

# Coshocton Public Health District's Newsletter

## (JULY 2025)

# JULY

### 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

THURSDAY, JULY 17<sup>TH</sup> @ 5:30 PM  
637 CHESTNUT STREET IN COSHOCTON  
(CPHD BREAKROOM)

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



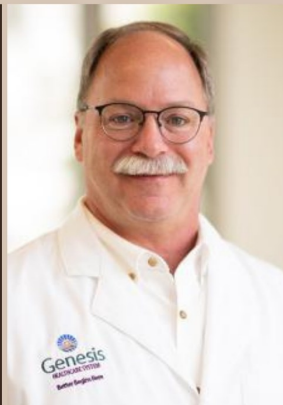
Coshocton Public Health District Presents:

## Coffee With A Doc

Dr. Walter Randolph is board-certified by the American College of Obstetrics & Gynecology. He earned his Doctorate of Medicine at The University of Toledo Medical Center.

Dr. Randolph has over 20 years of experience in women's health care. He is currently seeing gynecological patients in Coshocton and Tuscarawas counties.

Be sure to join us for a group discussion!



### The Importance of Women's Healthcare after Menopause

**Tuesday, July 22nd @ 11AM**

Coshocton Senior Center  
(201 Browns Lane)



**FREE COFFEE & TREATS!**

There will be NO event for the month of August.

## 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**

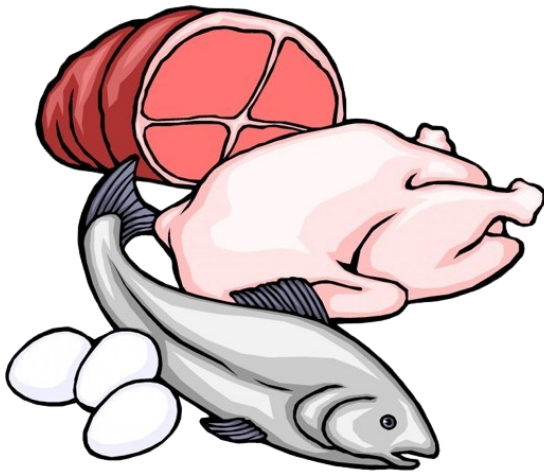
**Birth/Death Certificates**

**Environmental Health**

**Coshocton County WIC**

**AND MORE!**

## Four Steps To Food Safety



### CLEAN



Wash hands for 20 seconds with soap and water before, during and after preparing food and before eating.

Wash utensils, cutting boards and countertops after each use with hot, soapy water.

Rinse fresh fruits and vegetables under running water — but not meat, poultry or eggs.

### SEPARATE



Use separate cutting boards and plates for produce and for meat, poultry, seafood and eggs.

When grocery shopping, keep raw meat, poultry, seafood and their juices away from other foods.

Keep raw meat, poultry, seafood and eggs separate from all other foods in the fridge.

### COOK



Use a food thermometer.

Keep food hot after cooking (at 140°F or above).

Microwave food thoroughly (to 165°F).

### CHILL



Refrigerate perishable foods within two hours.

Never thaw or marinate foods on the counter.

Know when to throw food out.



Although most people recover from food-borne illness within a short period of time, some can develop chronic, severe, or even life-threatening health problems.

In addition, some people are at a higher risk for developing food-borne illness, including pregnant women, young children, older adults, and people with weakened immune systems.

Visit [Foodsafety.gov](https://www.foodsafety.gov) for additional information.

**WATER QUALITY  
TESTING BEGINS AT  
\$35.00**



The National Groundwater Association encourages a yearly inspection by a certified well contractor. This ensures that your system is running smoothly and that your water is safe and healthy.

Our qualified sanitarians can instruct you on the process of well maintenance, conduct water quality testing, and guide you through the steps for a new water well installation.

**Give us a call (740) 622-1426 for more information help!**



# MATERNAL AND CHILD HEALTH CENTER



The Complex Medical Help Program (CMH) is offered through the Ohio Department of Health.

The program provides assistance to families who have children with special healthcare needs, who meet the medical and financial eligibility criteria.

## Who is eligible for CMH?

- Those who are permanent residents of Ohio
- Are between the ages of 0 and 23 years.
- Under the care of an approved physician for a chronic medical condition that is eligible for CMH approved services.

## What conditions are eligible for CMH?

*Some (not all) conditions include:*

AIDS	Hearing Loss
Cancer	Hemophilia
Cerebral Palsy	Juvenile Arthritis
Chronic Lung Disease (Asthma)	Scoliosis
Cleft Lip/Palate	Vision Disorders
Congenital Heart Disease	Sickle Cell Disease
Cystic Fibrosis	Spina Bifida
Diabetes	Metabolic Disorders

For more information, contact your local CMH Nurse (Tori Prindle, RN):

**(740) 295-7303**

**Monday-Friday from 8am to 4pm.**

# ADULT HEALTH CLINIC

**Let's  
break it  
down.**

**Getting vaccinated for  
hepatitis B also protects  
against liver cancer.**

**Get the facts.**

**Get vaccinated.**

**#WorldHepatitisDay**  
**worldhepatitisday.org**



**World  
Hepatitis  
Day** 28 July

## **Get the facts.**

- Hepatitis is the world's deadliest virus, after COVID-19.
- There are over 2 million new cases of hepatitis every year.
- More than 300 million people are living with hepatitis.
- Hepatitis is the leading cause of liver cancer.
- We have everything we need to eliminate hepatitis by 2030 – but the world is moving backwards.

Coshocton Public Health District can offer the Hepatitis B Vaccine to both children **AND** adults.

The CDC recommends hepatitis B vaccination for all individuals from birth through 59 years of age. For adults 60 years and older, vaccination is recommended if they have risk factors for hepatitis B, such as chronic liver disease, HIV infection, or risky sexual behavior.

**For more information:** Call (740) 622-2999 or stop by the clinic (Tuesday-Friday, 8am to 4pm).



# DISTRICT HEALTH & HEALTH EDUCATION



On the afternoon of June 3rd, the health district hosted the first ever “Bicycle Safety Event” at the Coshocton Fairgrounds. We would like to thank the Coshocton County Sheriff’s Office for playing such a huge role in making this event a success. They provided the FREE hot dog lunch, the bicycle safety lesson, and purchased 4 bicycles as part of the raffle.

We would also like to thank Coshocton Fire for allowing us to utilize their grill, the Coshocton County Prosecutor’s Office for providing the FREE child-ID kits, Scoops ice cream, and the Coshocton Elks for their monetary donation that provided 5 more bicycles for the door prize raffle drawing.



On Wednesday, June 11th, members of the health district participated in the 5th annual “Fill the Backpack” event.

This project has such a huge impact on the families of K-6th grade students of Coshocton County.

Thank you CRMC for your efforts in the community!



Coshocton Regional  
Medical Center



# COSHOCTON COUNTY WIC



**Bakersville  
Community Park**  
(59505 Co Rd 2,  
Newcomerstown,  
OH 43832)

Every 1st Friday  
June-October  
6:00pm to 9:00pm

Brittany Taylor (WIC Director) attended the first “Bakersville Farmer’s Market” event of the season.

The Coshocton County Breastfeeding Network (CCBN) also made it’s first debut out in public. The tent (sponsored by Caresource) offers a private space for mom to sit down as she breastfeeds her baby.

The “Pink Tent” will be at other community events around town, so if you’re a parent who needs a quick and quiet break, be sure to check it out!

## COMMUNITY SHOWER

This event is sponsored by the Coshocton Regional Medical Center

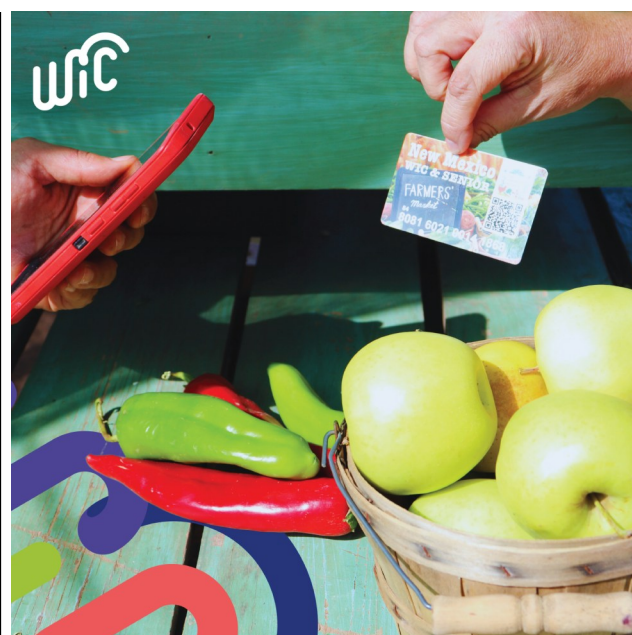
**WILD FUN WITH:  
DOOR PRIZES! ACTIVITIES!  
AND MORE!!**

**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 a equal opportunity provider.



### It's Farmers Market Season!

WIC's Farmers Market Nutrition Program (FMNP) provides benefits to help you buy locally grown fruits, veggies, and herbs from participating vendors. It's a great way to add nutritious, seasonal foods to your family's meals, AND supports your community farmers!

Coshocton County WIC is offering a limited supply of coupons for the 2025 season.

Call (740) 622-2929 for more information!



PROTECT against tick bites.  
CHECK for ticks. Don't forget pets!  
REMOVE ticks as soon as you can.  
WATCH for symptoms.

Permethrin spray not only repels ticks and mosquitos, it also **KILLS** them! Note this important information:

- Only use on clothing, boots, and gear such as nets, tents, sleeping bags, and backpacks.
- Do NOT apply directly to the skin.
- Always follow the directions on the product label.
- Apply in a well-ventilated area and away from wind.
- A single application can provide protection for up to two weeks or through several washings.



# PET SUPPLY DRIVE



**Wednesday, July 23rd**  
**637 Chestnut Street**  
**11:00am-1:00pm**

## Special Guests:

Coshocton Fire Department, Coshocton County Animal Shelter & HATA, Coshocton County Dog Warden, and A1 Vet Care.

**FREE hot dog lunch for every monetary or supply donation!**

**\*\*while supplies of 100 last\*\***  
**\*\*sponsored by Kraft-Heinz\*\***



**A-1 Vet Care**

Stop by and talk with Dr. Straits!  
She will be offering information about vaccination for Rabies and Lyme, and how to protect, check and prevent tick bites on all of your furry companions!



## PLEASE HELP MY FRIENDS!

Ace is the 13 year old male shelter dog for the Coshocton County Animal Shelter & HATA.

Ace will be at the event from 11am to 12pm to greet you!

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