



OFFICE OF MINORITY HEALTH



MAY 2021 Newsletter

COVID-19



Check eligibility and
book an appointment

**COVID-19
Vaccination
Appointments**



COVID-19 Vaccination Pop-Up Sites

No appointment is necessary to attend.

Dates & Locations

Wednesday, May 19th from 1p-6p

SCPH - Extended hours Pfizer Drive-thru Clinic | 1867 W Market St, Akron, OH 44313

Thursday, May 20th from 5p-7p

Mason Park Community Center | 700 E Exchange St, Akron, OH 44306

Friday, May 21st from 9a-3:30p

Metro RTA Robert K Pfaff Transit Center | 631 S Broadway St, Akron, OH 44311

Saturday, May 22nd from 12p-3p

Hardesty Park -National Missing Children's Day | 1615 W Market St, Akron, OH 44313

Monday, May 24th from 12p-6p

Summit County Fairgrounds | 1050 North Ave, Tallmadge, OH 44278

Tuesday, May 25th from 5p-7p

Kenmore/Garfield High School | 2140 13th St SW, Akron, OH 44314

Tuesday, May 25th from 5p-7p

Green Community Hall | 1755 Town Park Blvd, Uniontown, OH 44685

Thursday, May 27th from 5p-7p

Jennings Community Learning Center | 227 E Tallmadge Ave, Akron, OH 44310

Friday, May 28th from 10a-1p

Barberton Salvation Army @ Alexander Commons parking lot |

564 W Tuscarawas Ave, Barberton, OH 44203

Saturday, May 29th

SCPH will be part of the CARE-A-VAN Tour in Akron |

12p-1p @ Grant & Cole Ave

1:30p-2:30p @ Princeton & Bachtel Ave

3p-4p @ St. Ashworth COGIC | 1086 Vernon Odom Blvd

At Summit County Public Health

SCPH will also accept walk-ins at the health department every **Wednesday** from May 5th through June 30th at our drive-through clinic.

Moderna will be provided from 9a-11a and Pfizer from 1p-3:30p.

Please call 330-926-5795 to schedule an appointment but no appointment is necessary for vaccination.

Summit County Public Health | Working today for a healthier tomorrow.

1867 West Market Street, Akron, Ohio 44313 | 330.926.4891 | scph.org



Ohioans 18 and older who have received a received at least one dose of the COVID-19 vaccine can enter to win one of five \$1 million prizes. Ohioans ages 12-17 who have received a received at least one dose of the COVID-19 vaccine can enter to win one of five four-year, full-ride scholarships, including room and board, tuition, and books, to any Ohio state college or university.

Beginning Tuesday, May 18, Ohioans who would like to enter the drawings must opt-in by visiting ohiovaxamillion.com or by calling the Ohio Department

of Health Call Center at 1-833-4-ASK-ODH (1-833-427-5634) between 9 a.m. and 8 p.m. daily. Once an Ohioan enters, their entry will be carried over through all the drawings; it is not necessary to enter each week. The entry list will be reviewed, and duplicate entries will be removed prior to each week's drawing. A winner must meet all of the following eligibility requirements:

- Must be a living citizen of the United States and a permanent resident of the State of Ohio.
- Must be at least 12 years of age.
- Must not be incarcerated (in prison or jail) for a felony conviction under the laws of this state, another state, or the United States.
- Must not be an employee or Officer of the Ohio Lottery Commission, the Ohio Department of Health or the Ohio Governor's Office, or any blood relative or spouse of such an employee or officer living as a member of the employee's or officer's household.
- Must have received at least the first COVID-19 vaccination if receiving the Pfizer or Moderna vaccine or one dose if receiving the Johnson & Johnson vaccine, prior to the drawing date.

VAX-A-MILLION WEBSITE

HEART HEALTH



SAFETY TIPS

FOR WALKING

- Walk on a sidewalk. If there is no sidewalk, walk on the left side of the street, facing oncoming traffic.
- Always cross the street at a corner or at a crosswalk and obey traffic signals; cross with a crossing guard if there is one.
- Look left, then right, then left again before crossing the street. Continue looking both ways while you cross.
- Make eye contact with the driver when crossing each lane.
- Do not walk between parked cars.
- Walk with a friend when possible.

FOR ROLLING

- Always wear a properly fitted helmet.
- Make sure your bike is in good working condition; air in tires, reflectors are secure and brakes work properly.
- Wear brightly-colored clothing, or clothing with reflective material, to be more visible.
- For riders under 12 years old, ride on the sidewalk and walk bike across the street.
- If there are no sidewalks, ride to the right side of the road, in a straight line, but far enough from parked cars to avoid any car doors that open.
- Follow all traffic signs, signals, and lane markings.
- Keep both hands on the handlebars, except when signaling.

CHOOSE YOUR FOODS

ALL FOODS CAN FIT IN A HEALTHY DIET

CHOOSE OFTEN FOOD

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

CHOOSE SOMETIMES FOOD

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

CHOOSE RARELY FOOD

- 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



CONNECT WITH SUMMIT COUNTY PUBLIC HEALTH

