



WARREN COUNTY HEALTH DISTRICT Prevent-Promote-Protect



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NEWS & INFORMATION

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Health Commissioner

www.wcchd.com

WCCHD Offices Closed

The offices of the Warren County Health District will be closed Monday, January 18th in observance of Martin Luther King Day.



Coronavirus Vaccine Update

WCHD is scheduled to receive a limited amount of the COVID-19 vaccine produced by Moderna pharmaceutical the week of December 21st. WCHD will begin the first wave of vaccine distribution under Tier 1a which targets healthcare personnel and long term care residents within the county.

Future distribution of COVID-19 vaccinations will be determined upon availability and authorization by the state, the FDA, and the CDC. We will have press releases to notify the public when more groups are eligible to receive the vaccine. Please be aware that vaccinating outside of the approved high risk groups would put Warren County at risk of not receiving additional vaccine.



Moderna Information and Effectiveness?

The Moderna vaccine is 94.5% effective against coronavirus according to early data. The Moderna COVID-19 Vaccine is administered intramuscularly as a series of two doses (0.5 mL each) 1 month apart. Individuals who have received one dose of Moderna COVID-19 Vaccine should receive a second dose of Moderna COVID-19 Vaccine to complete the vaccination series. Individuals must be 18 years of age and older to receive the vaccine.

What are Common Side Effects of Receiving the Vaccine?

Adverse reactions reported in a clinical trial following administration of the Moderna COVID-19 Vaccine include pain at the injection site, fatigue, headache, myalgia, arthralgia, chills, nausea/vomiting, axillary swelling/tenderness, fever, swelling at the injection site, and erythema at the injection site. Additional adverse reactions, some of which may be

serious, may become apparent with more widespread use of the Moderna COVID-19 Vaccine.

Available data on the Moderna vaccine administered to pregnant women are insufficient to inform vaccine-associated risks in pregnancy. Additionally, data are not available to assess the effects on the breastfed infant or on milk production/excretion.

Healthcare Worker Vaccines

Warren County physician and dental offices, as well as nursing home personnel are currently eligible to receive the vaccine. If interested in being added to the WCHD COVID-19 vaccination list, please contact Vicki Cook at (513) 695-1464 or visit <https://warrenchd.com/c19-vaccine> to fill out the vaccination interest form.

Resources:
<https://www.modernatx.com/covid19vaccine-eua/>
<https://khn.org/morning-breakout/as-good-as-it-gets-moderna-vaccine-nearly-95-effective/>

Cervical Health Awareness Month



The month of January marks the observance of Cervical

Health Awareness. More than 13,000 women in the United States are diagnosed with invasive cervical cancer each year, but the disease is preventable with vaccination and appropriate screening.

Cervical Cancer Prevention

HPV vaccines can help prevent infection from both high risk HPV types that can lead to cervical cancer and low risk types that cause genital warts. The CDC recommends all boys and

girls get the HPV vaccine at age 11 or 12 as the vaccine produces a stronger immune response when taken during the preteen years. For this reason, up until age 14, only two doses of the vaccine are required. The vaccine is available for all males and females through age 45 but, for those 15 and older, a full three-dose series is needed.

Cervical Cancer Detection

A Pap test can find cell changes to the cervix caused by HPV. HPV tests find the virus and help healthcare providers know which women are at highest risk for cervical cancer. Pap and HPV tests (either alone or in combination) are recommended for women over 30: each wom-

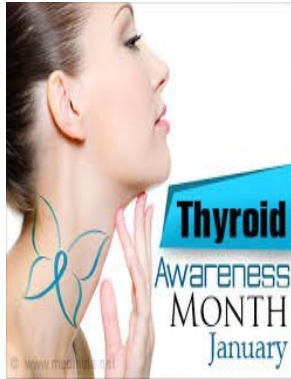
an should ask her health care provider how often she should be screened and which tests are right for her.

WCHD accepts most insurance providers, the uninsured, and Medicaid holders. If interested in scheduling an annual gynecological exam, please call **513-695-1263**. WCHD also distributes the HPV vaccine. To set up an appointment to receive the vaccination, call **513-695-1228**.

Resources:
<https://www.nccp-online.org/hpvcervical-cancer/cervical-health-awareness-month/#:~:text=The%20United%20States%20Congress%20designated,with%20vaccination%20and%20appropriate%20screening.>

Thyroid Awareness Month

January is National Thyroid Awareness Month. The thyroid is a small, butterfly-shaped gland located at the base of the neck. This gland influences the function of the heart, brain, liver, kidneys, and skin. The thyroid also impacts your energy levels and metabolism.



Thyroid disease is extremely common. According to the American Association of Clinical Endocrinologists, 27 million Americans have an over or underactive thyroid gland. Thyroid disease is much more common in women – 8 in 10 thyroid patients are female and women are between five and eight times more likely than men to develop a problem with the gland. One part of this gender imbalance is the strong tie

between pregnancy and thyroid disease. Approximately 18 percent of pregnant women will develop a postpartum thyroid problem. In a quarter of these, the problem will be permanent. This is why getting an early start to detecting thyroid issues is critical.

Annual checkups with your primary care physician are a good way to assess if your thyroid is functioning normally. The medical clinics within WCHD provide services in general health to all ages. To schedule an appointment, contact **(513) 695-1468**.

Resources:
<https://www.ihs.gov/newsroom/announcements/2018-announcements/national-thyroid-awareness-month/#:~:text=Urban%20Leader%20Letters,January%20is%20National%20Thyroid%20Awareness%20Month,the%20base%20of%20the%20neck>
<https://renaissance.stonybrookmedicine.edu/surgery/blog/january-is-thyroid-awareness-month-2018>
<https://www.obesityaction.org/community/article-library/the-role-of-your-thyroid-in-metabolism-and-weight-control/>

Warren County Health District Newsletter

If you would like an electronic version of this newsletter emailed to your home or business please email:

ahabermehl@wchd.com

The monthly newsletter is also available on our website at www.warrenchd.com.



Lasting New Year's Resolutions

A new year means new personal goals. On average, 80% of New Year's resolutions fail by the second week of February. Continue reading for tips to ensure your resolutions stick.

Don't Make an Overwhelming Resolution
“Setting small, attainable goals throughout the year, instead of a singular, overwhelming goal on January 1 can help you reach whatever it is you strive for,” says psychologist Lynn Bufka, PhD. It is also important to avoid making several changes at one time.



Start Small and Change One Thing at a Time

Make resolutions that you think you can keep. Select days when you are least busy to try these out. Aim to exercise on Mondays, Wednesdays, and Fridays while the kids are out of the house, or try to limit sweets/ alcohol on the weekends instead of eliminating them completely.

Put Pen to Paper

Write down your goals and reflect on them on a daily, biweekly, or weekly basis. A study involving 149 adults in multiple countries found that writing down goals improved chances to achieve them by 42%. Journals serve as a motivational tool for identifying what you should prioritize on a daily basis,

and what may be hindering your progress. Writing down when you do well and when you fail helps you process how you can improve.

What About When We Fail?

Everyone has ups and downs. Recover from your mistakes and get back on track.

Surround Yourself with a Good Support System

Consider joining a support group to reach your goals, such as a workout class at your gym or a meal prep buddy. Having someone to

share your struggles and successes with makes your journey easier and less daunting.

Don't be Afraid to Ask for Help!

If you feel overwhelmed or unable to meet your goals on your own, consider seeking professional help. Psychologists are uniquely trained to understand the connection between the mind and body. They can offer strategies as to how to adjust your goals so that they are attainable, as well as help you change unhealthy behaviors and address emotional issues.

If you are seeking help with nutrition or exercise, consider visiting Bri Higgins, our regis-

tered dietitian at WCHD. Services are 100% free. Please call **(513) 695-1477** or email bhiggins@wchd.com to set up a one-on-one consultation.

Resources:
<https://www.apa.org/topics/new-year-resolutions>
<https://blog.doist.com/journaling/>
<https://www.fsunews.com/story/news/2020/01/05/how-make-your-new-years-resolutions-last/2818222001/>



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