



COSHOCTON PUBLIC HEALTH DISTRICT NEWSLETTER

National Public Health Week 2026 : Working Together for Health

National Public Health Week is a time to learn how we can keep our communities safe and healthy. In 2026, this week reminds us that everyone plays a role in improving health.

What Is Public Health?

Public health helps whole communities stay well. It includes clean water, safe food, disease prevention, mental health support, and healthy habits. These efforts help people live longer and feel better.

This Year's Focus

- Prevention: Stop illness before it starts with checkups and healthy choices.
- Equity: Make sure everyone has a fair chance to be healthy.
- Resilience: Help communities stay strong during challenges.

Why It Matters to You

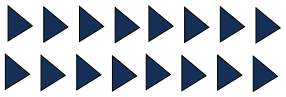
Public health workers track diseases, inspect restaurants, and support families schools and workplaces to help create healthy spaces.

How You Can Help

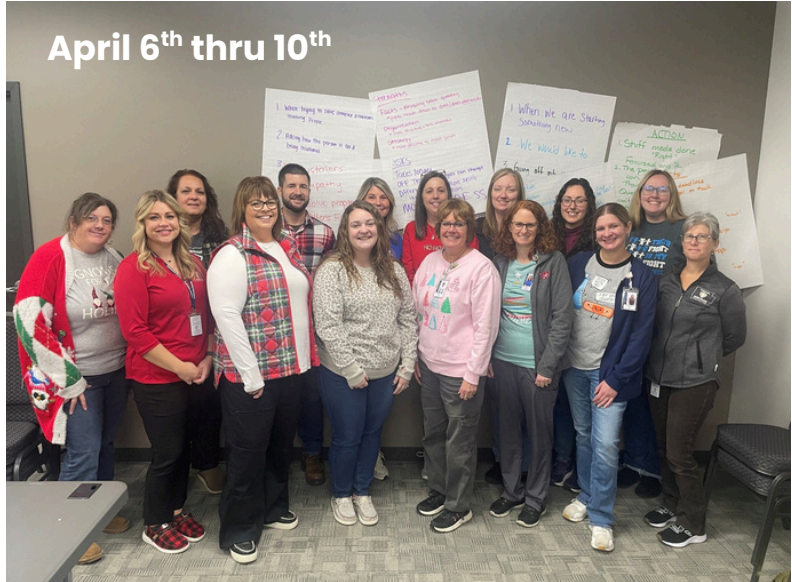
- Learn about health in your community
- Make healthy choices
- Join local events or help out
- Speak up for better health resources

Looking Ahead

We all share the job of keeping our communities healthy. This week, think about how you can help make a difference.



Kristina Bell
Health Commissioner




April 6th thru 10th

Coshocton Public Health District Presents:

Coffee With A Doc

Jamie Butler, CNP, obtained her STNA at Buckeye Career Center during her high school years. She began working at CRMC in 2002, where she worked towards becoming an RN in 2007.

Jamie left the hospital setting in 2017 to pursue Family Practice in Dover after obtaining her Nurse Practitioner License from Malone University. She returned back to Coshocton in 2024 and is offering services through Coshocton Behavioral Health Choices (CBHC).



Mental Health and Addiction

Wednesday, April 22nd @ 11AM

Coshocton Senior Center
(201 Browns Lane)

FREE COFFEE & TREATS!

July 2026: TBD

LEARNING ALL ABOUT TICK SAFETY

1. HOW TO PREVENT TICK BITES STAY PROTECTED!	2. HOW TO SAFELY REMOVE A TICK BE CAREFUL!
 SUIT UP Wear clothing treated with permethrin.	 GRIP IT Use fine-tipped tweezers to grasp the tick close to your skin.
 SPRAY ON Use EPA-registered insect repellents (DEET, Picaridin).	 PULL STRAIGHT Use steady, even pressure to pull it upward. Don't twist or jerk it.
 CHECK DAILY Look for ticks in hidden spots: behind knees, in hair, under armpits.	 CLEAN UP Wash the bite area and your hands.
 DRY YOUR GEAR Put dry clothes in the dryer on high heat for 10 minutes to kill ticks.	<div style="border: 2px solid red; padding: 5px;">  IMPORTANT DON'T USE: <ul style="list-style-type: none"> • nail polish • petroleum jelly • a hot match ...to try and make the tick detach. </div>

April is Stress Awareness Month: Take Care of Yourself.

April is Stress Awareness Month, a time to learn how stress affects our health and how to manage it in healthy ways. Stress is a normal part of life, but too much stress over time can lead to serious problems like heart disease, high blood pressure, anxiety, depression, trouble sleeping, and a weaker immune system. In Coshocton County, many people balance work, family, and daily responsibilities, which can make stress feel overwhelming. That's why it's important to notice stress early and take steps to manage it.

Simple actions can help reduce stress and improve how you feel each day. Taking a few minutes to breathe deeply, getting regular movement like walking, sleeping 7 to 9 hours a night, and staying connected with friends and family can all help. If stress feels too big to handle, it's important to reach out to a healthcare provider or counselor—help is available. By supporting one another and talking openly about mental health, we can build a stronger, healthier Coshocton County.

A family was able to get their child her kindergarten vaccines at our clinic. The child does not have health insurance coverage, so the family was able to use our sliding fee scale for a reduced rate and the child was able to be fully immunized against serious diseases. This family is very thankful for our services, as their child was able to be vaccinated regardless of insurance coverage.

-Alishia Virostko, RN
Child Health Clinic



April 2 is World Autism Awareness Day, aimed at celebrating individuals with autism and promoting understanding and inclusion. Autism Spectrum Disorder affects communication and learning, with about 1 in 36 U.S. children diagnosed. Each individual has unique strengths and challenges, and early support can help them thrive. In Coshocton County, public health initiatives connect families to services and promote early screening while reducing stigma through education. Community support is crucial for inclusion, and residents are encouraged to learn about autism, show patience, and support local resources, fostering kindness to create a valued and supportive environment for all.

