

# FCHD NEWSLETTER

October-December 2024

**“Healthy Residents, Safe Environment,  
Better Quality of Life”**



**FULTON COUNTY  
HEALTH DEPARTMENT**

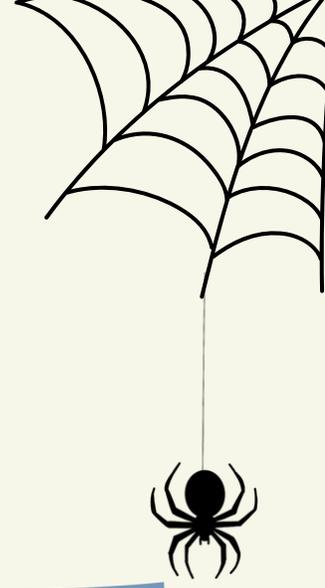
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## Upcoming Events!



## Trick-or-Treating!

Wauseon: Oct. 31st, 6-7:30p.m.

Delta: American Legion  
Trunk or Treat - Oct 27th

Archbold: Eerie Nights @  
Sauder Village - Oct. 19th

**H A L L O W E E N**



## 'Tis the Season!

Wauseon Christmas Parade:  
Nov. 23rd, 7-8 p.m.

Archbold Parade of Lights:  
Nov. 29th, 6:30 p.m.

Delta Winterfest & Parade:  
Dec. 7th

Fayette Christmas Parade:  
Dec 8th, 3-5 p.m.



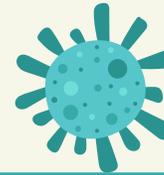
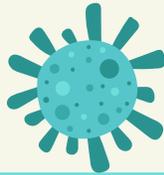
*Happy  
Thanksgiving*





October 2024

# Flu vs Foodborne Illness



## Flu:

- Contagious respiratory illness that affects lungs, nose, and throat
- Symptoms are sudden and include:
  - fever
  - chills
  - cough
  - sore throat
  - runny/stuff nose
  - muscle/body aches
  - headaches
  - tiredness
- spread by tiny droplets that are created when people sneeze, cough, or talk
- Most contagious during first 3 days, but can spread one day before symptoms appear and 5-7 days after becoming ill

## Foodborne Illness:

- Caused by food contamination such as bacteria, viruses, parasites, or chemical substances like heavy metals
- means all illnesses from any contaminated food/beverage
- Symptoms include:
  - upset stomachs
  - vomiting
  - diarrhea
  - stomach pain/cramps
  - fever
  - headache
- Commonly caused by poor handwashing, not disinfecting cooking/eating areas, and improper food and utensil storage.



vs





# Breast Cancer Awareness Month

## Risk Factors:

### *Genetic Risk Factors:*

- Age
- Family Genetic History
- Early Menstruation
- Late Menopause (after 55)
- Dense Breast Tissue

### *Environmental/Lifestyle Factors:*

- Sedentary Lifestyle
- Poor Diet
- Obesity
- Alcohol/Tobacco Use



Breast cancer is always caused by damage to a cell's DNA, but it is unknown why a cell's DNA is damaged.

**"1 in 8 women in the US will be diagnosed with breast cancer in her lifetime."  
(nationalbreastcancer.org)**

## BCCP (Breast and Cervical Cancer Project):

- Northern BCCP serves 39 counties in Northern Ohio and is located in FCHD!
- They provide breast and cervical screenings to eligible women in Ohio
- <https://fultoncountyhealthdept.com/bccp> for more information!



*November 2024*

# American Diabetes Awareness Month



## Prediabetes:

- Blood glucose (sugar) levels are higher than average, but not high enough to warrant a diabetes diagnosis
- is reversible through lifestyle changes (dieting, losing weight)
- Can progress into Type II diabetes within 5 years without lifestyle changes

## Type I Diabetes:

- Pancreas does not make insulin because of an autoimmune reaction
- Develops early in life - childhood, teenage years, early adulthood

## Type II Diabetes:

- Pancreas makes less insulin than it used to, and the body becomes resist to insulin
- Develops later in life
- Related to lifestyle/ environmental factors

11.6% of the U.S. population - 38.4 million people of all ages - have diabetes. 97.6 million people - more than **1 in 3 adults** - have prediabetes. (cdc.gov)





*December 2024*

# National Impaired Driving Prevention Month

**Impaired driving** is when a driver operates a motor vehicle under the influence of alcohol, drugs, sleepiness, stress, or other distractions that impair their judgment and ability to drive safely.



## ***How can I tell if someone is driving impaired?***

- They're drifting in and out of lanes
- They're swerving on the road
- They're almost striking objects, curbs, or other vehicles
- They're turning abruptly/illegally
- They're driving slower than 10 MPH below the speed limit

## **Resources to use if you are unable to safely drive home this holiday season:**

- Ride-share/taxi services
- Sober and alert family and friends
- Public transportations like buses (if possible)
- Wait a few hours, let your body relax and process any substances, and then drive home if you feel you can safely do so