May also receive a lead test at 12mo)
- **18 Months:** Dtap, PCV20, Hepatitis A
- **Kindergarten (4-6 yrs.):** Dtap, Polio, MMR, Varicella  
(Quadracel Vaccine - Combo of Dtap & Polio)  
(Proquad Vaccine - Combo of MMR & Varicella)
- **Seventh Grade (11+ yrs.):** Tdap, HPV, MCV4
- **Twelfth Grade (16+ yrs.):** MCV4, Men B

### ADULT VACCINES

317 Vaccines - a federally funded program that supports the purchase of vaccines to state, local, and territorial public health agencies. (These are offered to individuals that are uninsured & underinsured.)

**Hepatitis A, Hepatitis B, MMR, Tdap, Covid-19, Flu**

Private Vaccines - Medicare, Medicaid, Anthem

**Hepatitis A, Hepatitis B, Tdap, Covid-19, Flu**

World Immunization Week is an annual event observed in the last week of April. It aims to educate the public about why vaccines are necessary for the health of millions of people around the world. For numerous reasons, children and adults miss out on essential vaccines which increases their risk of contracting various preventable diseases such as polio, measles, and smallpox.

The purpose of this week is to identify challenges in gaining access to vaccines and to overcome those barriers for the benefit of the global population.

**Call MCHC to schedule an appointment today!  
740-622-2999**



**WORLD  
IMMUNIZATION  
WEEK**



# Stress Survival guide

crazyheadcomics

## BODY

- healthy sleep
- move your body
- get your nutrients
- deep breathing
- relax muscles
- take a lil nap
- listen to calming music
- take a bath

## MIND

- talk about what's stressing you out
- keep a stress journal
- prioritize your time, write lists of what needs to be done, and when.
- break big tasks into smaller steps
- set healthy habits and rituals
- ask for some help
- consider seeing a counselor if it's too much

## SOUL

- engage in positive self talk
- practice saying "no" more
- take a hiatus from social media
- accept that stress is a normal part of life
- try mindfulness
- let yourself rest if you're close to a burnout—your mental health comes first

Life can be stressful—you may feel stressed about performance at school, traumatic events (such as a pandemic, a natural disaster, or an act of violence), or a life change. Everyone feels stress from time to time.

Stress is the physical or mental response to an external cause—it may be a one-time or short-term occurrence, or it can happen repeatedly over a long time.

Stress can cause feelings of fear, anger, sadness, worry, numbness or frustration. It can cause a change in your appetite, energy, desires, and interests. You may have trouble concentrating or making decisions, and have increased nightmares or problems sleeping.

It's important to know the signs and practice healthy ways to cope when experiencing stress. If you or someone you know is struggling or in crisis, help is available.

Call or text the 'Suicide & Crisis Lifeline' at 988.

The National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for the abuse of medications.

Coshocton Public Health District is hoping to participate in this national event by establishing a convenient drop-off location for the county.

[STAY TUNED FOR MORE INFORMATION TO FOLLOW!](#)

NATIONAL PRESCRIPTION  
DRUG TAKE BACK DAY



## Health, Safety, & Wellness Expo 2024

Olivia Elson, Brittany Taylor, Alishia Virostko



## WIC NUTRITION FAIR 2024

Olivia Elson—Health Educator

# TOTAL SOLAR ECLIPSE: APRIL 8TH, 2024

On April 8, 2024, a total solar eclipse will cross North America, passing over Mexico, the United States, and Canada. Per NASA, this will be the last total solar eclipse visible from the contiguous United States until 2044. **The last total solar eclipse visible in Ohio was in 1806. The next total solar eclipse in Ohio will be in the year 2099.**

A total solar eclipse happens when the Moon passes between the Sun and Earth, completely blocking the face of the Sun. People viewing the eclipse from locations where the Moon's shadow completely covers the Sun – known as the path of totality – will experience a total solar eclipse. The sky will become dark, as if it were dawn or dusk. Weather permitting, people along the path of totality will see the Sun's corona, or outer atmosphere, which is usually obscured by the bright face of the Sun.

On average, one happens somewhere on the Earth only once every 1.5 years. Only 21 total solar eclipses have crossed the lower 48 states in the entire existence of the United States.



Safety is the number one priority when viewing a total solar eclipse. It's never safe to look directly at the sun's rays, even if the sun is partially obscured. The only safe way to look directly at a partially eclipsed sun is through special-purpose solar filters, such as eclipse glasses or hand-held solar viewers.

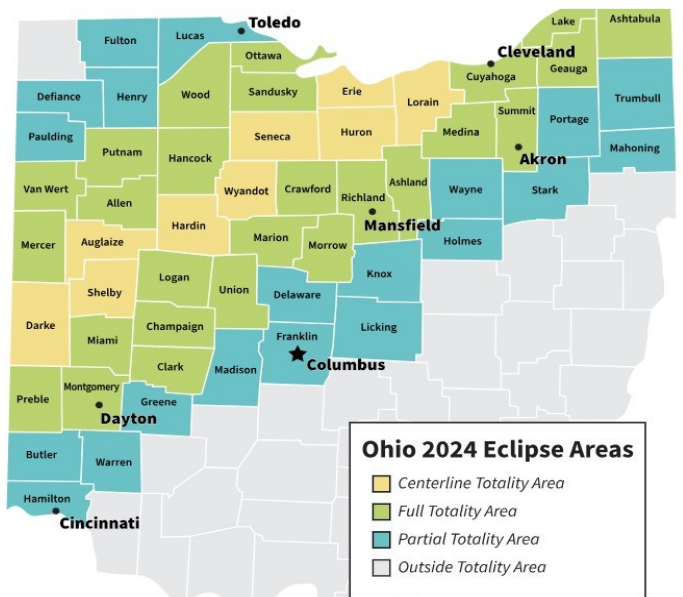
- Eclipse glasses are NOT regular sunglasses; regular sunglasses, no matter how dark, are not safe for viewing the Sun. Safe solar viewers are thousands of times darker and ought to comply with the ISO 12312-2 international standard.
- Always inspect your solar filter before use; if scratched or damaged, discard it.
- Always supervise children using solar filters.
- Stand still and cover your eyes with your eclipse glasses or solar viewer before looking up at the bright sun. After looking at the sun, turn away and remove your filter — do not remove it while looking at the sun.
- Do not look at the sun through a camera, a telescope, binoculars, or any other optical device while using your eclipse glasses or hand-held solar viewer — the concentrated solar rays will damage the filter and enter your eye(s), causing serious injury.

To learn more about the path of the eclipse, weather predictions, and safety preparedness tips—visit the web pages below.

<https://ema.ohio.gov/media-publications/ohio-total-solar-eclipse>

<https://science.nasa.gov/eclipses/future-eclipses/eclipse-2024/where-when/>

| Location                 | Partial Begins | Totality Begins | Maximum       | Totality Ends | Partial Ends  |
|--------------------------|----------------|-----------------|---------------|---------------|---------------|
| Dallas, Texas            | 12:23 p.m. CDT | 1:40 p.m. CDT   | 1:42 p.m. CDT | 1:44 p.m. CDT | 3:02 p.m. CDT |
| Idabel, Oklahoma         | 12:28 p.m. CDT | 1:45 p.m. CDT   | 1:47 p.m. CDT | 1:49 p.m. CDT | 3:06 p.m. CDT |
| Little Rock, Arkansas    | 12:33 p.m. CDT | 1:51 p.m. CDT   | 1:52 p.m. CDT | 1:54 p.m. CDT | 3:11 p.m. CDT |
| Poplar Bluff, Missouri   | 12:39 p.m. CDT | 1:56 p.m. CDT   | 1:56 p.m. CDT | 2:00 p.m. CDT | 3:15 p.m. CDT |
| Paducah, Kentucky        | 12:42 p.m. CDT | 2:00 p.m. CDT   | 2:01 p.m. CDT | 2:02 p.m. CDT | 3:18 p.m. CDT |
| Evansville, Indiana      | 12:45 p.m. CDT | 2:02 p.m. CDT   | 2:04 p.m. CDT | 2:05 p.m. CDT | 3:20 p.m. CDT |
| Cleveland, Ohio          | 1:59 p.m. EDT  | 3:13 p.m. EDT   | 3:15 p.m. EDT | 3:17 p.m. EDT | 4:29 p.m. EDT |
| Erie, Pennsylvania       | 2:02 p.m. EDT  | 3:16 p.m. EDT   | 3:18 p.m. EDT | 3:20 p.m. EDT | 4:30 p.m. EDT |
| Buffalo, New York        | 2:04 p.m. EDT  | 3:18 p.m. EDT   | 3:20 p.m. EDT | 3:22 p.m. EDT | 4:32 p.m. EDT |
| Burlington, Vermont      | 2:14 p.m. EDT  | 3:26 p.m. EDT   | 3:27 p.m. EDT | 3:29 p.m. EDT | 4:37 p.m. EDT |
| Lancaster, New Hampshire | 2:16 p.m. EDT  | 3:27 p.m. EDT   | 3:29 p.m. EDT | 3:30 p.m. EDT | 4:38 p.m. EDT |
| Caribou, Maine           | 2:22 p.m. EDT  | 3:32 p.m. EDT   | 3:33 p.m. EDT | 3:34 p.m. EDT | 4:40 p.m. EDT |







Debra Eppley (Health Commissioner), Tammy Smith (Director of Nursing), and Alishia Virostko (Child Health Nurse, attended the annual member meeting for United Way of Coshocton on Wednesday, March 13th.

Coshocton Public Health District (including WIC and Maternal & Child Health Center) were both awarded the Gold Award. Annually our departments contribute \$1,000.00-9,999.00 to the Coshocton County United Way Campaign!

We are so thankful for this continued partnership!

## Coshocton County WIC: Annual Nutrition Fair 2024



Samantha Shaw, Coshocton

**What is your favorite event hosted by Coshocton County WIC?**

“Our family has enjoyed the farmers market benefits. We like to support local and it’s nice to get out and about .”

**Tell us what Coshocton County WIC means to you and your family?**

“WIC has helped us when our paychecks couldn’t afford that extra food that our family needed. We go through a lot of fruit and milk.”

**Explain how you feel during the entire process of an appointment?**

“Great! I find that all the forms and paperwork are easy to fill out. The staff is always so friendly.”



Makayla Roberts with her son, Clutch Harman (6 months) - WIC appointment

**Makayla**, “I’ve been on the WIC program for 7 months and was first told about the program from my sister. I feel welcomed at each one of our appointments, and I really enjoy the breastfeeding location that was added to the Coshocton County Fair.



Shana (Help me grow) - TOP  
Abby (Caresource) - TOP MIDDLE  
Leslie (CRMC) —BOTTOM MIDDLE



# EARTH DAY—April 22, 2024

Earth Day, a global observance marked every year on April 22—provides a vital platform to raise awareness about pressing environmental issues and encourage action towards sustainable solutions. It was started by Gaylord Nelson, a US senator from Wisconsin, in 1970.

Earth Day serves as a rallying call, aiming to educate, inspire, and mobilize individuals, communities, and governments to appreciate the environment's importance and to invest in its protection and restoration.



Earth Day also serves as a reminder that we all have a responsibility to care for the planet, both individually and collectively. It encourages people to make small changes in their daily lives, such as reducing their carbon footprint, conserving water, and recycling, as well as advocating for larger systemic changes that can help mitigate the impacts of climate change and protect the environment for future generations.

**EARTHDAY.ORG**, the global organizer of Earth Day, has announced the global theme for Earth Day 2024: *Planet vs. Plastics.*

Plastics extend beyond an imminent environmental issue; they present a grave threat to human health as alarming as climate change. As plastics break down into microplastics, they release toxic chemicals into our food and water sources and circulate through the air we breathe. Plastic production now has grown to more than 380 million tons per year. More plastic has been produced in the last ten years than in the entire 20th century, and the industry plans to grow explosively for the indefinite future.

The goal is to advocate for widespread awareness on the health risk of plastics, rapidly phase out all single use plastics, urgently push for a strong UN Treaty on Plastic Pollution, and demand an end to fast fashion.

## EMPLOYEE OF THE MONTH: FEBRUARY 2024

Kim Arden is our Fiscal Administrator, aka—”the one who pays the bills.” She was nominated by her team members for February’s employee of the month.

“Kim went above and beyond working on the 2024-2025 budgets. She corrected them of previous errors, and also developed a new spreadsheet for implementation.”

“Kim never hesitates to lend a helping hand. Just last month, she took it upon herself to deescalate a situation by approaching a stressed gentlemen in the parking lot—which can be a daunting task.”

We are very thankful to have a person like Kim in our office. She is smart, sweet, and has the kindest heart! Plus, we really enjoy getting paid.....

**Congrats, Kim!**

