

MASSILLON CITY HEALTH DEPARTMENT

Quarterly Newsletter

Winter 2024



Check out what we've been up to ... We were pleased to band together with our Massillon partners, to put on another successful "Fall into Well-ness" event at Duncan Plaza. Various tents offered free resources such as blood pressure checks, diapers, and kids books. Chik-Fil-A generously donated food to volunteers and patrons alike.



“Happiness is the new rich. Inner peace is a new success. Health is new wealth. Kindness is the new cool.”

- Anonymous

October means Trunk or Treat at the Massillon Rec center. The kiddos loved our Mad Science theme, but alas we came in 4th place in the friendly competition. One thing is for sure, the children were the true winners that night!



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Pop– Up Pantry coming soon!

We are thrilled to announce our partnership with the Massillon City School District and the Akron Canton Food Bank to host the Pop-up Pantry.

So what is a Pop- up pantry? It is a mobile food distribution vehicle that provides access to food and other resources to communities in need.

How does it work? **Drive up.** The food bank staff and volunteers will guide you through the line and help you get food quickly. **Check– in.** You will check in at your car. You may be asked about your family members, income and dietary preferences. **Get your food.** Pre-packed boxes or bags of food are loaded into your trunk. Make sure you have plenty of room. Once you have the food, you can drive off.

When is it? Beginning in January, the food pantry will be held here at the Massillon City Health Department on the 3rd Tuesday of the month from 12-2pm.



WARMING CENTER

Starting January 2025, the Massillon City Health Department will serve as a warming center from 9:00 AM to 4:30 PM Monday through Friday on days when the temperature drops below 20°F.

Please check our Facebook page for specific dates when we are open.

For more information or if you have any questions, call us at (330) 830-1710.

Staying Healthy This Winter: Tips for a Stronger You

As winter settles in, it's important to take extra steps to stay healthy and avoid seasonal illnesses. Here are a few simple yet effective tips to keep you feeling your best throughout the colder months:

- 1. Eat a Balanced Diet:** Incorporate plenty of seasonal fruits and vegetables, lean proteins, and whole grains into your meals. Foods rich in vitamin C and zinc can help support your immune system during flu season.
- 2. Stay Hydrated:** It's easy to forget to drink water when it's cold outside, but staying hydrated is key for maintaining your energy and health. Aim for at least eight glasses a day, and consider herbal teas for an extra boost.
- 3. Wash Your Hands Often:** Hand hygiene is crucial during the winter when germs are more likely to spread. Wash your hands with soap and water for at least 20 seconds, especially before eating or touching your face.
- 4. Get Enough Sleep:** A well-rested body is better equipped to fight off illness. Aim for 7-9 hours of sleep each night to help your immune system stay strong.
- 5. Exercise Regularly:** Winter doesn't have to mean hibernating. Stay active by going for brisk walks, joining an indoor workout class, or doing simple stretches to maintain good circulation and overall health.
- 6. Receive Your Seasonal Vaccines:** Protect yourself and others by staying up-to-date on flu, COVID-19, and RSV vaccines. These vaccines help reduce the risk of severe illness during the colder months.

Lastly, if you're feeling under the weather, please remember to stay home and rest. Protecting yourself and others from illness is one of the best ways to stay healthy this winter.

Programs & Services

- 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
- Project Dawn Naloxone Kits
- HIV testing
- Fentanyl and Xylazine test Strips
- Anytime CPR Kits
- Gun locks

Closings

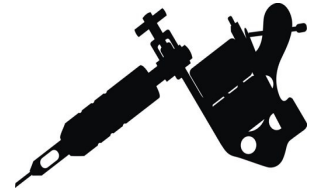
Christmas

December 25, 2024

New Years Day

January 1, 2024

Looking to get some Body Art this holiday season? Make sure you do your homework.



1. Ask to see a copy of the body art establishment's current license issued by the local health department. Additionally, the facility should also have proof that staff are trained in first aid and bloodborne pathogens.

2. Look around. The establishment should be clean with a hand-washing sink available for each artist or piercer. You should be able to see the body artist or piercer wash their hands with soap and water and put on a new pair of gloves before starting any procedure.

3. Disposable equipment should only be used once and then discarded. Watch the body artist remove things like needles, marking instruments, tubes, etc. from intact sterile packaging. **Reusable equipment must be properly cleaned and sterilized using an on-site autoclave.*

4. After the procedure is completed, verbal and written aftercare instructions must be provided. Aftercare instructions include information about wound care, signs and symptoms of infection, and when to seek medical treatment, if necessary. Additionally:

Tattooing or piercing of minors is not permitted without written consent and the presence of a parent or legal guardian

- Consent to tattoo or pierce must be completed prior to any procedure
- Sharps containers must be available to dispose of used needles

All tattoo, body piercing, and permanent makeup businesses in the City of Massillon must be permitted and inspected by the Massillon City Health Department. The Body Art rules establish minimum standards, through-out Ohio, for the operation and maintenance of body art facilities to protect the public from injury, minimize the potential for disease transmission, and provide a safe and healthy environment.

Body art in Ohio is regulated under the authority of Chapter 3730.01 of the Ohio Revised Code (ORC) and Chapter 3701-9 of the Ohio Administrative Code (OAC).



Say Hola
to Katia!



If you see this gal out in the community say Hola Katia! Katia Bautista Macotela is our Language Services Coordinator here at the Massillon City Health Department. With her assistance in Spanish interpretation, we are able to better serve our Hispanic population.

You may see Katia at outreach functions such as Obi-mobile and English Learners events. She has also been an instrumental part of making our Spanish-speaking baby showers come to fruition. We are proud to have her on board as we broaden our demographic reach.

Katia can be reached at (330) 481-0113 on Wednesdays and Thursdays.



*Any suggestions or ideas for
the newsletter can be
submitted to:*

mstanley@massillonohio.gov



Vision: A community where all residents have access to services to achieve a healthy life-style both mentally and physically.

Contact Us

Give us a call for more information about our services.

Front Desk/ Vital Stats
(330) 830-1710

Health Commissioner
(330) 830-1712

Environmental
(330) 830-1795

Nursing
(330) 830-1714

WIC
(330) 830-1715

Location

611 Erie St S
Massillon, OH 44646

Hours of operation

Monday– Friday
8:30am-4:30pm

Visit us on the web at
massillonohio.gov/health