

## July 2021 Newsletter



COVID-19

Check eligibility and book an appointment

COVID-19 Vaccination Appointments

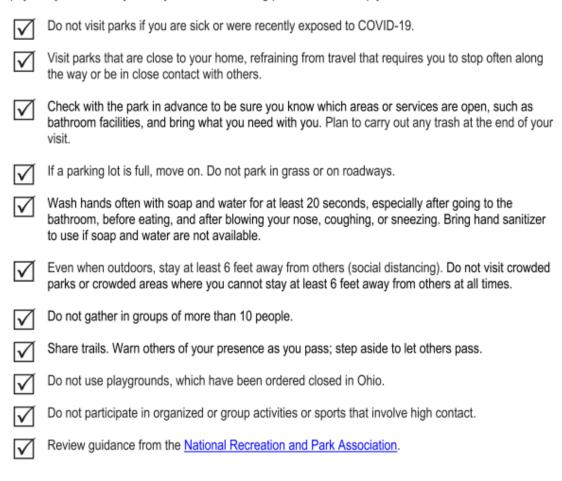


#### **COVID-19 Guidance**



## COVID-19 Checklist for Visiting State Parks and Other Recreation Areas Protecting Against COVID-19

Ohio Department of Health Director Amy Acton, M.D., MPH, strongly recommends outdoor activity to stay physically and mentally healthy. Take the following precautions to keep yourself and others safe.



For more information, visit: coronavirus.ohio.gov

Live in Summit County and need diapers?

# SIGN UP FOR OUR COMMUNITY DIAPER BANKS

STEP ONE - REGISTER: Complete our online application at:

tinyurl.com/Summitdiapers

STEP TWO - SCHEDULE to join us at any or all giveaways.

You will be contacted by Summit County Public Health after you register within 3-5 business days. If you are not contacted, call 330-926-5700.

#### Diaper Bank Schedule

07/22/21 - Summit Lake WIC/Reach Center, 380 W. Crosier St., 10am-2pm

(NEW) 07/27/21 - Fairway WIC, 1867 W. Market St., 10am-2pm

07/29/21 - AMHA (Main Office), 100 W. Cedar St., 10am-2pm

08/03/21 - Barberton WIC, 542 W. Tuscarawas Ave., 1pm-4pm

08/04/21 - Twinsburg WIC, 8788 Ray Ct., 1pm-4pm

(NEW) 08/10/21 - Arlington WIC, 1400 S. Arlington Plaza, 10am-2pm

08/13/21 - Fairway WIC, 1867 W. Market St., 1pm-4pm

08/26/21 - The House of the Lord, 1650 Diagonal Rd., 10am-2pm

09/23/21 - Arlington WIC, 1400 S. Arlington Plaza, 10am-2pm







For more diaper bank information and to find additional diaper bank days and times, visit www.scph.org/diapers



#### **World Hepatitis Day**

### Hepatitis A Nohep

is spread mainly through eating contaminated food or drinking contaminated water.





Hepatitis A can be spread through dirty water

#### **Feature Heading**

World Hepatitis Day is commemorated each year on July 28th to enhance awareness of viral hepatitis, which is an inflammation of the liver that causes a range of health problems. There are five main strains of the hepatitis virus, A,B, C, D, and E. Please click the link below to learn more.

Nohep.org

## **CHOOSE YOUR FOODS**

#### ALL FOODS CAN FIT IN A HEALTHY DIET



- · Fresh or frozen fruits and veggies
- Whole grains
- Fat-free or low-fat dairy
- Poultry, eggs, fish, & nuts
- Plain water



- 100% juice
- · Canned vegetables
- · White breads, pasta, rice
- · Whole and/or flavored dairy
- Diet soft drinks



- · Canned fruit in heavy syrup
- · Pasta and rice mixes
- Deli meat, sausage
- · Full fat cheese
- Sweetened drinks

#### TIPS FOR A HEALTHIER ME

- Rinse canned vegetables, beans, and fruits
- Mix half water and half juice for a healthier, delicious beverage
- Make half of your grains, whole grains each day
- · Drain fat off of any meat after cooking
- Cook foods in small amounts of fat or oil
- Eat grains, protein, dairy, fruits, and vegetables at each meal







#### IT'S A FULL TERM FIRST BIRTHDAY



## **BABY SHOWER**

#### SAVE A DATE

AUGUST 21, 2021 - HOUSE OF THE LORD SEPTEMBER 18, 2021 - JOY PARK COMMUNITY CENTER

Pregnant and postpartum families are invited to join us to celebrate babies born in Summit County. Both showers are drive-thru, but will also have options to park and enjoy fun activities and community resource stations.

Formal invitation and registration information will be coming soon.

CONNECT WITH SUMMIT COUNTY PUBLIC HEALTH



