



Health Tribune

Thinking About Your Health in Portage County
Provided by the Portage County Health Department

Volume 3, Issue 4

April 4-10, 2011: National Public Health Week

April 4-10 is... National Public Health Week

National Public Health Week was created to bring awareness to Americans about the importance of living injury-free. This is a time to remind family, friends, and coworkers to take steps to prevent injuries from happening.



**Safety is NO Accident:
Live Injury-Free**

National Public Health Week
April 4-10, 2011 • www.nphw.org

At Home:

- Install and maintain smoke and carbon monoxide detectors.
- Have a plan of escape in the event of an emergency.
- Check for poor lighting and uneven surfaces around the home.
- Post emergency contact numbers such as Poison Control Hotline (1-800-222-1222).

At Play:

- Drink plenty of water to avoid dehydration.
- Warm up and stretch before physical exercise.
- Wear a helmet or other protective gear as needed.

On the Move:

- Always wear a seatbelt in the car.
- Make sure child safety seats are properly installed.
- Do not text, eat, or use a cell phone when driving.

At Work:

- Have safety training programs to teach employees to recognize and avoid unsafe conditions.
- Schedule fire drills to practice evacuation in the event of a fire.
- Have proper training for heavy machinery.

In the Community:

- Walk facing traffic.
- Make yourself visible when walking at night.
- Use sidewalks when available.
- Look both ways when crossing a street.

For additional ways to protect yourself from injury, check out: www.nphw.org/nphw11/first1.htm.

Did you know...?

In 2010, there were 14 fatal traffic accidents in Portage County. Three of those accidents involved motorcycles. Of the remaining 11 fatal accidents, 5 of the fatalities were not wearing seatbelts. Portage County is fortunate to have a Safe Communities Coalition that focuses on community safety including seatbelt education and awareness of texting while driving and driving while intoxicated. An upcoming event of the Safe Communities Coalition is:

What: **What's Holding You Back**

Day: **Saturday, May 21, 2011**

Time: **10:00am-2:00pm**

Where: **Aurora Farms Premium Outlets**

549 S. Chillicothe Rd., Aurora, OH 44202



The Portage County Health Department is working with Portage County Sheriff's Office, Water Resources, Emergency Management Agency, and Solid Waste to provide a Pharmaceutical Collection Day. This is a time to anonymously turn in and safely dispose of unused or expired medications.

What: **Pharmaceutical Collection**

Prescription and over-the-counter medications accepted (tablets and capsules).

No intravenous solutions, injectables, and needles will be accepted.

Day: **Saturday, April 30, 2011**

Time: **10:00am-2:00pm**

Where: **Portage County Water Resources**

8116 Infirmary Road, Ravenna, OH 44266

Additional collection sites can be found at: www.dea.gov.

Questions or Comments?

Contact Us!

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