

# Coshocton Public Health District's Newsletter

## (MAY 2025)



### 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



Sheila Mayse has a Master of Social Work Degree from West Virginia University and is a Licensed Independent Social Worker with a Supervision Endorsement. She has more than 30 years of experience providing social work services to a variety of populations.

As owner of MSW Solutions, she provides outpatient mental health services to adults, teens, and children through individual, couples, family, and group therapy. She has a specialization in treating the symptoms of PTSD through Cognitive Processing Therapy.

### "The Wonder Years"

Mental Health Through the Various Stages of Life



**Tuesday, May 20th @ 11AM**  
Coshocton Senior Center  
(201 Browns Lane)

June Event: Sheila Mayse, MSW Solutions LLC - Part 2

**Coshocton**



**Public Health**

Prevent. Promote. Protect.

**(P) 740-622-1426**

**Hours: Monday-Friday  
(8:00am to 4:00pm)**

**637 Chestnut St., Coshocton, Ohio 43812**

**Prenatal Clinic**

**Child & Adult Health Clinics**

**Complex Medical Help (CMH)**

**Communicable Disease Tracking**

**Birth/Death Certificates**

**Environmental Health**

**Coshocton County WIC**

**AND MORE!**

# ENVIRONMENTAL HEALTH



Lyme disease is a bacterial infection spread to people through the bite of blacklegged ticks. Typical symptoms include fever, headache, fatigue, and a characteristic skin rash (bullseye) called erythema migrans. If left untreated, infection can spread to joints, the heart, and the nervous system.

Remove attached ticks as soon as possible. Depending on the type of tick and how long it was attached, antibiotic prophylaxis might help to prevent Lyme disease. Call your doctor if you develop fever, rash, or other symptoms.

Tick exposure can occur year-round, but ticks are most active during warmer months (April-September). Follow these steps to help prevent tick bites:

- **PROTECT**—wear insect repellant, stay on trails, and wear protective clothing (long sleeve shirts/pants, long socks with shoes, hats, etc.)
- **CHECK**—Take off and wash your clothes within two hours of coming inside. Shower ASAP to wash off any ticks!
- **REMOVE**—If you find a tick, remove it with tweezers. Grasp at the head and pull straight up to avoid twisting and bending upon removal.
- **WATCH**—If you get a fever or rash following a tick bite, call your doctor immediately.



Conduct a full body check upon return from potentially tick-infested areas, including your own backyard.

Use a hand-held or a full-length mirror to view all parts of your body.

## Quarter #1 (January—March 2025)

Food Safety (Inspections = 64)

FSO Licenses - 101

RFE Licenses - 71

# of Vending Permits - 8

# of Mobile Permits - 20

# of Temporary Licenses - 1

Nuisance Complaints - 20

Private Water

# of New System Permits - 13

# of Water Samples - 43

Sewage Treatment Systems

# of New Installation Permits - 12

# of Operation Permits Issued - 46

# of Lot Splits Reviewed - 84

Camps/Campground Inspections - 0

Pool Inspections - 0

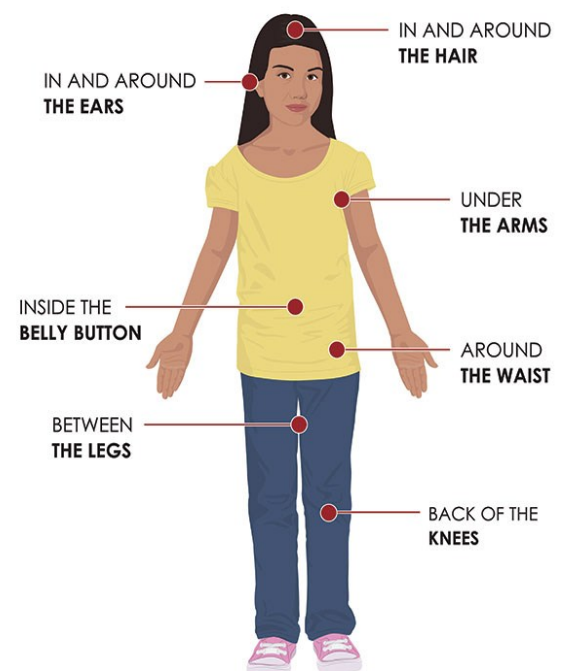
Tattoo Parlor Licenses - 9

Solid Waste Licenses - 1

Animal Bites (Rabies Surveillance) - 19

Trash Hauler Registrations - 20

## WHERE TO CHECK FOR TICKS:





# MATERNAL AND CHILD HEALTH CENTER

## Quarter #1 (January—March 2025)

### CHILD HEALTH

Total # of Patient Visits - 60  
 Total # of NEW Patients - 6  
 Total # of Immunizations - 56  
 Total # of Lead Screenings - 7  
 Total # of Allergy Shots - 26

### PRENATAL CLINIC

Total # of Patient Visits - 81  
 Total # of NEW Patients - 8  
 Total # of Prnancy Tests - 7  
 Total # of Deliveries - 8  
 Current Caseload of Patients - 21



Alishia Virostko, Child Health Nurse, attended the Family Resource Night at Coshocton Elementary on April 27th.

We offered prevention tips & testing information for lead poisoning in children.

## Measles

IT ISN'T JUST A LITTLE RASH



### MEASLES SYMPTOMS TYPICALLY INCLUDE

- High fever (may spike to more than 104° F)
- Cough
- Runny nose
- Red, watery eyes
- Rash breaks out 3–5 days after symptoms begin



### Measles Can Be Serious



About 1 out of 5 people who get measles will be hospitalized.



1 out of every 1,000 people with measles will develop brain swelling due to infection (encephalitis), which may lead to brain damage.



1 to 3 out of 1,000 people with measles will die, even with the best care.



### You have the power to protect your child.

Provide your children with **safe and long-lasting protection** against measles by making sure they get the **measles-mumps-rubella (MMR)** vaccine according to CDC's recommended immunization schedule.

[WWW.CDC.GOV/MEASLES](http://WWW.CDC.GOV/MEASLES)



American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN™



AMERICAN ACADEMY OF FAMILY PHYSICIANS  
STRONG MEDICINE FOR AMERICA

## ADULT HEALTH CLINIC



The Center for Cancer Health Equity and OSUCCC James Cancer Mobile Mammography Unit will be at the following location.

**Monday-May 12th, 2025**  
**9:30am – 3:30pm**

**Coshocton Public Health District**  
**637 Chestnut Street,**  
**Coshocton, OH 43812**

TO SCHEDULE AN APPOINTMENT  
 CALL THE CENTER FOR CANCER HEALTH EQUITY AT

Angie Medina (614)293-6924

**Eligibility Criteria:** Women who do not have breast symptoms, **NOT** pregnant or nursing, with no previous breast cancer. You must be at least 40 to have a screening mammogram. Women who are under 40 would need a written order from their doctor. Women will be screened for eligibility for the Breast and Cervical Cancer Project (BCCP).

\*If you are experiencing breast symptoms, please call (614) 293-7020 to schedule a diagnostic mammogram.

Program Sponsored by:

The James



Department of Health

## Quarter #1 (January—March 2025)

Communicable Disease Investigations - 256

*\*\*During this time, we saw a record number of influenza associated hospitalizations (62) compared to (29) in 2023 and 2024 combined*

Total # of Blood Pressure Checks - 15

Total # of Patient Visits - 137

Total # of Allergy Shots - 48

Total # of Vaccinations - 12

*(Covid-19, Hepatitis A, Hepatitis B, Flu, T-Dap)*

Total # of Blood Draws - 34

Total # of TB Skin Tests - 44

Total # of Vitamin B 12 Shots - 0

Total # of Prevent Blindness Referrals - 2

# DISTRICT HEALTH & HEALTH EDUCATION

## Quarter #1 (January-March 2025)

### VITAL STATISTICS

Total of Birth Certificates = 391  
Total of Death Certificates = 285

### HEALTH EDUCATION

#### Social Media Engagement

# of Posts on Facebook - 248  
# of Content Interactions (FB) - 2.1K  
# of Posts on Instagram - 41  
# of Content Interactions (Instagram)- 38

### MEDIA ENGAGEMENT

# of Press Releases - 7  
# of Print/Online Media Ads - 9  
# of Radio PSAs - 13

### COMMUNITY ENGAGEMENT

# of External Events Attended - 3  
# of Internal Events Hosted - 5

### SCHOOL ENGAGEMENT

Coshocton Elementary (GEARS) - 5  
# of Education Messaging to Staff - 12

### PROJECT DAWN (Narcan Kits)

Agency Distribution - 18  
Community Distribution - 2

### MONTHLY NEWSLETTER

Drop Off Locations - 21  
Email Recipients - 29



Olivia Elson, Health Educator, attended the “Dining with Diabetes” class on April 17th and April 24th at the Three Rivers Fire District.



Thanks to the Coshocton County Sheriff's Office, we were able to collect 75lbs of medication during the Drug Take-Back event on 04/26.

welcome  
TO THE TEAM



Maria Hall joined the Health District on March 31st, 2025. She comes with 16 years of experience as a Registered Environmental Health Specialist (REHS) in Canton City. She has experience with addressing housing, SmokeFree Ohio, open dumping complaints, animal bites and rabies surveillance. She also performed inspections for schools, body art facilities, solid and infectious waste, and food. She was part of the team that created the tire and electronic recycling program to the Stark-Wayne-Tusc area. She is a member of the Ohio Environmental Health Association, the Ohio Medical Reserve Corp, and a listed consultant for the Ohio Public Health Association.

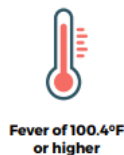
She has three adult children and is a fiber artist with a small alpaca farm in Tuscarawas County. After taking a break from her career in public health to help with family, she is looking forward to returning to her first love and partnering with others to make Coshocton County a healthy place for citizens and visitors alike to enjoy.



# COSHOCTON COUNTY WIC

## Pregnant now or within the last year?

Get medical care right away if you experience any of the following symptoms:



These could be signs of very serious complications. If you can't reach a healthcare provider, go to the emergency room. Be sure to tell them you are pregnant or were pregnant within the last year.



Learn more at  
[cdc.gov/HearHer](https://cdc.gov/HearHer)



This list of urgent maternal warning signs was developed by the Council on Patient Safety in Women's Health Care.

## Quarter #1 (January—March 2025)

Total # of WIC Office Visits - 222  
*Walk-In Educations Included*

Participation Rates (as of 03/31) - 641  
Women - 152  
Infants - 143  
Children - 346

Breastfeeding  
Total # Initiated - 100  
Currently Breastfeeding - 50

Participants by Location  
Coshocton - 473  
West Lafayette - 83  
Warsaw - 41  
Newcomerstown - 29  
Fresno - 18  
Conesville - 14

WIC offices provide the state with a monthly report of "Preeclampsia Educations" given to their pregnant and post-partum mothers to improve birth outcomes.

(January—March 2025)  
**78**

## WIC NUTRITION BENEFITS



**NUTRITION EDUCATION**



**FOOD PACKAGES CUSTOMIZED FOR PREGNANCY, BREASTFEEDING, AND EARLY CHILDHOOD**



**NUTRITIOUS FOODS & RECIPES**

If you are pregnant, breastfeeding, postpartum, or caring for a child under 5, you may be eligible for support from WIC!

WIC is a government program that supports all types of families with healthy foods, personalized nutrition support, breastfeeding guidance, prenatal care, breastfeeding guidance, healthcare referrals, and more!



**Department of Health**

Women, Infants, and Children Program (WIC)

**Call us to verify eligibility: (740) 622-2929**

## AGENCY SUPPORTED AWARENESSES



Child Abuse Prevention Month



## 2025 CUSTOMER EXPERIENCE SURVEY

Have you recently utilized a program or service  
at the Coshocton Public Health District?

Maybe you had a clinic visit, purchased a birth or  
death certificate, started up a new restaurant,  
became a new WIC participant, or received  
training/education?

Tell us about your experience by using the link  
below, or by scanning the QR code.



<https://comply.clearimpact.com/#/public/survey/BCC0D901-F531-405A-9A76-45262205D8F1>