



CLARK COUNTY COMBINED
HEALTH DISTRICT

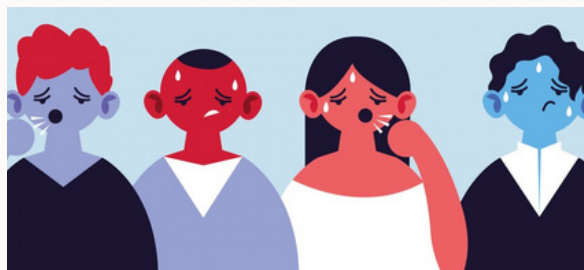
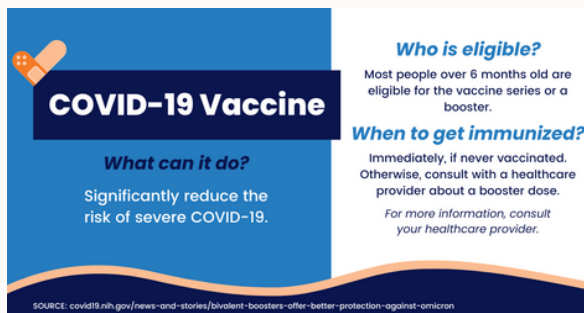
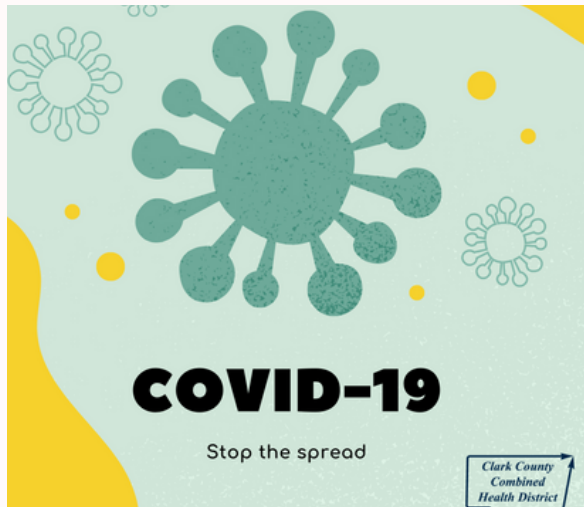
*Clark County
Combined
Health District*

Clark County Public Health Update

NOVEMBER 17, 2023

Public Health News

What's going on with Clark County Public Health?



COVID vaccines now available at CCCHD

CCCHD has received a supply of updated monovalent Moderna COVID vaccines. Please call (937) 390-5600 to schedule an appointment.

Monovalent COVID vaccines, including Pfizer, are also available at various retail pharmacy locations in Springfield and Clark County. These vaccines are designed to target specific variants of the virus and are an important addition to our vaccination efforts.

As we move forward, let's continue to follow recommended safety measures, stay informed about the latest developments, and support one another in our collective efforts to reduce the spread of COVID.

[Click here to view our COVID-19 web page](#) online for more information.

COVID test kits available FREE at CCCHD

Give thanks, NOT COVID

This Thanksgiving, let's prioritize the health of our loved ones! Stock up on FREE COVID-19 tests from CCCHD now to ensure a safe and joyful celebration.

Why wait? Get your FREE tests today at 529 E. Home Road and make testing a part of your holiday preparations. Let's keep our gatherings full of gratitude, not germs.

If you're experiencing symptoms consistent with COVID-19, it's crucial to take a COVID test immediately. Prompt testing not only protects you but also those around you. By identifying and isolating cases early, we can help curb the spread of the virus and safeguard our community.

FREE COVID tests are available to be picked up here at CCCHD. Give us a call at 937-390-5600 to inquire, or stop by the lobby and stock up on COVID tests.

Public Health News

What's going on with Clark County Public Health?



Don't forget your Flu shots

Everyone 6 months and older should get a flu vaccine every season. A flu vaccine can reduce flu illnesses, doctors' visits, hospitalizations and has been shown to be life-saving. Fight flu and get vaccinated today!

There are currently no hospitalized flu cases in Clark County this flu season. Influenza-like illness visits to the emergency departments right now are below average throughout Ohio.

Nationally, influenza hospitalizations are trending up. Some regions of the country are seeing moderate or high flu activity, mostly in the southeastern U.S. Ohio is a state that reported minimal activity.

With the holidays coming up and more, large in-person gatherings, now is the perfect time to get a flu shot!

Whooping cough cases on the rise

There have been more cases of whooping cough (Pertussis) this year in Ohio than in anywhere else in the nation. CDC data shows Ohio has reported 632 cases this year, which is 100 more than New York. There have been more than 4,000 cases nationwide.

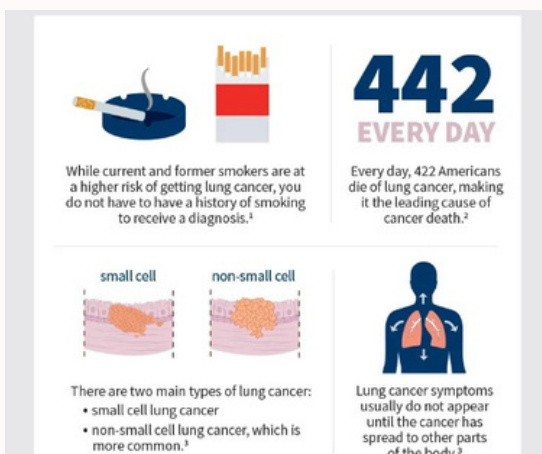
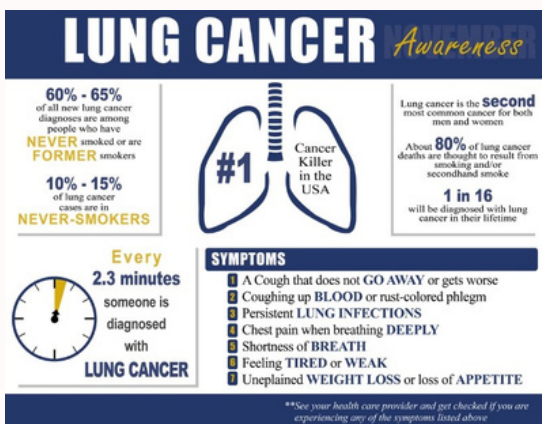
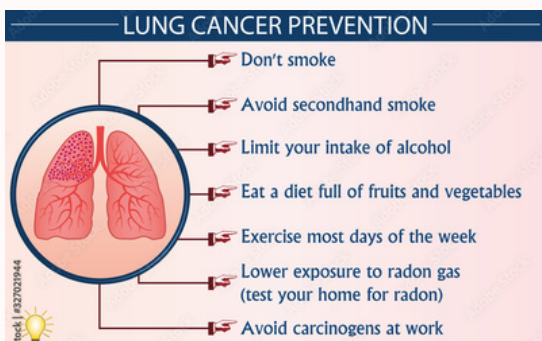
Dayton Children's Hospital has seen nearly 120 whooping cough cases since September. Montgomery County has reported 73 cases from August to this week.

In Clark County, there has also an increase since last year. Seven cases of whooping cough have been reported this year. There were two cases in 2021, and one case in 2022. [Click here for more information to about whooping cough prevention.](#)

Public Health News

What's going on with Clark County Public Health?

November is Lung Cancer Awareness Month



November is Lung Cancer Awareness Month, an opportunity to raise awareness about lung cancer and the actions we can take to help prevent it and reduce the stigma associated with this disease.

Lung cancer is the most common cause of cancer death in the United States for both men and women.

More men die of lung cancer than the next two most deadly types of cancer for men (prostate and colorectal) combined, and more women die of lung cancer (59,910) than breast cancer (43,170).

Smoking is the most common cause of lung cancer.

Other risk factors for lung cancer include being exposed to secondhand smoke, having a family history of lung cancer, being treated with radiation therapy to the breast or chest, or exposure to asbestos or other carcinogens.

Close to 130,000 people are expected to die of lung cancer in 2023, according to the National Cancer Institute. Around 238,000 people will be diagnosed this year, but cases have decreased nationally by 8% in the past five years.

The risk of lung cancer is much higher in current and former smokers compared to people who have never smoked at all. However, quitting does decrease the risk of lung cancer, and the risk continues to decrease with every smoke-free year.

Even if you do develop lung cancer, know that survival rates are better in former smokers than current ones.

Whether you are a current smoker or not, getting screened for lung cancer is critical if you are between the ages of 50 to 80, as lung cancer is treatable when caught early.

Public Health News

What's going on with Clark County Public Health?



You don't have to quit smoking alone

🚭 Break free from the grip of nicotine addiction! 🚭 If you're ready to 'Escape the Vape,' support is just a call away. Dial 1-800-Quit-Now for the resources and guidance you need to quit smoking. Your health is worth it!

Ohio's Tobacco Quitline offers free support to significantly increase your chances of success in quitting nicotine dependence for good.

Call 1-800-QUIT-NOW (1-800-784-8669) and speak with an intake specialist to help you quit all forms of tobacco.



Great American Smokeout recognized

No matter how long or how much a person has smoked, quitting will help them get healthier. Each year, the third Thursday of November is the American Cancer Society's Great American Smokeout.

This day is meant to encourage smokers to quit smoking tobacco and start the journey toward a healthy, smoke-free life.

Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. Start with day one.



Quit smoking for you & your baby

Quitting smoking or vaping is the most important thing you can do for your health and the health of your baby.

Receive free smoking cessation sessions. And if you stay smoke-free, you're eligible to get free diapers for up to 6 months! Call 937-322-2099 to enroll today.

A win-win! Get paid to quit smoking!

Public Health News

What's going on with Clark County Public Health?

Observing Diabetes Awareness Month



November is American Diabetes Month, but this isn't a time to celebrate. It's a time to rally against the diabetes epidemic. Join us to uplift your loved ones living with diabetes and help all those in need across America. [Click here to learn more.](#)

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It affects about 37 million Americans, including adults and youth. Diabetes can damage the eyes, kidneys, nerves, and heart, and it is linked to some types of cancer.

 **NATIVE AMERICAN**



HERITAGE MONTH

Native American Heritage Month

November is Native American Heritage Month, a dedicated time to celebrating the culture and heritage of Tribal communities across the U.S.

WIC can help Native American families maintain food traditions by providing access to tons of WIC-approved food.

WIC serves Indigenous and First American families by including traditional foods in the WIC food package, providing prenatal care to pregnant parents, promoting breastfeeding for baby's first food, and supporting overall health and wellness.

Family Caregivers Month

November is Family Caregivers Month, and as a reminder, all caregivers and legal guardians can apply for WIC – not just parents!

Get nutritious food, recipes, ideas for meal planning, referrals to health services & more. Visit www.signupwic.com to find your nearest WIC clinic.

