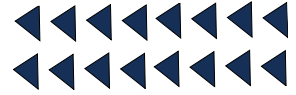


HEAT AWARENESS & SUN SAFETY DURING THE SUMMER MONTHS.



July brings hot, sunny days here in Coshocton County, and while summer is a great time to enjoy the outdoors, it's also a season when **UV rays and extreme heat can pose serious** health risks.

The good news is that simple precautions can keep you safe:

- Protect your skin: Apply sunscreen with at least SPF 30, reapply every 2 hours, and after swimming or sweating. Wear wide-brimmed hats, sunglasses, and light-colored clothing.
- Seek shade: The sun's rays are strongest between 10 a.m. and 4 p.m. Limit direct exposure during those hours.
- Hydrate often: Drink plenty of water, even if you don't feel thirsty. Avoid too much caffeine or alcohol, which can dehydrate you.
- Plan your activities: If you're working or exercising outside, take breaks in the shade or indoors to cool down.
- Check on others: Infants, older adults, and people with chronic health conditions are especially at risk in extreme heat. Make sure they stay cool and hydrated.
- Know the warning signs: Heat exhaustion may cause heavy sweating, weakness, dizziness, or nausea. Heat stroke is more severe—look for confusion, hot dry skin, or loss of consciousness. If you suspect heat stroke, call 911 immediately.

This summer, enjoy all that Ohio's great outdoors has to offer—but do it safely. Protect your skin, protect your health, and keep an eye out for those who may be vulnerable.



Welcome to our newest employee Alana Shroyer. She will be working as an environmental support person through the summer.

Pictured above working with the sewage program



CPHD took part in Bicycle Safety Day on June 9th with other community organizations. We provided bicycle helmets and fitted them to the children. We also had helmets for use with recreational vehicles.

Picture above: Grace Finch, Zach Fanning & Olivia Elson



Coshocton County Breastfeeding Network & WIC sponsored Mom & Baby Pool Time at KOA in June.

Two additional dates for the event are July 23rd and August 20th at 10 am. Additional information can be found on either Facebook page.



Warm summer weather brings more time outdoors—but it also brings mosquitoes and ticks and with them the risk of serious illnesses such as, West Nile virus, Lyme disease, and Rocky Mountain spotted fever.

Let's start with mosquitoes. They breed in standing water—things like buckets, birdbaths, or clogged gutters. A few simple steps can make a big difference:

- Dump standing water around your home once a week.
- Use insect repellent with DEET, picaridin, or oil of lemon eucalyptus.
- Wear long sleeves and pants if you're outside at dawn or dusk, when mosquitoes are most active.
- Make sure window screens are intact to keep bugs out of your home.

Now, ticks. These tiny pests can hide in tall grass, brush, or even your backyard. To protect yourself:

- Wear long sleeves and tuck pants into socks when hiking or working outdoors.
- Use repellents with DEET or permethrin-treated clothing.
- Do a full-body tick check after being outdoors—don't forget your scalp, behind the knees, and under arms. Check kids and pets, too.
- If you find a tick, remove it promptly with tweezers, pulling straight out, and clean the bite area.

If you develop symptoms like fever, rash, joint pain, or severe headaches after a bite, contact your healthcare provider right away. Early treatment is the best defense against vector-borne diseases.

Enjoying summer in Coshocton County doesn't have to mean avoiding the outdoors. By taking simple steps, you can reduce your risk and still enjoy the parks, trails, and backyards we love.

SAVE THE DATE

2026 Community Shower

Date: August 6th
Time: 1PM-3PM

More information to come!





Department of Health
Women, Infants, and Children Program (WIC)

This institution is an equal opportunity provider.



The Ohio State University Center for Tobacco Research is currently recruiting adults who smoke from rural Appalachia for project ARISE.

ARISE aims to learn how well oral nicotine pouches and nicotine replacement therapies work to reduce smoking in rural Appalachians communities.

If you are interested in learning more, additional information about the study can be found here: [ARISE Study: Testing nicotine pouches to reduce smoking-related cancer in rural Appalachia | OSUCCC – James.](#)





Department of Health

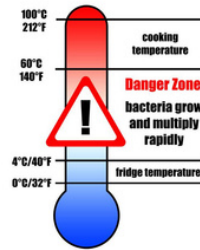
Bureau of Environmental Health
& Radiation Program
Food Safety Program

Potluck Food Safety

No matter the occasion, when friends and family get together, food is often served. It's fun to share your favorite dishes, but it's important to make sure that your food doesn't make anyone sick. The Ohio Department of Health recommends the following tips to make sure the foods at your next potluck are safe for all to enjoy.

Temperature Control

One of the most important points to ensuring your food is safe is keeping perishables out of the temperature "danger zone", which is a range of temperatures where bacteria grows the fastest in food. The danger zone for perishable foods is between 40° F and 140° F.



Preparing for the Potluck

- Don't prepare food if you or someone in your home is sick. Sharing food is good, but sharing illness is not. If you or a family member is sick, think about waiting until the next potluck to make food.
- When deciding what to bring, consider foods that don't require temperature control such as baked goods or pre-packaged snacks. If you do bring a hot or cold food, you'll need to find a way to keep the hot foods hot and cold foods cold throughout the event.
- Wash your hands before preparing any foods. Use utensils as much as possible during food preparation to limit contact with hands.
- Make foods that are easy to serve with utensils to limit the need for hands to come in direct contact with the prepared food.

Transporting Your Food

- All foods should be transported in covered containers to prevent contamination.
- Hot foods need to be kept above 140° F. An insulated container should be used to keep the foods hot during transportation.
- Cold foods need to be kept below 40° F. A cooler with ice or gel packs should be used to keep the foods cold during transportation.

Sharing Your Food

- Provide plenty of clean utensils so food can be served without touching it directly.
- Use slow cookers, chafing dishes, or some other type of warmer to keep hot foods above 140° throughout the event.
- Keep cold foods on ice or some other type of chilled container while being served to keep them below 40° F.

Leftovers

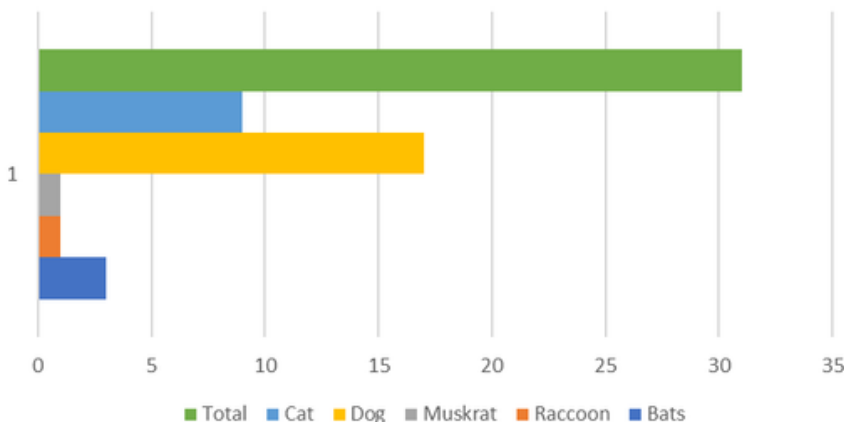
- Leftover foods should be put away once the meal has completed. Use a probe thermometer to check hot and cold food temperatures to determine whether they should be put in refrigeration for saving or discarded:
 - Hot foods that have been below 140° F for more than two hours should be thrown away.
 - Cold foods that have been above 40° F for more than two hours should be thrown away.

2/2018

ODH Food Safety Program • (614) 644-7416 • foodsafety@odh.ohio.gov

Page | 1

2026 2nd Quarter Animal Bites



Did you know...?

If you or your pet dog, cat or ferret is bitten by a wild animal that may transmit rabies that you should take the following actions:

1. **Call your vet.** The vet may need to give your pet a rabies shot or a booster. They will also check any injuries.
2. **Quarantine your pet.** This means keeping your pet away from other animals and watching them closely. Look for signs of rabies like trouble walking, dragging their back legs, not moving their tail, or acting strange.
 - If your pet already had a rabies shot, they should get a booster and be watched for 45 days.
 - If your dog or cat has not been vaccinated, they should either be put down and tested for rabies, or vaccinated and kept in strict quarantine for 4 months.
 - Ferrets that are not euthanized must stay in strict isolation for 6 months. Quarantine can end early if the wild animal is tested and does not have rabies. Try to keep the wild animal for testing if possible.
3. **Get medical care for yourself.** A doctor will clean the bite and decide if you need vaccines. Getting checked early can help prevent infection, tetanus, and rabies.
4. **Call the Health Department.** All human bites must be reported within 24 hours. Doctors usually report this, but you can call too. If your pet was exposed, the Health Department can help guide you. If the wild animal can be tested for rabies, they will help with that and let you know the results to keep your family safe.

