



Office of Minority Health

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.

- Do not visit parks if you are sick or were recently exposed to COVID-19.
- Visit parks that are close to your home, refraining from travel that requires you to stop often along the way or be in close contact with others.
- Check with the park in advance to be sure you know which areas or services are open, such as bathroom facilities, and bring what you need with you. Plan to carry out any trash at the end of your visit.
- If a parking lot is full, move on. Do not park in grass or on roadways.
- Wash hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing. Bring hand sanitizer to use if soap and water are not available.
- Even when outdoors, stay at least 6 feet away from others (social distancing). Do not visit crowded parks or crowded areas where you cannot stay at least 6 feet away from others at all times.
- Do not gather in groups of more than 10 people.
- Share trails. Warn others of your presence as you pass; step aside to let others pass.
- Do not use playgrounds, which have been ordered closed in Ohio.
- Do not participate in organized or group activities or sports that involve high contact.
- Review guidance from the [National Recreation and Park Association](#).

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



ILENE SHAPIRO
COUNTY EXECUTIVE



FULL TERM
FIRST BIRTHDAY
GREATER AKRON

Department of Job and Family Services

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



World Hepatitis Day

Hepatitis A

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

Prevention: vaccination and access
to adequate sanitation facilities

 **Did you know?**

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

CHOOSE OFTEN

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

CHOOSE SOMETIMES

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

CHOOSE RARELY

- 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

