

# Coshocton Public Health District's Newsletter

## (AUGUST 2025)



**BOARD OF HEALTH MEETING**

THURSDAY, AUGUST 21ST @ 5:30 PM  
637 CHESTNUT STREET IN COSHOCTON  
(CPHD BREAKROOM)

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



### 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**

Prevent. Promote. Protect.

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

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

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



### PUBLIC NOTICE ON PRICING INCREASE

Effective August 1st, 2025:

Birth and Death Certificates will be **\$30.00** with a **3% charge if purchasing with a card.**

For all orders requested to be sent by mail, there will be an additional charge of **\$2.50.**

Effective September 30<sup>th</sup>, 2025:

Burial Permits will be **\$10.00.**



**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



## How to Stop Mosquito Breeding

Preventing mosquito breeding in and around your home reduces the number of mosquitoes in your environment and lowers the risk of bites. Mosquitoes lay eggs in stagnant water. You can prevent breeding by regularly dumping any standing water in your environment. Tips to prevent mosquito breeding include:

- Regularly empty water from flowerpots, buckets, barrels, tarps, covers, outdoor toys, trash containers, kiddie pools, and wheelbarrows.
- Change water in pet bowls and birdbaths at least once a week.
- Check your gutters every year and clear any clogs for proper drainage.
- Don't leave old tires sitting around – dispose of old tires properly and drill holes in tire swings to drain water.

# LYME DISEASE SYMPTOMS



## EARLY SIGNS (3-30 DAYS AFTER BITE)



FEVER



CHILLS



HEADACHE



FATIGUE

## LATER SIGNS



FACIAL PALS



IRREGULAR  
HEARTBEAT



DIZZINESS



BULL'S EYE

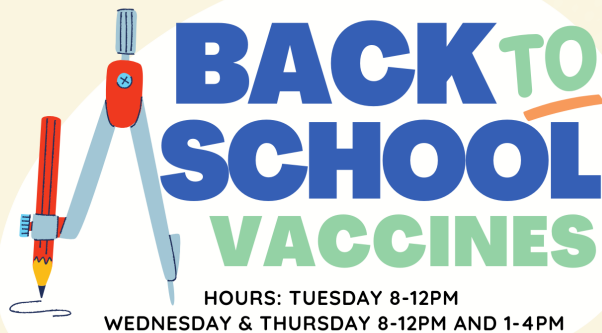
## Before you head outside this summer, take these simple steps:

- Use EPA-registered insect repellent containing DEET or picaridin
- Wear long sleeves and tuck pants into socks when in wooded areas
  - Stick to the center of trails when hiking
- Perform tick checks on yourself, your children, and pets after coming indoors
- And shower within two hours of being outside to help wash away ticks

**Parents, pet owners, and outdoor lovers — this message is for you.**  
Lyme disease is real. It's local. And it's on the rise in Coshocton County.  
But together, with the right knowledge and habits,  
**we can protect our families and our community.**

# 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, MCV4

**12TH GRADE** (16+): MCV4, MENINGITIS B



To schedule an appointment:  
Call 740-622-2999

Walk-ins Welcome  
637 Chestnut Street  
Coshocton, OH 43812



## Izzy's Road Safety

TIPS FOR KIDS

Share these tips with your kids to teach them how to be safer on the road and around traffic.

### 1 RIDE ON A FOOTPATH

Ride on the footpath away from traffic and ask an adult to be with you. It is the law to get off your bike when crossing at traffic lights or cross walks and it's a lot safer too!

2



3

### WEAR A HELMET

Protect your head and wear your helmet when you ride your bike, scooter, skateboard, roller blades, rip sticks & hover boards. A loose helmet is just a hat! Ask an adult to check your helmet.

### BUCKLE UP

Always buckle up! Buckle up every trip every time.

4

### EXIT SAFELY

Get in and out of the car using the safety door. This is the door closest to the kerb.



5

### PEDESTRIAN SAFETY

Before you cross the road STOP, LOOK, LISTEN, THINK, and hold an adult's hand.



## ADULT HEALTH CLINIC

### National Immunization Awareness Month (NIAM)

Immunization information systems (IIS) ensure that vaccines reach everyone, from children to adults, by maintaining accurate and accessible records. Let's celebrate the power of vaccines and the systems that support them in keeping our communities healthy!



AIRA  
AMERICAN IMMUNIZATION  
REGISTRY ASSOCIATION

### NATIONAL IMMUNIZATION AWARENESS MONTH

#vaccinationsaveslives  
#NIAM #AIRA





# DISTRICT HEALTH & HEALTH EDUCATION



Every year on August 31, we recognize **International Overdose Awareness Day**.

It's the world's largest campaign to end overdose, remember those we have lost to an overdose, acknowledge the grief of the family and friends left behind, and renew our commitment to end overdose and related harms.

The substance use crisis in America has had a devastating impact on our communities, families, and individuals. It's crucial that we equip our communities with the resources and support needed to prevent the fatal consequences of substance misuse and provide access to evidence-based prevention, intervention, treatment, and recovery services.

By doing this, we can give those affected by addiction the best chance of finding long-term recovery and hope for the future.



## PET SUPPLY DRIVE



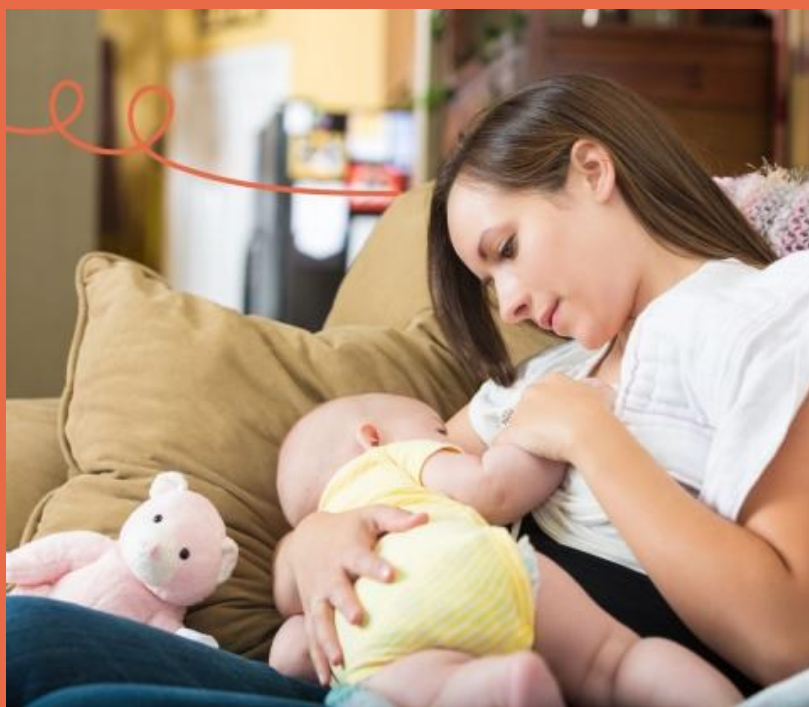
On Wednesday, July 23rd, the health district hosted the 2nd Annual Pet Supply Drive. All items and monetary donations are then given to the Coshocton County Animal Shelter & HATA. This year, we were able to raise a total of \$216 in an effort to support operations at the shelter.

We would like to thank Kraft Foods, A1 Vet Care, Ashton's K9 Classes LLC, Coshocton Fire Department and the Coshocton County Dog Warden for helping make this event such a success.

# COSHOCTON COUNTY WIC

This August, during **National Breastfeeding Month**, the Coshocton Public Health District invites you to celebrate and support one of the most natural ways to give babies a strong start in life: **breastfeeding**.

Breastfeeding isn't just a personal choice — it's a powerful public health tool. It protects infants from illness, reduces the risk of chronic disease later in life, and strengthens the bond between mother and child. For mothers, it can lower the risk of breast and ovarian cancers, heart disease, and type 2 diabetes.



U.S. DEPARTMENT OF AGRICULTURE  
**WIC BREASTFEEDING SUPPORT**  
LEARN TOGETHER. GROW TOGETHER.

## 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.



**TOMATO SEASON?**  
**COUNT US IN!**

It's Tomato Season! Tomatoes are at their peak right now—juicy, ripe, and bursting with flavor! Whether you slice them for a sandwich, toss them in a salad, or cook them into a sauce, fresh tomatoes add summertime flavor to every meal!

And don't forget, you can use your WIC Farmers Market Nutrition Program benefits on tomatoes and more. Visit your local farmers market and use your WIC benefits to bring home fresh summer produce.



# Coshocton County Tire Recycling Event

FOR COSHOCTON COUNTY RESIDENTS ONLY

## **\$1.00 PER TIRE**

**\*Exact Change Only\***

**PASSENGER & LIGHT TRUCK TIRES**  
**OFF RIM ONLY**



### **August 16, 2025**

**9:00am — 12:00pm**

**\*Or until trucks are full**



**Coshocton County Fairgrounds**

**(707 Kenilworth Ave Coshocton, OH 43812)**

**\*Please enter through the Main Gate and follow signage**

## **10 OFF RIM TIRES PER VEHICLE MAX**

**• FIRST COME & FIRST SERVED •**

**ONLY Cash and Checks accepted**

**Questions? Contact the Recycling Office at 740-575-4813**



Event funded by:  
the Ohio Environmental  
Protection Agency,  
Coshocton County  
Recycling, & CFP Solid  
Waste District



**Environmental  
Protection  
Agency**

Recycle Ohio Grant Program

**To the Coshocton County Community:**

It has been my pleasure to work with the amazing staff of Coshocton Public Health for almost a year. I want to take a moment to recognize our teams for all the work they do to protect and promote health in our community.

First up is our WIC team. They are a small, but mighty team. Over the past quarter, the team has been working on planning for the annual Community Shower held in August. The WIC team has also been attending the farmer's market to provide vouchers for WIC families to use, and continues to provide nutrition services and education to our families.

Our Nursing Team staffs the Pre-Natal Clinic, as well as the Adult and Child Health Clinics each week. Complex Medical Help (CMH) program provides case management services for children and their families. Other programs that provide services to the community include Child Birth Education and Prevent Blindness. This team shows compassion and provides expert care to our community.

The Environmental Health Team works tirelessly to protect the citizens of Coshocton County. This team works to ensure safety of the community's food and drinking water, as well as our environment around us. They provide expertise in many programs to keep our community safe and healthy.

Our District Health Team, provides education and resources to the community in many areas. Building a strong educational program to outreach to the community using print materials, radio, social media, as well as, during community events across the county. The prevention and education efforts have a significant impact on the community.

I am proud of the service the entire team provides to Coshocton County. The caring and compassionate care given is much appreciated. Thank you for your support of our teams in protecting Coshocton County.

**Sincerely,  
Kristina Bell, MSHCS  
Health Commissioner**

## **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->**

