



Health Tribune

Thinking about your health in Portage County
Provided by the Portage County Health Department



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National Public Health Week is April 1-7th...

The theme for National Public Health Week 2013 is *Public Health is ROI (Return On Investment): Save Lives, Save Money*. This theme gives attention to the importance of prevention and the outcomes of prevention on costs and our health.



Things You Can Do to Help with Prevention:

- ◇ **Do Not Smoke.**
Smoking increases the risk of developing health problems such as heart disease and different types of cancer.
- ◇ **Wash Your Hands.**
Washing hands is necessary to help limit the spread of infection to others.
- ◇ **Get Routine Screenings.**
Routine Screenings are given to catch a disease in it's earliest stages. Breast health, prostate health, mental health, sexual health and more, can be improved through the screening process.
- ◇ **Keep Up to Date on Immunizations.**
Immunizations are important for both adults and children. They help our bodies build immunity to fight diseases that we come in contact with. immunizations protect us against diseases such as measles, mumps, rubella, hepatitis B, polio, diphtheria, tetanus, and pertussis.
- ◇ **Get Enough Exercise.**
Exercise can benefit many areas of the body by helping reduce and maintain weight, improving mental health, increasing energy levels, and lowering the risk of disease.
- ◇ **Eat Healthy.**
Eating a well balanced diet of fruits, vegetables, whole grains, dairy, and meat can help lower weight and the risk of diseases. Lowering the amount of salt, sugar, and high fat we eat is also beneficial to our health.

Did you know...?

Your Portage County Health Department Nursing Division can provide you or your loved ones with free or low-cost child, teen and adult immunizations.

Child and Teen Walk - In Clinics:

When: Wednesday 8:00 am - Noon

Who: Infants-Age 18

Cost : \$10 fee per shot.

Also based on the ability to pay.

*No Appointment Needed!



Adult Clinic-By Appointment:

When: Tuesday 8:00 am - 10:00 am

By appointment (call 330-298-4490)

Who: Age 19 and Over

Cost: Will vary by the vaccine. Please call for details.

There are two federally qualified health centers available in our area to provide diagnosis, treatment, and preventative health services for both dental and medical care. Both centers accept Medicaid, Medicare, Private Insurance, and a Income Sliding Scale.

Portage Community Health Center

Location: 1993 State Route 59
Kent, OH 44240

Phone: 330-673-1016

Dental Clinic: Monday, Tuesday, Thursday, 8am-4pm

Medical Clinic: Monday, Tuesday, Thursday, Friday,
8am-5pm and Wednesday 8am-6pm

Akron Community Health Resources

Location: 1400 S. Arlington St., Suite 38
Akron, OH 44306

Phone: 330-724-5471

Times: Monday-Friday, 7:30am-5:00pm
Saturday, 7:30am-2:00pm

Questions or Comments?

Contact Us!

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<http://www.co.portage.oh.us/healthdepartment.htm>