Summer 2026

Newsletter

MAHONING COUNTY PUBLIC HEALTH
PREVENT · PROMOTE · PROTECT

Childhood Immunizations

From camps and vacations to sports and outdoor fun, summer break brings a change of pace for many families. It can also be a convenient time to check in on your child's routine healthcare needs, including immunizations. Childhood vaccines help protect against illnesses such as measles, whooping cough, meningitis, and polio. Staying up to date on recommended vaccines can help children stay healthy and ready for school, activities, and everyday life.

Summer can offer more flexibility to schedule wellness visits and review immunization records before the busy back-to-school season begins. Whether your child is starting kindergarten, entering middle school, preparing for college, or simply due for routine vaccines, checking in now can help avoid last minute appointments later in the summer.

We offer childhood immunization clinics throughout the county and provide recommended vaccines for infants, children, teens, and young adults. We also participate in the Vaccines for Children (VFC) program. Through this federally funded program, eligible children ages 18 and younger who are uninsured, underinsured, Medicaid-eligible, or American Indian/Alaska Native may receive vaccines at little to no cost.

For questions about vaccines, clinic locations, and additional information about available vaccines, call our Nursing Division at 330-270-2855 ext. 125 or visit www.mahoninghealth.org/immunizations.

Summer Food Safety

Nothing says summer like cookouts, picnics, pool parties, and backyard barbecues. While everyone is focused on good food and good company, it's important to keep food safety in mind so the only thing guests take home are great memories. Warm summer temperatures can allow bacteria to grow quickly in foods that are not stored or cooked properly. A few simple steps can help keep your favorite summer meals safe and delicious.

When grilling, use a food thermometer to make sure meats are cooked to safe internal temperatures:

- Burgers: 160°F
- Chicken: 165°F
- Hot dogs and precooked meats: 165°F (heat until steaming hot)

Keep cold foods cold by storing items like pasta salad, fruit trays, and dips in coolers or on ice, especially during outdoor events. Perishable foods should not sit out longer than two hours, or one hour when temperatures reach 90°F or higher. It's also important to avoid cross-contamination by using separate plates and utensils for raw and cooked meats.

Whether you are hosting a backyard barbecue, packing for the beach, or enjoying dinner on the patio, safe food handling helps everyone enjoy summer celebrations worry free.

SUMMER FOOD SAFETY

Simple steps to keep your summer gatherings safe and fun.

CLEAN

Wash hands with soap and warm water for 20 seconds.

Wash utensils, plates, and cutting boards.

Keep raw meat juices away from other foods.

SEPARATE

Use separate cutting boards and plates for raw meats and ready-to-eat foods.

Store raw meat on the bottom shelf of the fridge.

COOK

Use a food thermometer!

GROUND BEEF
160°F

POULTRY
165°F

HOT DOGS
165°F

CHILL

Keep cold foods at **40°F or below**.

Use coolers with ice or frozen gel packs.

Refrigerate foods within **2 hours** (1 hour if above 90°F).

A little food safety helps keep summer fun for everyone!

Community Collaboration

Community Health Improvement Plan

Improving community health takes strong partnerships and shared goals. Through the 2026-2028 Mahoning-Trumbull Community Health Improvement Plan (CHIP), local health departments, healthcare organizations, schools, community agencies, and residents are working together to address key health priorities across our region.

The CHIP focuses on strategies that support access to healthcare, strengthening community safety, supporting behavioral health, preventing chronic disease, and promoting maternal, infant, and child health across the region. Through collaboration, outreach, and coordinated action, community partners continue to work toward long-term improvements that support healthier individuals, families, and neighborhoods throughout Mahoning and Trumbull counties.

To learn more about the Mahoning-Trumbull CHIP, visit our website at www.mahoninghealth.org.

A Message from the Health Commissioner

Summer is a time for families to enjoy vacations, outdoor activities, and time together, but it's also an important opportunity to focus on health. With more flexible schedules, now is a great time to ensure children are up to date on routine healthcare, including immunizations that protect against serious illnesses. Planning ahead can help avoid the back-to-school rush. As you gather for cookouts and celebrations, remember that safe food handling, including proper cooking temperatures, keeping foods cold, and preventing cross-contamination, helps ensure everyone enjoys the season safely.

Our committment to community health extends beyond the summer months through efforts like the Mahoning-Trumbull Community Health Improvement Plan, which brings partners together to address key health priorities across the region. We also continue to support families through programs like Cribs for Kids, promoting safe sleep practices to protect infants. By taking simple steps and working together, we can help ensure a safe, healthy, and enjoyable summer for all.

Ryan Tekac

Program Spotlight

Cribs for Kids

Cribs for Kids is an infant safe sleep program focused on reducing sleep-related infant deaths through education and access to safe sleep environments. We partner with the Ohio Department of Children and Youth to provide eligible families with a pack and play portable crib and safe sleep survival kits.

The program also educates parents and caregivers on the ABCs of safe sleep. Babies should sleep **ALONE**, on their **BACK**, and in a **CRIB** for every sleep, every time. Creating a safe sleep environment can help reduce the risk of sleep-related injury and death.

To learn more or to schedule your safe sleep class, call our Nursing Division at 330-270-2855 ext. 125.

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330.270.2855

Toll Free in Mahoning County
1.800.873.MCHD

Office Hours
Monday-Friday
8:00 a.m. to 4:30 p.m.