

A message from Health Commissioner

Ryan Tekac

Coming out of the holiday season, there has historically been a spike in various illnesses at the start of January. This year is no different with increases in reporting cases of the flu, Covid, RSV, and Norovirus. It's not too late to get vaccinated against several of these illnesses which can not only help if you come in contact with someone who has one of these, but it can also help stop the spread of these viruses as well.

In addition to vaccinations, there are other ways to help keep yourself and loved ones safe during this time:

- Avoid close contact with people who are sick
- Stay at home if you are feeling ill
- Cover your mouth and nose when coughing or sneezing
- Wash your hands frequently with soap and warm water
- Use alcohol-based hand sanitizer
- Whenever possible, bring fresh, outside air into your home or purchase an air purifier
- Always practice good hygiene and overall healthy habits

For more information on vaccinations and immunization clinics, visit MahoningHealth.org/immunizations/. For a complete list of the other programs and services we offer, visit MahoningHealth.org.

Winter 2025

Newsletter



MAHONING COUNTY
PUBLIC HEALTH

PREVENT · PROMOTE · PROTECT

Dangers of Tuberculosis

Tuberculosis (TB) is one of the world's leading infectious diseases and, if left untreated, can be deadly. According to the Center for Disease Control & Prevention (CDC), it's estimated up to 13 million people in the U.S. are living with an inactive or latent TB infection. Without treatment, one in ten people with latent TB infection will develop active TB. The only way to know for sure if you have inactive TB is through testing.

TB is caused by a specific bacterium and typically attacks the lungs but can affect other areas including the kidneys, spine and brain. Active TB makes you sick and, in most cases, can be spread to others. TB is an airborne illness spread through tiny droplets released into the air via coughs and sneezes.

Symptoms can include coughing, a cough that lasts more than three weeks, weight loss, fatigue, fever, night sweats, chills, and loss of appetite.

Mahoning County Public Health's TB Program provided over 700 tuberculin skin tests in 2023 and evaluated 42 patients for latent tuberculosis. Of those 42 patients, 20 completed treatment in 2023, 21 completed treatment in 2024, and one declined treatment.

The goal of MCPH's TB program is to identify those who may have TB infection by providing skin or blood testing, treatment for inactive and active TB disease and public education about TB.

If you have questions regarding tuberculosis, contact our TB Program at (330) 270-2855 ext. 120 or visit MahoningHealth.org/tuberculosis-clinic/ for more information.



Program Spotlight

FALL PREVENTION CLASSES OFFERED

Mahoning County Public Health offers fall prevention classes for older adults. Injuries from accidental falls are detrimental for aging adults.

Bingocize is a fall prevention class combining fitness and health education with the fun of a game of bingo. It focuses on helping sedentary adults keep physical activity into their lives in a fun way to help reduce the risk of falling.

Active Living Everyday teaches skills such as overcoming barriers, goal setting, and managing time to help participants be physically active on a regular basis.

For more information and to view the class schedule, please call 330-270-2855 x109 or x137.



📍 Mahoning County Public Health
50 Westchester Drive
Youngstown, Ohio

☎ Main Office Number
330.270.2855

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

🌐 MahoningHealth.org

☎ Toll Free in Mahoning County
1.800.873.MCHD

Rodent Prevention

When people think of health issues associated with rodents, they may believe it's an issue from the past... the Middle Ages and time of U.S. colonization. However, the diseases spread by rats and mice are still very much a concern for many, even in this day and age. Rodents can spread diseases like Leptospirosis, Hantavirus, Tularemia and Rat Bite Fever. The simplest way to reduce your chance of getting one of these potentially life threatening diseases is by taking a few simple steps to avoid contact with rats and reduce their population where you live:

1. Reduce feeding sources by promptly removing trash and garbage from around your house.
2. Place your trash and garbage in secure containers.
3. Clean up animal waste on a regular and frequent basis.
4. Reduce standing water around the exterior of your home, as this could lead to a water source for rats.
5. Avoid feeding stray or wild animals, as their food can be a food source for rodents as well.
6. If you do believe that you have a rodent issue, contact a professional to inspect and treat your home.

If you have any questions, are dealing with a spike in rodents in your home or have noticed an increase of rodents in your community, please visit MahoningHealth.org/rat-prevention-2/ for additional information or to file a complaint.

How to Prevent the Spread of Tuberculosis

YOU CAN HELP PREVENT THE SPREAD OF TB!

1. THINK AM I AT RISK FOR TB INFECTION?
TALK TO YOUR HEALTHCARE PROVIDER ABOUT GETTING TESTED IF YOU:

- Were born in or frequently travel to countries where TB is common?
- Recently spent time with someone who has active TB Disease?
- Have a weaker immune system?
- Work in places with high risk for TB transmission?
- Live or used to live in large group settings where TB is more common?

YOU CAN HELP PREVENT THE SPREAD OF TB!

2. TEST WHAT TB TEST DO I NEED?

There are two types of tests for TB infection: the TB blood test and the TB skin test. TB blood tests are the preferred method of TB testing for people who have received the TB vaccine (BCG). Contact Mahoning County Public Health or your healthcare provider to discuss which test is best.

YOU CAN HELP PREVENT THE SPREAD OF TB!

3. TREAT WHAT ARE MY TREATMENT OPTIONS?

Treating inactive TB is the best way to protect you from developing active TB disease. When possible, CDC recommends using short and convenient 3- or 4-month rifamycin-based treatments for inactive TB. If you are a Mahoning County resident and have questions regarding latent (inactive) TB treatment, contact Mahoning County Public Health for more information.

KNOW THE SIGNS OF TB

- PERSISTENT COUGH
- WEIGHT LOSS
- NIGHT SWEATS

IF YOU ARE EXPERIENCING ANY OF THESE SYMPTOMS, CONTACT YOUR HEALTH DEPARTMENT OR MEDICAL PROVIDER

TWO TYPES OF TB CONDITIONS: TB DISEASE & LATENT TB INFECTION

People with TB Disease are sick from active TB germs. Those with TB Disease usually have symptoms and may spread TB germs to others.

People with inactive TB Infection (also called latent TB infection) do not feel sick, do not have symptoms, and cannot spread TB germs to others.

If their TB germs become active, they can develop TB Disease.

Millions of people in the U.S. have inactive TB Infection. Without treatment, they are at risk for developing TB Disease.

Community Collaboration

MATERNITY PROGRAMS

MCPH provides maternal and child health services, supporting families from prenatal stages to early childhood. Programs include prenatal education, nutritional counseling, breastfeeding support, infant health screenings, and essential supplies. Initiatives like Cribs for Kids promote safe sleep for newborns, while Baby and Me Tobacco Free helps expectant mothers quit smoking. The Complex Medical Help program (formerly known as Children with Medical Handicaps program) offers specialized support for families facing health challenges. These efforts reflect a commitment to enhancing community well-being.

The Maternal & Child Health Dashboard is a comprehensive, centralized platform designed by the Epidemiology team at MCPH to provide streamlined access to information related to maternal and child health. It features information on programs offered through our Nursing & Community Health Division; Women, Infants, Children (WIC); and Pathways HUB. This initiative aims to enhance convenience by consolidating all maternal and child health services into a single, accessible location.

To view the Maternal & Child Health Dashboard, visit mch-hub-site-mc-boh.hub.arcgis.com and for additional information on maternity programs and resources available, contact info@mahoninghealth.org.

