



January is National Radon Action Month

The United States Environmental Protection Agency (EPA) has declared January as National Radon Action Month and for good reason. According to the EPA, approximately 21,000 people in the United States die from lung cancer every year due to prolonged radon exposure. It is the leading cause of lung cancer among nonsmokers in the United States, and it is the second leading cause of lung cancer following tobacco smoking.

Radon is a colorless, odorless, and tasteless radioactive gas produced naturally by the decay of uranium, which is found in rocks and soil. It enters homes and buildings from the surrounding soil through cracks and holes in the foundation, which may cause high levels of radon gas. Elevated levels of radon have been found in homes in every county in Ohio, and these elevated radon levels increase the risk of lung cancer in people. The only way to know if you and your family are at risk is to have your home tested. If radon levels in your home are high, a radon mitigation system can be installed.

Franklin County Public Health has a limited supply of free, short-term radon test kits available to Franklin County residents and surrounding counties. To request a radon test, visit Franklin County Public Health's [website](#) or call (614) 525-3859.



2016 Food Code Changes

Effective March 1, 2016, the Ohio Uniform Food Safety Code is changing. The most significant change that will impact your school is the new labeling requirement for all self-service packaged food items. This will now be required due to the change in the definition of "packaged".

The new definition, effective March 1, 2016, will read as follows:

"3717-1-01-(75) "Packaged":

- (a) Means bottled, canned, cartoned, securely bagged, or wrapped, whether packaged in a food service operation, retail food establishment or a food processing plant; and
- (b) Does not include wrapped or placed in a carry-out container to protect the food during service or delivery to the consumer, by a food employee, upon consumer request."

The change in section 3717-1-01(B)(75) of the code now requires all self-service packaged (bottled/canned/cartoned/bagged or wrapped) items to be properly labeled.

Some common items that will now be required to have labels are; individually wrapped hamburgers, packaged premade salads, packaged sandwiches, and packaged cookies.

If you have any questions about this rule change, please contact the Food Safety Program at 614-525-3160 or visit our [website](#)



Is It a Cold or the Flu?

Your nose is stuffy, your

throat is scratchy, and your head is pounding. Is it a cold or the flu? [\[more\]](#)



Pertussis

Pertussis, or whooping cough, is a very serious

acute infectious disease caused by the bacterium *Bordetella pertussis* which attacks the respiratory tract. It can initially resemble the common cold with symptoms of a runny nose, sneezing, low-grade fever, and a mild, occasional cough. The cough becomes more severe, with rapid episodes of coughing caused by difficulty of expelling thick mucus from the lungs. Taking in a breath becomes very difficult and is usually associated with a high-pitched whoop.

Children and infants appear very distressed and their color may turn blue. The most common complication of pertussis is secondary bacterial pneumonia which is the cause of most pertussis related deaths. Vaccinations can prevent this very serious disease.

Listed below is the Ohio Department of Health's Immunization Summary for School Attendance for the Fall 2016 for DTaP/DT, Tdap/TD (Diphtheria, Tetanus, Pertussis).

Kindergarten

Four (4) or more of DTaP or DT, or any combination. If all four doses were given before the 4th birthday, a fifth (5) doses is required. If the fourth dose was administered at least six months after the third doses, and on or after the 4th birthday, a fifth (5) dose is not required.

Grades 1-12

Four (4) or more of DTaP or DT, or any combination. Three doses of TD or a combination of TD and Tdap is the minimum acceptable for children age seven (7) and up.

Grades 7-12

One (1) dose of Tdap vaccine must be administered prior to entry.

to contact your designated inspector.

FCPH Immunization Clinics



Appointments are required.

[Monthly Schedule](#)

Healthy Recipes



Trying to eat healthier this year? Check out the [CDC's website](#) for healthy recipes.



Public Health Connection Call

Franklin County Public Health would like to invite you to join 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/>

This month's topics include *(topics are subject to change):*

- * Food License Renewal
- * 2016 Rabies Clinics
- * Radon Gas Awareness Month
- * Water Quality Partnership Control Loan Fund
- * Tips to Stay Well During Cold and Flu Season
- * Need to Know Infectious Disease Info

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



Winter Safety Frostbite & Hypothermia

Winter's cold temperatures can be hazardous to your health but if you plan ahead you can prevent injury and illness. [\[more\]](#)



Upcoming Events

Low-Cost Rabies Immunization Clinic

Friday, Jan. 22, 2016

1:00 p.m. - 3:00 p.m.

Franklin County Fairgrounds

Edwards Building, 4100 Columbia Street

Hilliard, Ohio 43026

* Dog Licenses Available

* Cost: \$5 (cash only)

* More information can be found on our [website](#)



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