

# Massillon City

## Health Department



## Massillon History & Health Walks

Spend some time outside this summer discovering 4 free, educational health walks throughout Massillon sponsored by our local Massillon Rotary Foundation. Four walks, each starting outside the Massillon Museum, feature special aspects of Massillon's history: Downtown Churches (about two miles), Femininity in Football City (about a mile and a half), Public Art (about a mile and a half), and Historic Downtown (about one mile).

For more information on the walks, health & fitness, and historical information go to <https://mhhwalk.com>



Keep an eye out for posted signs along the routes with color-coded arrows.

***Our office will be closed on the following days:***

- Monday July 4th, 2022
- Monday September 5th, 2022
- Wednesday September 21st, 2022 8:30a-12:00p



@MassillonCityHealthDepartment

# Be Tick Smart!



With diseases spread by ticks being a concern in Ohio, and with the warmer increasing tick activity, it is important to protect your family and pets from tickborne diseases. The Ohio Department of Health recommends that you *Protect, Check, Remove, and Watch*.

**Protect:** The best way to prevent tickborne diseases is to prevent tick bites.

Avoid areas where tick lives. If you are going to be in a wooded or brushy area use tick repellants and wear pants, long sleeves, and socks.

**Check:** If you or your pets have been outdoors, check your entire body for ticks before you go inside.

Remember that ticks can hitchhike on pets and then attach to a person later.

**Remove:** If you find that ticks have attached to your body or your pet, remove them as quickly as possible.

Do not use tick removal “remedies” such as a hot match, petroleum jelly, nail polish, etc. These methods do not work and can cause other problems.

**Watch:** Be on the lookout for symptoms of tickborne diseases such as fever or chills, headache, fatigue, muscle aches, or a rash.

If you are concerned that you may have contracted a tickborne disease please see your healthcare provider as soon as possible.

The infographic is divided into two main sections. The left section is titled 'BeTICK Smart' with a small tick icon. Below the title is the website 'Ohio.Gov/Tick' and the four steps: 'Protect · Check', 'Remove · Watch'. It includes four small images of different ticks. The right section is titled 'How to Remove a Tick' and features a diagram of a tick being pulled upwards with a red arrow. Below the diagram are three numbered steps: 1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible. 2. Pull upward with steady, even pressure to remove the tick. Avoid twisting or jerking. 3. Clean the bite area and your hands with rubbing alcohol, iodine scrub or soap and water.

Visit our website at:

[Health Department - City of Massillon \(massillonohio.gov\)](https://massillonohio.gov)

# Contact and Program Information



## Programs and Services

***Hours of Operation***  
***Monday thru Friday***  
***8:30 to 4:30***

*We are closed for certain holidays throughout the year. Check Facebook or our website for those updates!*



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- Birth and Death certificates
  - Nuisance complaints
  - Food and pool inspections
  - Women, Infants and Children Program (WIC)
- Childhood and COVID Immunizations
  - Cribs for Kids
  - Car seat installation checks
    - Narcan Kits
    - Fentanyl Test Strips
  - Anytime CPR Kits
- Children with Medical Handicaps (CMH) & several others

***Call to inquire about programs or services!***

### Contact information

**Front Desk/Vital Stats**

(330) 830-1710

**Health Commissioner**

(330) 830-1712

**Environmental** (330) 830-1795

**WIC** (330) 830-1715

**Nursing** (330) 830-1714

**After-hours emergencies call 911**

**For after-hours non emergencies**

(330) 830-1712

