



### Zika Virus Updates

Franklin County Public Health and Columbus Public Health have launched a [joint Zika website](#) to provide updates and information to local residents.

The website features information about mosquito control, the virus (symptoms, diagnosis, treatment and prevention) and public information resources.

Additional information about the Zika virus may also be found on our [website](#).



### Meningococcal Vaccine New Requirement for School Attendance

Meningitis is an inflammation of the membranes (meninges) surrounding your brain and spinal cord. Anyone can get meningococcal disease. It can be treated with medication, but even with treatment it can be fatal or cause long term damage for life. It is always best to prevent disease. The meningococcal vaccine can prevent four types of meningococcal disease, A, C, W and Y.

Beginning in the fall of the 2016-2017 school

### Opioid Crisis Community Survey



Many people and programs are actively combating the opioid crisis in our country. Franklin County Public Health, Columbus Public Health, Franklin County Coroner's Office and Alcohol Drug Addiction and Mental Health Services (ADAMH) would like to understand this work better and learn what services are available in our community.

As part of the community, we're asking each school district to take a few minutes to complete this [community survey](#) and include work your district may be doing on its own or in combination with groups of people, agencies and/or community organizations.

**Join us March 23, 2016 for the Franklin County Opiate Summit.**

The Franklin County Coroner is hosting the Franklin County Opiate Crisis Summit to gather agencies, offices, and organizations involved in addiction in a collaborative manner to assess the issue and decide on actionable steps towards stemming this crisis. Our goal is to develop a Community Action Plan which we can implement throughout Franklin County.

It is free to attend. It will be held at the Columbus Police Training Academy located at 1000 N. Hague Avenue, Columbus 43204.

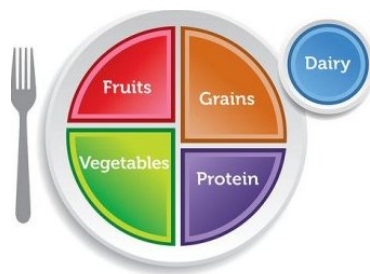
**For additional details or to register click [here](#). Registration is open until March 11.**

year, all students entering the 7th and 12th grades are required to receive the meningococcal vaccine for the prevention of meningococcal disease serogroups A, C, W and Y. One dose of meningococcal vaccine is required prior to entry into the 7th grade.

A second dose of meningococcal vaccine is required prior to entry into the 12th grade. The second dose must be administered on or after the 16th birthday. There must be at least an 8 week time span between the first and second dose. If the first dose of meningococcal vaccine was administered after the 16th birthday, a second dose is not required.

For more information, please visit the Ohio Department of Health website to obtain the [Fall 2016 Summary for Immunizations for School Attendance](#) and the Director's Journal in re: [Approved Means of Immunization Pursuant to Section 3701.13 and 3313.671 of the Ohio Revised Code.](#)

## March is National Nutrition Month



Savor the Flavor of Eating Right. That's the theme for this year's National Nutrition Month. National Nutrition Month focuses attention on the importance of making informed food choice and developing healthy eating and physical activity habits.

The Academy of Nutrition and Dietetics' [website](#) has a lot of good nutritional, health and fitness information and games for all ages.

## Getting Enough Sleep?



## 2016 Food Code Changes Start March 1

As we mentioned in the January 2016 edition of *School Health Connection*, effective March 1, the Ohio Uniform Food Safety Code has changed.

The most significant change that impacts your school is the new labeling requirement for all self-service packaged food items. This is now required due to the change in the definition of "packaged".

The new definition, reads 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 now require 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](#) to contact your designated inspector.

Sleep is an important part of good health. For adults, sleeping less than 7 hours per night is linked to increased risk of chronic diseases such as diabetes, stroke, high blood pressure, heart disease, poor mental health and early death.

Adults age 18 - 60 years should sleep at least 7 hours each night for the best health and wellness. Children age 6 - 17 need significantly more sleep than adults to support their rapid mental and physical development. They need at least 8 - 11 hours of sleep a night.

To encourage better sleep health, the National Sleep Foundation is celebrating its annual Sleep Awareness Week March 6th - 13th. For more information about sleep and better sleep tips, visit the National Sleep Foundation's [website](#).



## Flu Activity Increasing

It's March and spring is just around the corner but that doesn't mean

the flu is moving out.

Flu activity is increasing in the United States, according to new data from the Centers for Disease Control and Prevention (CDC). This season's flu vaccine is nearly 60% effective so far, according to the CDC, making it one of the most effective flu vaccines in the last few years.

If you haven't been vaccinated yet this season, it's not too late to get a flu shot. Getting an annual flu shot is the first and most important step in protecting yourself and others against the flu. Visit our [website](#) for weekly Franklin County flu updates and information about the flu vaccine, flu and cold season tips.

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



**Public Health Connection**  
Call: March 17 @ 11 a.m.

Franklin County Public Health would like to invite each of our school districts 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/>

To listen to February's call and to view the slides, please click [here](#).

## Find Us on Social Media



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