

Coshocton Public Health District's Newsletter

(JUNE 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.



BOARD OF HEALTH MEETING

WEDNESDAY, JUNE 18TH @ 5:30 PM
637 CHESTNUT STREET IN COSHOCTON
(CPHD BREAKROOM)

****THESE MEETINGS ARE OPEN TO THE PUBLIC****



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 specializes in treating the symptoms of PTSD through Cognitive Processing Therapy.



"Part 2: Self-Care" Beyond the Bubble Bath



Thursday, June 12th at 1pm
341 Main Street in Coshocton
(Rust Decor)

July Event: Dr. Walter Randolph (Genesis) - Gynecology

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



Headed back to the Pool this Summer?

Always Pool Safely!

Safety Tips to Prevent Drownings:



Always watch kids in and around the water-- and designate a water watcher.



Teach children to swim-- or sign them up for swim classes.



Properly fence all pools at least 4-feet in height around the perimeter of the pool/spa.



Use a self-closing and self-latching gate.



Stay away from drains and other pool openings.



Know life-saving skills, including CPR for adults and kids.

Spending time outside is a great way to stay active and reduce stress. Ultraviolet (UV) rays are an invisible kind of radiation that comes from the sun, tanning beds, and sunlamps. Too much UV exposure can cause damage to your skin cells, therefore causing skin cancer.

Protection from UV rays is important all year, not just during the summer. UV rays can reach you on cloudy and cool days, and they reflect off of surfaces like water, cement, sand, and snow.

Follow the “5 S’s” for summer sun protection:

SLIP—on clothing that covers your skin

SLOP—on sunscreen with SPF 50+ for children

SLAP—on a wide-brimmed hat to cover your face

SEEK—shade, especially between 11am and 3pm

SLIDE—on sunglasses to protect your eyes.

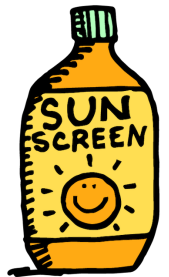
#BeSunSmart

DID YOU KNOW?

The sanitarians at the health district are responsible for inspecting, testing, & licensing all of the public swimming pools in Coshocton County?

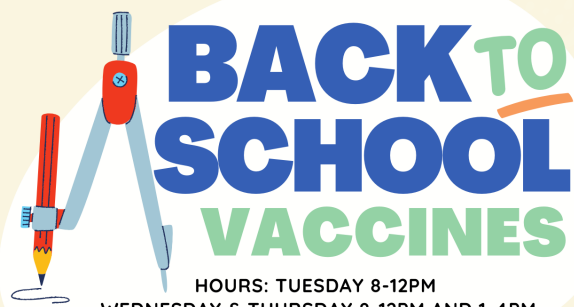
The pools that have received approval for the 2025 season are:

Coshocton Village Inn & Suites (Pool & Spa), Coshocton KOA, SC House of Jacobs, Coshocton City Schools, Walhonding Hills Campground, Lake Park Aquatic Center, Muskingum Valley Scouts, Camp Echoing Hills, and Coshocton Regional Medical Center.



MATERNAL AND CHILD HEALTH CENTER

THE MATERNAL AND CHILD HEALTH CENTER
PRESENTS:



KINDERGARTEN (4-6 YRS): DTAP, POLIO, MMR, VARICELLA

7TH GRADE (11+): TDAP, HPV, MCV 4

12TH GRADE (16+): MCV 4, MENINGITIS B



To schedule an appointment:
Call 740-622-2999

Walk-ins Welcome
637 Chestnut Street
Coshocton, OH 43812



On Friday, May 16th, Kristina Bell (Health Commissioner) and Tori Prindle-Wagoner (CMH Nurse) attended the annual "End of Year" celebration at Coshocton County Head Start. It was a beautiful day and we were happy to be a part of it!

ADULT HEALTH CLINIC

A wellness blood panel is a series of tests that can evaluate your general health.

This panel is comprised of 5 different tests that give a better understanding of your blood counts, kidney function, liver function, electrolytes, cholesterol, triglycerides, HDL, LDL, and thyroid function values.

WELLNESS PANEL

CBC WITH DIFFERENTIAL/PLATELET \$7.50

COMPREHENSIVE METABOLIC PANEL \$9.00
*FASTING

HEMOGLOBIN A1C \$8.00

LIPID PANEL \$9.00
*FASTING

TSH \$12.00



\$45.50 + \$25.00 (Lab Draw Admin Fee) = **\$70.50**

CALL US: 740-622-2999
637 Chestnut Street, Coshocton, OH 43812

JUNE is
MEN'S HEALTH MONTH



DISTRICT HEALTH & HEALTH EDUCATION



On Friday, May 16th, Zach Fanning (Environmental Director) and Olivia Elson (Health Educator) attended the Amish Merchant Day's event in New Bedford.

We offered education about Ticks and Lyme disease, as well as, lead poisoning prevention. We also provided information about our programs and services, and gave out 6 youth bicycle helmets to promote bicycle safety.

Your Child's Learning Ability May Be Affected By

LEAD POISONING

To Have Your Child Tested
Call Today **740.622.2999**



Public Health
Prevent. Promote. Protect.
COSHOCTON PUBLIC HEALTH



On Thursday, May 15th, the health district received a very special visit from three furry friends—Thor, Beamer, and Riley. These sweet companions are from Fetch Remedy Dogs in Zanesville, Ohio. Fetch Remedy Dogs is a nonprofit organization, who is committed to impacting the lives of those in need. They offer a variety of services, including therapy dog training and a service dog program. They also rent out their dogs for events and/or organizations who are seeking some furry cuddles. In an effort to promote mental health awareness within the health district, we figured some wet kisses would do the trick! **Be sure to check them out at: fetchremedydogs.com.**

WIC Provides:

- One-on-one meeting with a nutrition expert.
- Breastfeeding support.
- Healthy foods like fruits and vegetables, eggs, milk, yogurt, cheese, and more.
- Infant formula.
- Referrals to other programs and services.

CALL 1-844-601-6881

VISIT signupwic.com/local



WIC promotes breastfeeding as the best way to feed your baby.

This institution is an equal opportunity provider.

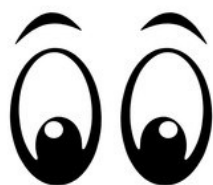


The WIC (Women, Infants, and Children) program is designed to support healthy families and includes services for fathers, grandparents, and other legal guardians.

Dads can play an active role in WIC by attending educational sessions and appointments, and by downloading the WIC app to stay informed.

Dads can access information from WIC, including nutrition support, common milestone challenges, and ways to bond with their babies.

WIC highly encourages families to actively involve the fathers in their children's health and development.



Coshocton County WIC is looking for **NEW** participants to join their program!

WIC is available for income-eligible pregnant women, breastfeeding moms, and children under five (up to their fifth birthday).

Postpartum women are eligible for up to six months after the end of their pregnancy.

Breastfeeding moms are eligible to receive food benefits until their babies turn one. They can receive continued breastfeeding support throughout their journey.

If you or someone you know is interested in applying, reach out to the WIC office by calling (740) 622-2929, Monday-Friday 8am-4pm.

COMMUNITY SHOWER

This event is sponsored by the Coshocton Regional Medical Center

WILD FUN WITH:

**DOOR PRIZES! ACTIVITIES!
AND MORE!!**

When: August 7th, 2025

1pm-3pm

Where: 637 Chestnut Street

(Coshocton County Community Room)

**Open to the public
to celebrate families,
women, infants &
children up to 5!**



**Department of
Health**

Women, Infants, and
Children Program (WIC)

This institution is an equal opportunity provider.





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>