

Coshocton Public Health District's Newsletter

SEPTEMBER 2025

SEPTEMBER



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

Tuesday, October 14th, 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:



Department
of Health



BOARD OF HEALTH MEETING

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

THESE MEETINGS ARE OPEN TO THE PUBLIC



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 30th, 2025:

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



MISSION:

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



(P) 740-622-1426
Hours: Monday-Friday
(8:00am to 4:00pm)
637 Chestnut St., Coshocton, Ohio

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

STEP 1



CLEAN



STEP 2



SEPARATE



STEP 3



COOK



STEP 4



CHILL



September is Food Safety Month! The food supply in the United States is among the safest in the world. However, when certain disease-causing bacteria or pathogens contaminate food, they can cause foodborne illness, often called “food poisoning.” The Federal government estimates that there are about 48 million cases of foodborne illness annually – the equivalent of sickening 1 in 6 Americans each year. And each year, these illnesses result in an estimated 128,000 hospitalizations and 3,000 deaths

To keep your family safer from food poisoning, follow these 4 simple steps:

- 1. CLEAN**—wash your hands, surfaces and food items as often as possible.
- 2. SEPARATE**—raw meats from other foods in your grocery cart, bags, and fridge.
- 3. COOK**—to the right temperature by using a food grade thermometer.
- 4. CHILL**—refrigerate leftover foods promptly.

DISTRICT HEALTH & HEALTH EDUCATION



Fair Season Health Tips

- Do not touch an animal unless the exhibitor says it's OK.
- Wash/ sanitize hands after EVERY barn you go in.
- Do not stand directly behind animals – even when being handled.
- Do not take toys, pacifiers, cups, baby bottles, strollers, or similar items into barns.
- Keep fingers away from the animal's mouth.
- Do not bring any food or drinks into the barns.



September is National Suicide Prevention Month!

Did you know? In Coshocton County, the suicide rate is 19.3 per 100,000 people. This is **higher than both** the state and national average.

Suicidal thoughts, like mental health conditions, can affect anyone, regardless of age, gender, or background. While they may be common, they should never be seen as normal. More often than not, they signal deep emotional pain or an underlying mental health concern that deserves understanding, care, and professional support.

With one conversation, asking someone how they're really doing — and being ready to truly listen — can save lives. Because here's what we know: No one has to face this alone. Help exists. Healing is possible. And all it can take is for one person to start a conversation.

COSHOCTON COUNTY WIC



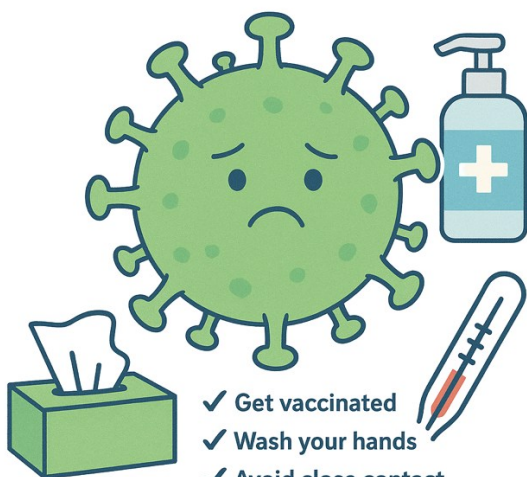
On August 7th, Coshocton County WIC held their annual Community Shower.

The event was held from 1:00-3:00pm at the Coshocton County Community Room. Over 20 community partners were present, passing out information and giveaways to all families in attendance.

WIC would like to thank their participants and other community members who attended the event, and to the local businesses who donated the food and door prizes.

ADULT HEALTH CLINIC / MATERNAL & CHILD HEALTH CARE

THE FLU IS COMING STAY PREPARED



- ✓ Get vaccinated
- ✓ Wash your hands
- ✓ Avoid close contact
- ✓ Stay home when sick

1. Get vaccinated

Seasonal flu vaccines protect against the three influenza viruses that research indicates will be most common during the upcoming season.

2. Clean your hands

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

3. Avoid close contact

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick, too. Putting physical distance between yourself and others can help lower the risk of spreading a respiratory virus.

4. Stay home when you are sick

If possible, stay home from work, school, and errands when you're sick. You can go back to your normal activities when, for at least 24 hours, your symptoms are getting better overall, and you have not had a fever.



SEPTEMBER IS NATIONAL FRUITS & VEGGIES MONTH

fruitsandveggies.org



Every Time You Eat, Have A Plant For Your Mood

- Mental health is just as important as physical health. Eating delicious fruits and veggies can boost your health AND your mood!
- There is joy in the sweet-tasting eating experience of fruit, and smart satisfaction associated with the success of preparing vegetables.
- Eating more fruits and vegetables can help you have a more positive outlook on life and feel confident and proud that you are making the best food decisions.
- There's lots of science behind it all, and it boils down to this: if you're human, your body and mind benefit from eating fruits and vegetables, resulting in better health and a better mood.

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://compyle.clearimpact.com/#/public/survey/BCC0D901-F531-405A->