

April



AUGLAIZE COUNTY
HEALTH DEPARTMENT
prevent. promote. protect.

April Wellness

APRIL | 2022

Special Points of Interest:

Alcohol Awareness

STI Awareness

National Public Health Week

World Health Day

Alcohol Awareness

Alcohol is the United States's most used legal drug. Short- and long-term alcohol use can both have affects on the body.

Excessive alcohol use in a short amount of time can increase your exposure to harmful situations like car accidents, fall, or burns.

Over time excessive alcohol use can cause health issues like cancer

of the liver, mouth, throat, or colon.

Below are some tips to follow to help cut back or stop drinking:

Limit your drinking. The recommended number is 3 drinks per day for men and women.

Keep track of how much you drink. You can keep the tabs of your cans or lids of your bottles to track how many drinks you've

had.

Avoid places where people drink a lot. Don't tempt yourself by going to a place with alcohol around.

Make a list of reasons not to drink. This can open your mind to the benefits of alcohol awareness.

STI Awareness

STI stands for Sexually Transmitted Infection. In April, STI awareness month is observed to raise awareness about STIs and how they can impact someone's life. It is important to prevent, test for, and treat STIs. Some important ways to avoid getting an STI is: Abstinence; the surest way is to avoid having sex. Using condoms; using a condom correctly can lessen the risk of an STI. Getting vaccinated; most common STIs are preventable through vaccine. Get tested; most STIs don't have symptoms, but can still cause problems.

Some people may think that their annual check up includes STI testing, however this isn't always the case. Some providers may not include STI tests unless you ask them to.

If you are looking for a STI testing clinic in your area, you can search by using this tool provided by the CDC: <http://www.ashasexualhealth.org/stdsstis/get-tested/> and enter your zip code.





NATIONAL
**PUBLIC
HEALTH**
WEEK

APRIL 4-10, 2022

National Public Health Week

National Public Health Week (NPHW) is celebrated each year during the first week in April.

Each day of NPHW focuses on a different topic relating to public health. For 2022, the daily health topics are as follows:

Monday | Racism: A Public Health Crisis.

Tuesday | Public Health Workforce: Essential for our Future.

Wednesday | Community: Collaboration and Resilience.

Thursday | World Health Day: Health is a Human Right.

Friday | Accessibility: Closing the Health Equity Gap.

Saturday | Climate

Change: Taking Action for Equity.

Sunday | Mental Wellness: Redefining the Meaning of Health.

Follow along on our Facebook page to learn more about the NPHW 2022 daily topics.

World Health Day

Each year on April 7th, World Health Day is observed. This is a day to bring attention to the various health conditions around the world.

Each year a different topic is chosen, ranging from climate change to depression to malaria.

In 2022, the topic for

World Health Day is Our Planet, Our Health.

In the midst of a pandemic, a polluted planet, increasing diseases like cancer, asthma, and heart disease, on World Health Day 2022, the World Health Organization will focus

global attention on urgent actions needed to keep humans and the planet healthy and foster a movement to create societies focused on well-being.



“Guiding Auglaize County towards a healthier future.”

Contact us with questions!

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