

PREVENT DISEASE AND INJURY. PROMOTE HEALTH AND WELLNESS. PROTECT YOU AND YOUR COMMUNITY.

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Stay Safe This Independence Day

Source: Am Red Cross

Independence Day is a time for fun and celebration, but it's important to stay safe. Here are some tips to help you enjoy the holiday, keeping yourself and others safe.

Be Careful with Sparklers and Fireworks

Watching a public fireworks display is the safest option. If you are in charge of your own celebration, try glow sticks, noise makers, or silly string. If you use fireworks at home:

- Never give fireworks to small children or point fireworks at people, animals, or anything flammable.
- Follow the instructions on the packaging.
- Keep water nearby.
- Light one firework at a time & never relight a "dud."

Food Safety

Picnics and barbecues are popular. Keep your food safe:

- Wash your hands before preparing food.
- Keep food in a cooler with ice.
- Watch the grill when it's in use. Keep children and pets away from the grill.
- Don't add charcoal starter fluid to hot coals.

Responsible Drinking

The 4th of July is a dangerous holiday for alcohol-related accidents. Drink responsibly:

- Know your drink and your limit.
- Plan for a sober driver if you drink.
- Stay hydrated with water.

Sun Safety

July can be very hot. Protect yourself from the sun. Check out the tips in our other articles.

Enjoy the celebrations while staying safe!

Staff Spotlight: Ashley Rathke

Meet Ashley Rathke, our dedicated Registrar and Environmental Health Clerk who has been a vital part of the Williams County Health Department for almost 6 years, and in her current role for nearly 2 years.



Ashley loves helping her community. Whether she's assisting someone in finding a death certificate of a loved one or handing off a food license to a new local business, her work directly supports the people of Williams County. Motivated by a deep connection to her hometown, Ashley is committed to serving the community where she has spent most of her life.

Ashley holds an associate degree from Owens Community College and brings valuable knowledge and skills to her role. One of her favorite projects has been working on the 100-year celebration of public health. Her favorite health tip? Walk everywhere.

Born and raised in Montpelier, Ashley enjoys reading, exercising, gardening, and spending time with her family. If she had a spirit animal, she'd be a bee—symbolizing hard work, commitment, and community sharing.

We're grateful for Ashley's dedication and contributions to the health department and the community. Stay tuned to learn more about the incredible individuals working to make Williams County a healthier place!



Vaccine Clinics



As you start to think about back-to-school season, the Williams County Health Department wants to remind you about their vaccine program! WCHD offers vaccines to all age groups, including those needed for kids to go to school.

Nurses at the WCHD are holding back-to-school immunization clinics every Tuesday in Montpelier and every Thursday in Bryan between July 16th and September 19th - appointments are required.

There are multiple clinics being offered out in the community. These include:

- **Edgerton Townhall:** July 11th from 9am - 11:30am
- **Bryan Schools:** Aug. 6th from 1-7pm
- **Edgerton Schools Open House:** Aug. 12th from 5:30-7pm
- **Stryker Schools:** Aug. 13 from 4-6pm
- **North Central Open House:** Aug. 15th from 5:30-7pm

To make an immunization appointment, call 419-485-3141 or visit bit.ly/WCHDVaccineAppt today!

Tire Recycling Event: Save the Date



WCHD is partnering with the County Engineer's Office to host a tire recycling event sponsored by the Ohio EPA. Each tire will cost \$1 to recycle and must be removed from the rim. **Please note that there is a 10 tire limit per vehicle.**

Tire Recycling Event

When: September 19th | 9am - 5:30pm
Where: County Engineer's Office
 12953 County Road G, Bryan, OH 43506
Cost: \$1.00 per tire

10 tire limit per vehicle

Accepted Tires	Not Accepted
<ul style="list-style-type: none"> • Cars • Pick up trucks • Lawn mowers • Motorcycles • All small tires 	<ul style="list-style-type: none"> • Large tractor • Semi truck • Large vehicle • Large farming equipment

Tires must be removed from the rim before being recycled.

For more information, call Shannon at 419-485-3141 ext. 109.

10 tire requirement from OEPA.

Questions?

Call Shannon at 419-485-3141 ext. 109

When: September 19th, 9am-5:30pm

Where: County Engineer's Office
 12953 County Road G,
 Bryan, OH 43506

Sun Safety



Summertime means swimming, cookouts, hiking, gardening - all of the outdoor activities we miss during the fall and winter. While it is important to spend time outside, it is equally as important to protect your skin from the sun while you are out there. Even on colder or cloudy days, ultraviolet (UV) rays, which can damage skin cells, can reach you. In the US, UV rays are strongest between 10am and 4pm, making it especially important to protect your skin during those hours.

Too much exposure to the sun and UV rays can put you at a higher risk for skin cancer, which is the most common cancer in the United States. Protect your skin from the sun by:

Seeking Shade: Find a tree, umbrella, roof, or other shelter from the sun to reduce your exposure.

Protective Clothing: Wearing long-sleeved shirts, long pants, and a hat to protect your skin from the sun. If it is too hot to wear long clothes, cover as much skin as possible and find shade more often.

Sunglasses: Your eyes can have too much exposure to UV rays, too! Sunglasses can protect your eyes and reduce your risk for cataracts.

Apply (and reapply!) Sunscreen: Put on sunscreen that is at least 15 SPF or higher. The higher the number, the better protection. Put a thick layer on exposed skin, and make sure to ask for help for hard-to-reach places. Reapply sunscreen every two hours.

If you are worried a mole may be skin cancer, follow the ABCDEs of finding skin cancer. Visit a trained medical professional for any concerns you may have.

A B C D E S

of skin cancer

A
Asymmetry

B
Border

C
Color

D
Diameter

E
Evolving

Spot skin cancer

Staying Active in the Heat



Staying active in the heat requires some careful planning and adjustments to ensure safety and comfort. Here are several ideas and tips for maintaining physical activity during hot weather:

Early Morning or Evening Workouts

- Think ahead: Schedule your outdoor activities in the early morning or late evening to take advantage of the cooler parts of the day.

Water-Based Activities

- Water sports: Engage in activities like kayaking or water aerobics that provide a great workout while keeping you cool.

Seek Shade

- Shaded Trails: Find walking, hiking, or biking trails that are shaded by trees to protect yourself from direct sunlight. Participate in outdoor fitness classes held in shaded areas or parks with ample tree cover.

Adjust Your Routine

- Lower Intensity: Opt for lower-intensity exercises on extremely hot days to avoid overexertion.
- Hydration: Stay well-hydrated by drinking water before, during, and after your workout.
- Clothing: Wear lightweight, light-colored, and moisture-wicking clothing.

Take Breaks

- Listen to your body. Let your body cool down and rehydrate. Pay attention to signs of heat exhaustion, such as dizziness and nausea.

Water Safety



Water safety is crucial to prevent drowning and other water-related accidents. Here are some water safety tips that can help keep people safe.

Never Swim Alone

- Always swim with a friend or family member. Never push yourself beyond your swimming abilities.

Avoid Alcohol

- Do not drink alcohol before or after swimming, boating, or supervising children.

Learn CPR and First Aid

- Knowing CPR and basic First Aid can save a life in an emergency. Check out this CPR course resource: rdcrss.org/3Wat3V6

Watch Children

- Educate children on pool safety rules, like no running, no pushing, & no diving in shallow water.

Sun Protection

- Use sunscreen, wear protective clothing, and stay hydrated.

Don't Swim When There is Thunder or Lightning

- Beware of weather conditions before you swim.

Customer Satisfaction Survey

At WCHD, we care about providing excellent service. Please take a moment to share your feedback about our programs and services. Take our survey: www.surveymonkey.com/r/WCHDServices



WCHD Community Talking Points are published on a monthly basis and posted on our website and social media. If you would you like to receive the community talking points directly, sign up by completing this form: bit.ly/WCCommunityTalkingPoints

For more information on WCHD programs and services, visit: williamscountyhealth.org

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