



New School Health Web Page



We are happy to announce that we have a new school health web page on our website: myfcph.org/school_health.

The new webpage features information about school immunizations, travelers and TB testing, infectious diseases, school inspections, community engagement, school e-newsletters and coming soon, Farm to School.

Be Pertussis Alert



During this time of year, we often think of colds and the flu but there's another illness that occurs more often in the fall and winter.

Pertussis, also known as whooping cough,

Farm to School Program: Prepare Now for Spring



The winter months are the perfect time to start planning your farm to school program

is a highly contagious and potentially deadly bacterial infection that can strike at any age but is particularly dangerous for babies and young children due to coughing so much that they can't breathe. Whooping cough can cause adults and teens to have severe coughing that leads to vomiting or broken ribs.

Whooping Cough Symptoms

Whooping cough often begins with cold-like symptoms. The disease often turns into to a severe, constant cough that ends with a "whoop" sound, primarily in younger children. Older children, teens and adults may not have the "whoop." Also characteristic of a "pertussis cough" are coughing fits where it is hard to catch your breath that may end in vomiting. Usually there is little or no fever. Young infants are particularly vulnerable and may require hospitalization.

Prevention and Protection

The best way to prevent and protect yourself and others from getting whooping cough is through vaccinations. The childhood vaccine is called DTaP. The pertussis booster vaccine for adolescents and adults is called Tdap. Both protect against pertussis, tetanus, and diphtheria.

Tdap is recommended for children 11 years of age and older and for parents and care givers of children under 2 years old. Because immunity from vaccines wears off over time, getting a Tdap booster shot is critical. Young children need a total of five pertussis immunizations to be protected. Students entering 7th grade are now required to have a booster dose of the Tdap before they can start school.

For vaccine availability, contact your healthcare provider, retail pharmacy clinic, or local health department. Franklin County Public Health does offer the DTaP and Tdap vaccine. Click [here](#) for more information and our clinic schedule.

In addition to getting vaccinated, covering your cough and washing your hands are great ways to protect yourself and others from whooping cough. Alcohol-based hand cleaners also work (with at least 60% alcohol) when you can't wash your hands.

And remember, it's always best to stay home or keep children home when ill and to seek medical attention for a worsening

for the spring or even for the following school year.

The farm to school program has three components: procurement of local products to be served in the cafeteria, school gardens and education. The following are some ideas to get started now.

1. **Form a team and collaborate.** Bring people together who can be champions for the Farm to School program. This may be one or two representatives from each school in your district or just forming a team at your own school. Talk about what Farm to School is, what you are already doing and where you would like to go. Start small and build upon your success. One small step is all it takes to get started.
2. **Think about starting a garden in the spring.** This could be starting seedlings in the classroom, investing in a tower garden or planning for raised beds outside. Start brainstorming on who you can partner with in your community and within your school to make this happen. Expand your reach and include parents, volunteers, businesses and community organizations/centers that can help sustain your garden over the summer months.
3. **What local items are being served in your school cafeteria?** Speak with your food service director and staff to see what items they could possibly swap out for local. Having taste-tests in the cafeteria of local produce is a great place to start to get the conversation going.

There are many benefits of implementing a Farm to School program within your district. We all want the best for our students and we all know that healthy students are better learners. Learn more about the program and evaluate how you can incorporate it into what you are already doing by clicking [here](#).

If you are interested to learn more about the Farm to School program please contact Kristin Peters, Farm to School Coordinator at Franklin County Public at KristinPeters@franklincountyohio.gov or (614) 525-6671.

cough.

For more information about whooping cough, click [here](#).

Have a question for us? Email fcph@franklincountyohio.gov or call (614) 525-3160.



Public Health Connection Call: January 19, 2017 (Please note: There is no call for

December.)

Join Franklin County Public Health for our monthly Public Health Connection Call. We spend 30 minutes on the 3rd Thursday of every month updating partners on timely public health activities and projects. The call begins at 11:00 a.m. Connection information is always the same:

For audio only call 877-820-7831, enter passcode 5487125

To participate via Adobe Connect and see the presentation:

<http://fcph.adobeconnect.com/r9h1owblrg8/>

Minutes from previous Public Health Connection Calls are on our website: myfcph.org/phconnectioncall



Franklin County Public Health 2017 Events

2017 is right around the corner and we're working on finalizing dates for our 2017 Rabies Vaccination Clinics and Immunization Clinics.

Please check out the January edition of *School Health Connection* for event dates.

Find Us on Social Media



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