

COSHOCTON PUBLIC HEALTH DISTRICT NEWSLETTER



March is Men's Health Month



June is Men's Health Month—a time to raise awareness about the unique health challenges men face and to encourage men of all ages to take charge of their well-being.

Here are a few key steps every man can take:

- Schedule regular check-ups: Annual visits with your healthcare provider can help catch problems early. Screenings for blood pressure, cholesterol, diabetes, prostate health, and colon cancer save lives.
- Know your family history: Conditions like heart disease and certain cancers often run in families. Sharing this information with your doctor can guide preventive care.
- Stay active: Just 30 minutes of activity most days—whether it's walking, biking, or yardwork—helps maintain heart health and lowers risk for chronic diseases.
- Eat smart: Balanced meals with fruits, vegetables, lean proteins, and whole grains reduce the risk of obesity and related conditions.
- Protect your mental health: Men are less likely to seek help for stress, depression, or anxiety, yet mental health is just as important as physical health. Talking to a friend, a counselor, or a doctor can make all the difference.

Healthy men mean healthier families—and stronger communities.

SAFE SWIM SUMMER



**Be a water
watcher**



**Avoid
distractions**



**Always have a
swim buddy**



Olivia Elson



Zach Fanning

Meet Our Pool Inspectors

You may see Olivia or Zach around the local pools inspecting and ensuring the community is healthy.

Did you know in Ohio, 45% of child drowning deaths reviewed were among toddlers (1-4 years old)?

Many drowning injuries occur in pools, spas/hot tubs, and natural water settings (e.g., lakes, rivers, or ponds). There are several actions you can take to lower your risk of drowning including:

Consider a person's ability to swim.

- Ensure barriers are in place that prevent water access.
- Ensure close supervision while swimming.
- Always wear a life jacket.
- Avoid alcohol use.
- Consider medical conditions that can increase risk.



Although local child fatality review boards found that most drowning deaths occurred in privately owned pools, it's important to keep water safety in mind any time you're around a body of water. Anytime you're around a pool, lake, pond, or any body of water, it's important to be a water watcher and avoid all distractions like your phone, a book, or alcohol. If a child goes missing, always check the nearby water as soon as possible.



Prevent Tick Bites

Step 1: Dress Smart

- Wear light colored clothing to spot ticks more easily
- Tuck pants into socks and shirts into pants when hiking or in tall grass
- Choose closed toe shoes when in brushy or wooded areas.



Step 2: Use What Works



The CDC recommends repellents with:

- DEET (20-30%)
- Picaridin (20%)
- Oil of lemon eucalyptus (OLE) or PMD (not for very young children)
- Treat clothes with permethrin (Will last 2-3 washes)

Step 3: Make Your Yard a No Tick Zone

Make your yard less tick-friendly

- Keep grass mowed short and remove leaf litter
- Create a 3-foot barrier of wood chips or gravel between lawns and wooded areas
- Stack wood neatly & in dry areas, away from teh hours to discourage rodents
- Discourage deer by using fencing or deer-resistant plants.



Step 4: The 10-Minute Tick Check



After you've been outside:

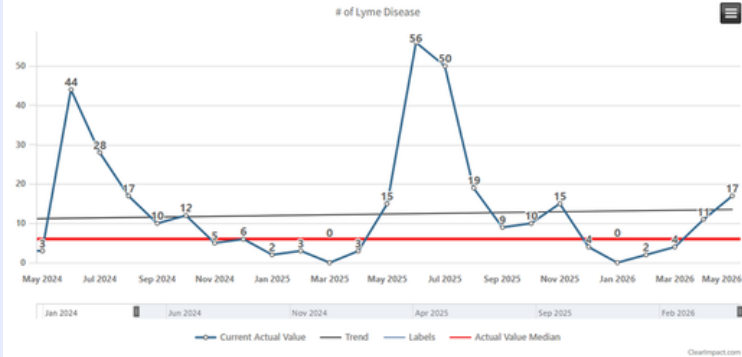
- Shower within two hours of coming indoors
- Check your whole body for ticks: Scalp/hairline, behind ears & around neck, Underarms & groin, behind knees & between toes, along waistband and bra line
- Check children and older adults
- put clothes in a hot dryer for 10-15 minutes

For Further Information

- **What to do after a tick bite provides information related to removal, follow-up, a Tick bite guide, and additional resources.** <https://www.cdc.gov/ticks/after-a-tick-bite/index.html>
- **Tick bite prevention from the CDC includes additional information about prevention and an insect repellent guide.** <https://www.cdc.gov/ticks/prevention/index.html>
- **Tick removal fact sheet:** https://www.cdc.gov/ticks/media/pdfs/2025/07/CDC_TickRemovalFactSheet.pdf

Lyme Disease Trends in Our Community

This chart shows that Lyme disease cases in our area rise sharply each summer, with peaks in June and July. Levels drop during the winter, then climb again as weather warms up. These seasonal spikes highlight why tick prevention—like using repellent, doing tick checks, and keeping yards maintained—is especially important from late spring through early fall.



Meet Our Public Health Nurses: Communicable Disease Investigation



Denise Thompson

Public Health Nurses complete communicable disease investigations, including Lyme disease. Our nurses reach out to community members who have—or may have—Lyme disease, provide education, and make sure health needs are met. Seasonal spikes like these show why prevention and quick follow-up are so important.



Alishia Virostko



Tammy Smith

June is PTSD Awareness Month

If you or someone you know is struggling, here are some steps you can take:

- **Start the conversation:** Let them know you care and that help is available.
- **Seek professional support:** Therapists, doctors, and counselors can guide treatment.
- **Build connection:** Support groups, friends, and family play a big role in recovery.

Call for help: If someone is in crisis, dial 988 to connect with the Suicide & Crisis Lifeline—available 24/7.

CPHD Attends HeadStart Family Event

“At the Head Start end of the year event I was able to provide drawstring bags with books about lead safety, cutting boards, toothbrushes, rinse cups, and education about WIC. Families loved getting a bag and the cutting boards and toothbrushes were a big hit! This was one of my first opportunities to get out in the community with WIC this summer and it was great to interact with and learn more about the population we serve here in Coshocton County.”

—Grace Finch, Ohio University WIC Intern



Maternal & Child Health Center
Alishia Virostko, RN
Grace Finch, WIC Intern

