



CLARK COUNTY COMBINED
HEALTH DISTRICT

*Clark County
Combined
Health District*

Clark County Public Health Update

MARCH 15, 2024

Public Health News

What's going on with Clark County Public Health?

COVID hospitalizations return to 'MEDIUM' level

According to CDC, Clark County is seeing 10.4 hospital admissions per 100,000 people, which classifies our area at a **MEDIUM** level of hospitalizations. There were 18 confirmed COVID hospitalizations in the most recent reporting period, according to CDC.

Hospitalizations in Clark County **have tripled** in the last month.

Clark and Champaign counties each are at Medium levels of COVID transmission; the only two counties in Ohio above LOW transmission, as measured by the CDC.

Still, transmission is not as high as it was in recent months. As of Jan. 12, there were 23.3 COVID hospitalizations per 100,000.

The recent increase in COVID transmission in the last month coincides with a similar spike in flu-related hospitalizations.

Simple measures like practicing good hand hygiene, wearing masks in crowded settings, and getting vaccinated or boosted can significantly reduce the risk of infection.

Flu season reaches its peak

March 3-9: 11 hospitalized influenza cases were reported in Clark County. Influenza-like illness visits to the ED are at the 5-year average and it appears that we have reached peak flu season Springfield and Clark County.

We have had a total of 108 influenza-associated hospitalizations this flu season. The number of flu-related hospitalizations has doubled in the last month.

In the United States, there have been 103 pediatric influenza deaths reported and 1 pediatric influenza death in Ohio this flu season. [CLICK HERE](#) to view Influenza Reports from CCCHD.

Clark County, Ohio

Data through: 2024-03-02

New hospital admissions of confirmed COVID-19, past week (total): 18

% Change in hospital admissions from prior week: 5.9%

New COVID-19 hospital admissions per 100,000 population, past week (total): 10.4

COVID-19 hospital admissions level: Medium (10.0 to 19.9)

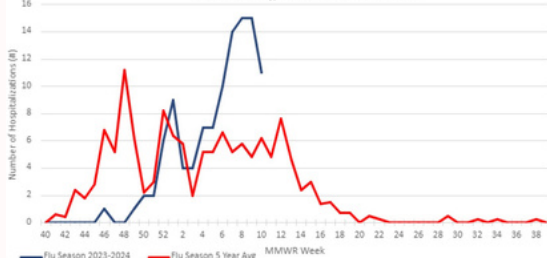
Common Symptoms of a Cold, the Flu, and COVID-19

Adapted from:

NIH National Institutes of Health

Common Symptoms	Cold	Flu	COVID-19
Fever and/or chills		✓	✓
Headache		✓	✓
Muscle pain or body aches		✓	✓
Feeling tired or weak		✓	✓
Sore throat	✓	✓	✓
Runny or stuffy nose	✓	✓	✓
Sneezing	✓	✓	✓
Cough	✓	✓	✓
Shortness of breath or difficulty breathing		✓	✓
Vomiting and diarrhea		sometimes	sometimes
Change in or loss of taste or smell			✓

Influenza-Associated Hospitalizations, Clark County, 2023-2024 Flu Season



FLU Q&A

Q: How does flu spread?

A: Most experts believe that flu viruses spread person to person, mainly by tiny droplets made when people with flu cough, sneeze, or talk.

#FIGHT FLU



Public Health News

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Celebrating Women's History Month



Friday, March 8, was International Women's Day, a day to celebrate women's achievements worldwide.

It is recognized as part of Women's History Month, which is observed throughout the month of March.

Throughout history, women have played a pivotal role as important figures in public health, working tirelessly to improve the safety and well-being of communities through education, policy, and prevention efforts.

Whether on the frontlines or behind the scenes, women in public health have moved nations and the world forward, shaping a healthier future for all.

Let's take a moment to honor some incredible women who've made a real difference: From the founder of modern nursing, Florence Nightingale; to Dr. Virginia Alexander, a pioneering Black doctor and public health expert; and Annie Dodge Wauneka, a dedicated public health professional and activist, these women have saved countless lives and continue to inspire us.

Today, and every day, we want to recognize all the inspiring women on our CCCHD team that carry on those same principles. Working tirelessly to promote health and safety in our community.

The campaign theme for International Women's Day 2024 is "Inspire Inclusion." Let us take this opportunity to inspire others to understand and value women's inclusion, creating a better and more inclusive world for all.

Together, we will continue to champion the contributions of women in public health and work towards a more inclusive future.



CELEBRATING
INTERNATIONAL
WOMEN'S DAY



Public Health News

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Total Solar Eclipse set to occur April 8



Ohio Total Solar Eclipse

April 8th, 2024. Come early, stay late.

Total Eclipse
APRIL 8, 2024

Clark County Combined Health District
937-717-2468

Clark County and the surrounding Miami Valley will experience a total solar eclipse. This special event will darken the skies across a 124-mile stretch of Ohio, making it a once-in-a-lifetime experience for everyone in its path. A few things to keep in mind:

- Clark County is within the Path of Totality**
 - The path of totality is a special area where you get the amazing experience of the sun being completely hidden by the moon, making it appear night time. Clark County will experience total darkness between 3:10 and 3:12 p.m.
 - People often plan and travel to be in the right spot for the best view
- Large Crowds are Expected**
 - A lot of visitors will be coming to Clark County for the eclipse
 - A 2017 eclipse in the USA had more than 215 million people view the event
 - More than double the usual Clark County population is expected to be in the area on the day of the eclipse
- How to Safely View the Eclipse**
 - Looking directly at the sun can seriously damage your eyes
 - Eclipse glasses must be used to safely watch a solar eclipse
 - Sunglasses, even dark ones, and homemade filters are not safe for looking at the sun
 - CCCHD is providing FREE solar eclipse glasses
- Required Permits to Host a Solar Eclipse Event**
 - If you're hosting an event, selling food, doing body art, or letting people pay to camp on your property, you'll need a permit
 - Apply for a permit online, ccchd.com/eclipse
- Public Events to View the Eclipse**
 - Lots of community groups are hosting events in Clark County, including the Greater Springfield Partnership
 - Scan the QR Code or enter the website to the right to get more information
- Potential Impact to Local Infrastructure**
 - Heavy traffic is expected. Traffic jams could last several hours after the eclipse
 - Fill up on gas at least one day before the eclipse
 - Limit travel on the day of the event if possible
 - Begin the day with a fully charged mobile phone
 - Keep cash on you in case credit card services are slow
 - Cell phone service may become overwhelmed leading to slow connections

tinyurl.com/eclipseinfo

Total Eclipse
APRIL 8, 2024

Clark County Combined Health District

PLANNING AN ECLIPSE EVENT?
Please call the Environmental Health Office at 937-717-2451 to speak with someone regarding selling food or setting up a temporary campground.

- FOOD LICENSING REQUIREMENTS**
 - If you plan to sell food during the eclipse, a food license is required in Ohio. Applications are due 10 days before the event.
 - Visit [Temporary Food License Application](#) for details.
 - Refer to ORC 3717 for regulations: [link](#)
- CAMPGROUND PERMIT INFORMATION**
 - Obtain a permit for temporary campgrounds as per Chapter 3729 of the Ohio Revised Code. Apply here: [Temporary Campground License Application](#).
 - Refer to ORC 3729 for details: [link](#).
- ENVIRONMENTAL PROTECTION**
 - Help protect our environment
 - Dispose of trash and waste properly
 - Don't litter your trash. If no available receptacles, take it with you
- SEPTIC SYSTEM AND WATER WELL PROTECTION**
 - Avoid parking near septic systems or water system components to prevent damage.
 - Resources for septic systems: [Link](#)
 - Resources for private water systems: [Link](#)
 - Call Environmental Health at 937-717-2451 or environment@ccchd.com for concerns.
- RESOURCES FOR RESIDENTS**
 - Find sewage system service providers:
 - [Link](#) Locate seepage haulers: [Link](#)
- PUBLIC WATER SOURCES**
 - Use only approved water sources.
 - Contact 937-717-2451 with any questions.

The total solar eclipse is expected to arrive in Clark County around 3:10 p.m., giving us about 2 minutes and 37 seconds of daytime darkness as the moon moves in front of the sun.

For your safety, remember never to look directly at the sun without the right eye protection. CCCHD has made solar eclipse glasses available free to the public, and students and staff in Clark County schools will also get them for safe viewing.

Visit ccchd.com/eclipse to for more information.

Public Health News

What's going on with Clark County Public Health?



March is National Nutrition Month

This National Nutrition Month, we invite you to learn about creating long-lasting healthy eating habits for your family. For example, WIC has great resources, such as qualified nutritionists and healthy food packages to help you get started.

With registered dietitians on staff, WIC clinics are able to answer your questions about nutrition, meal planning, food buying, picky eating, and more.

The theme of National Nutrition Month is, "Beyond the Table." It's not just about what's on our plate, but the bigger picture. From snacks to sourcing, how we eat shapes our health.

Contact our WIC clinics at (937) 325-0464 or visit www.signupWIC.com

Did you know?
March is
**NUTRITION
MONTH**

Our incredible WIC team provides great resources, including qualified nutritionists and healthy food packages to help keep Moms & Babies healthy and well fed.

This National Nutrition Month, we invite you to learn about creating long-lasting healthy eating habits for your family.



**YOUR FAMILY MAY
BE ELIGIBLE TO
RECEIVE SNAP,
MEDICAID &
WIC BENEFITS.**



Eligibility for SNAP, Medicaid benefits

89% of WIC participants also used SNAP, Medicaid, and/or TANF in 2021. In fact, if you qualify for SNAP and have a little one under age five, you automatically qualify for WIC, too.

At WIC, we are committed to our Healthy Starts Here promise.

That's why WIC offers different food packages that are specifically tailored to suit your family's needs and help them thrive. We offer food packages for:

Children 1 through 5 years old

Pregnant and partially (mostly) breastfeeding

Postpartum (up to 6 months postpartum)

Fully Breastfeeding (up to 1 year postpartum)

WIC can help you purchase foods like rice, beans, vegetables, and whole grains to use in your family's traditional recipes.

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Be prepared for dangerous weather

In late February, a string of tornados caused extensive damage in parts of Clark County, reminding us that spring weather can be unpredictable. When severe weather hits unexpectedly, the risk of injury and weather-related death increases, so planning makes sense. Prepare for storms, floods, and tornadoes as if you know in advance they are coming, because in the spring, they very likely will.

Assemble an emergency kit

Advance planning for thunderstorms, lightning, tornadoes, and floods requires specific safety precautions, including:

A battery-operated flashlight;

An emergency evacuation or shelter plan;

A 3- to 5-day supply of bottled water and nonperishable food

Diabetes support group is April 3

The Clark Champaign Diabetes Association (CCDA) offers a support group for those individuals who want to get connected to a supportive community.

The CCDA Support group meets every 1st Wednesday of each month from 5:30-6:30pm at United Senior Services.

The next meeting is April 3.

[Click here to learn more.](#)

FREE tobacco cessation resources available

Ready to kick the habit?

We're offering FREE tobacco cessation care packages, including samples of nicotine gum and patches, an Ohio Tobacco Quit Line card, plus essential resource materials. Take the first step towards a healthier you! [Click here](#) to sign up



Diabetes Support Group

Please come to the Clark Champaign Diabetes Association Springfield Diabetes Support Group to hear a representative from the National Kidney Foundation

Title of the presentation:
Your Kidneys and You

For any questions, please call (937) 399-2236 or email: ccdainc2004@yahoo.com

April 3, 2024 📅
5:30 - 6:30 pm ⌚

United Senior Services
125 W. Main St. 📍
Springfield, OH 45502

FREE CESSATION
Care Package

WHAT'S INCLUDED?

- Samples of Nicotine gum
- Samples of Nicotine patches
- Ohio Tobacco Quit Line card
- Resource Materials

**SIGN UP BY
SCANNING
CODE BELOW**

Public Health News

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Celebrate St. Patrick's Day safely

As St. Patrick's Day approaches, remember to celebrate responsibly. Increased alcohol consumption can lead to dangerous consequences on our roads.

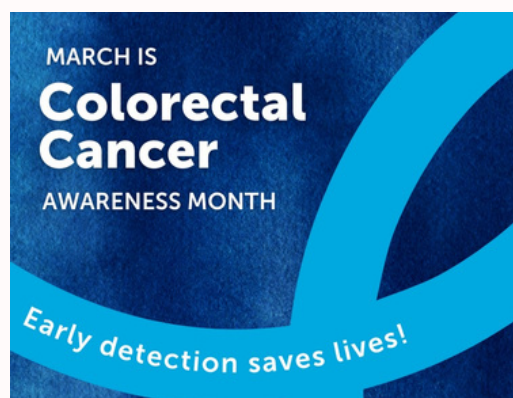
Between 2017-2021, 272 lives were lost in drunk-driving crashes during this holiday period. plan ahead, and never drink and drive.

National Prevention Week March 18-24

Keep youth safe by taking part in this year's National Drug and Alcohol Facts Week and informing teens about the consequences of alcohol and drug misuse and the importance of prevention.

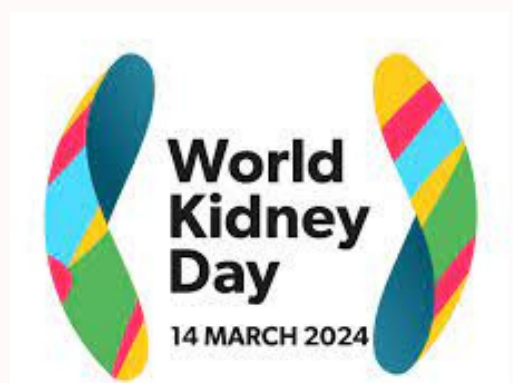


According to the Substance Abuse and Mental Health Services Administration's 2022 National Survey, 6.8% of adolescents aged 12 to 17 reported drinking alcohol in the past month and 14.3% reported having used illicit drugs in the past year.



Colorectal Cancer Awareness Month

March is National Colorectal Cancer Awareness Month -- a topic that doesn't have enough awareness around it. So please join us in learning more about the importance of screening. [Click here](#) to learn more.



World Kidney Day recognized

Did you know that 10% of the world population is affected by chronic kidney disease? Today is World Kidney Day, a chance for us to raise awareness and support for those battling kidney ailments.