



FCPH Mass Flu Shot Clinic



Downloadable/printable versions of the flyer in English, Spanish and Somali are available on our website: myfcph.org/flu.

**October 17
Noon - 2 p.m.**

**Hamilton Middle School
755 Rathmell Rd.
Columbus 43207**

Free flu shots are available to anyone 6 months and older. The FluMist will not be available.

No appointment required!

Free transportation will be provided by COTA at these locations starting at 11 a.m. with a second pickup time at approximately 12 p.m.

Downtown Location
Franklin County

Eastside Location
Whitehall Senior Center

Farm to School Month



October is National Farm to School Month! If you haven't already heard, Farm to School (farmtoschool.org) is a national movement, supported and endorsed by the U.S. Department of Agriculture as well as the Ohio Department of Education. There are three components to Farm to School and its goals are to procure local produce to serve in the cafeteria, provide agricultural and nutrition education in the classroom and support experiential learning through school gardens. Farm to School programs encompass at least one of these. While the movement continues to gain momentum and support, an astonishing 5,254 districts and 42,587 schools are already participating in the U.S.!

Grants

USDA released their grant applications in September. The deadline to apply is December 8, 2016 with awards announced in May 2017. Click [here](#) for more information.

Interested in securing a salad bar for your school? Significant supporting research from both the USDA and public groups has demonstrated that school children

Public Health
280 East Broad Street
Columbus 43215

4924 Etna Road
Whitehall 43213

Westside Location
St. Mark's United
Methodist Church
5200 Sullivant Avenue
Columbus 43228

Northside Location
COTA Bus Stop
1129
Northern Lights
Shopping Center
3435 Cleveland
Avenue
Columbus 43224

Please note the following:

- *Pregnant women do not need a prescription*
- *Interpreter services will be available*
- *Free parking is available at the school*
- *Free produce will be available at the clinic. A flu shot is **not** required to receive produce.*

For more information, visit myfcph.org/flu or call (614) 525-3719.

Flu Season Is Here



It's October and that means the kickoff to flu season. Getting an annual flu vaccine is the first and best way to protect yourself, your family and students from the flu.

What's new this flu season?

- Only injectable flu shots are recommended for us this season per the CDC. Franklin County Public Health will not have the FluMist available this year.
- Flu vaccines have been updated to better match circulating viruses.
- There will be some new vaccines on the market this season.
- The recommendations for vaccination of people with egg allergies have changed.

For more information about the flu, visit myfcph.org/flu or cdc.gov/flu/about/season/flu-season-2016-2017.htm.

significantly increase their consumption of healthy fruits and vegetables when given a variety of choices via a school salad bar. Click [here](#) to learn about the grant application process. Applications are accepted on a rolling basis.

Low-Cost Rabies Immunization Clinics



October 21
1 - 3 p.m.
Huber Park
1520 Davidson Dr.
Reynoldsburg 43068

The rabies immunization clinics are sponsored by Franklin County Public Health and the Columbus Academy of Veterinary Medicine.

All dogs and cats in Franklin County are required to be vaccinated against rabies and are required to wear their rabies tag. Cost is just \$5.00 per vaccination (**cash only**). These are walk-in clinics (no appointments needed).

For more information about our rabies clinics, visit our website myfcph.org/rabvac.



Public Health Connection
Call: October 20 @ 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/>

2016 Walk to School Day



Join the 20th Walk to School Day Celebration on Wednesday, October 5!

Thousands of students, teachers, parents, community leaders, and state and local officials across the United States will walk and bicycle to school in celebration of Walk to School Day. This annual event provides students, teacher and their families the opportunity to reconnect with the simple joy of walking to school, while also bringing attention to the important of physical activity and safe transportation environments for walking and bicycling in communities.

Walking and bicycling to school enables children to incorporate the regular physical activity they need each day while also forming healthy habits that can last a lifetime. Regular physical activity helps children build strong bones, muscles and joints, decreases the risk of obesity, and decrease the likelihood of developing a chronic disease such as diabetes, heart disease, cancer or stroke.

The U.S. Department of Health and Human Services recommends that children and adolescents get one hour or more of physical activity each day.

For more information about Walk to School Day and/or to register, visit walkbiketoschool.org.

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

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



Find Us on Social Media



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