



Delaware Public
Health District



PHYSICIANS NEWSLETTER

SUMMER 2025

DelawareHealth.org

WATERBORNE CAMPYLOBACTER: *What Physicians Should Tell Patients About Staying Safe*

While undercooked poultry is a well-known source of Campylobacter, patients are often unaware that contaminated water can also transmit this common bacterial infection. Campylobacter has been the most reported enteric disease every year since 2020 in Delaware County and contact with contaminated water is a significant source of exposure. As summer approaches and more patients spend time outdoors, it is an ideal time for healthcare providers to remind their patients of water safety measures to prevent gastrointestinal illness.

Campylobacter can enter water sources through runoff from animal waste, faulty sewage systems, or contamination by wild birds and livestock. Risk factors include drinking untreated surface water, such as from lakes, or streams; swimming in or swallowing water from contaminated recreational sources (e.g., lakes, rivers, hot tubs, or splash pads); poorly maintained private wells or failing sewage systems; and camping or hiking in areas where water is not adequately filtered, boiled, or treated.

As the weather warms up, remind patients that even “natural” water isn’t always safe. Untreated water can carry Campylobacter and other harmful bacteria.

Encourage proper filtration, boiling, and safe swimming practices, especially for families with young children.

Actionable points that you can share with your patients to help prevent Campylobacter infection include:

- **Never drink untreated surface water. Always boil, filter, or use water purification tablets when outdoors or in areas with unknown water quality.**
- **Avoid swallowing water while swimming in lakes, rivers, or pools.**
- **Keep young children out of natural water bodies if they are prone to putting water toys or fingers in their mouths.**
- **Advise high-risk individuals (young children, pregnant people, elderly, immunocompromised) to be especially cautious around untreated water.**



NEW INFECTIOUS DISEASE DASHBOARD

Track the latest infectious disease trends on our new dashboard located at DelawareHealth.org/diseaseprevention! In Ohio, certain diseases must be reported to the local health district. Once reported, DPHD disease experts check on the patient, investigate the cause, and work to prevent the spread, keeping Delaware County healthy.

Using this dashboard: Click the (+) next to a disease for more details, including a 14-month graph and tabs for insights and strategies.



SCHEDULE CLINIC APPOINTMENTS ONLINE

We're making it easier than ever to take care of your health! We're excited to announce that online scheduling is now available for clinic appointments. Services include screenings and vaccines for children, adults, and international travelers. Skip the phone call and book your appointment at your convenience — anytime, anywhere.

Click here to schedule now: DelawareHealth.org/online-appointments



FOOD ACCESSIBILITY SURVEY OPPORTUNITY

We're seeking community input on local food accessibility, security, and quality through a public survey.

This initiative will identify strengths and gaps in current food options to better inform policy implementation and program development with the aim of developing a food action plan for Delaware County.

Physicians and healthcare providers are encouraged to distribute [surveys](#) to patients and others to collect a diverse range of perspectives.

Together, we can identify gaps within our community to make living more comfortable and accessible for all.

For more info, visit DelawareHealth.org/healthy-active-lifestyles under Food Accessibility Survey.

DO YOU CARE ABOUT FOOD OPTIONS
in your community?

We want to hear from you! Help us understand what's working and what's not when it comes to food accessibility, security, and quality in the community!

Your input will help guide efforts to improve resources and accessibility.

- ✓ Quick and easy
- ✓ Optional questions
- ✓ Open to all community members
- ✓ Your voice matters!

Scan QR code to take our survey!

<https://arcg.is/OzviSv>

Delaware Public Health District
Dedicated to your health

470 S. Sandusky Street, Delaware, OH
DelawareHealth.org | (740) 368-1700

TUBERCULOSIS ACTIVITY

Tuberculosis (TB) is both preventable and treatable. It is also the deadliest infectious disease globally, claiming more than a million lives in 2024.

Provisional 2024 U.S. TB data report a rate of 3.0 cases of active TB per 100,000 population, an increase from the previous year. An estimated 13 million people in the U.S. live with inactive (or latent) TB. Though the risk of TB transmission in Delaware County is low, there have been cases of active TB the last few years.

Tuberculosis is caused by mycobacterium tuberculosis which is transmitted in airborne particles called droplets. Transmission occurs when individuals inhale the germ that cases of active pulmonary TB disease have expelled into the air through coughing, sneezing, spitting, or singing. M. tuberculosis can settle in the lungs and grow or move through the blood to other parts of the body.

Symptoms vary depending on which part of the body is infected but include unexplained weight loss, hemoptysis, fever, night sweats, chills, malaise, fatigue, and shortness of breath. Individuals that are infected with the TB germ, but are not sick, have latent TB infection or inactive TB.

About one out of every ten people with latent TB will become sick or develop active TB.

Identifying active TB early improves patient outcomes and helps mitigate further transmission. Just as important is identifying and treating individuals with latent TB before they develop active TB. As Delaware County continues to grow and change, providers will encounter opportunities to screen and educate patients about their TB risk.

A thorough medical history, travel history, physical exam, IGRA or TST test and chest radiology will facilitate differential diagnosis. When active TB is suspected, Acid-Fast Bacilli smear, NAA assay, culture and drug susceptibility on sputa or biopsies will aid in diagnosis.

The Health District monitors TB case activity in the county as well as conducts immigrant screenings, public screenings, coordinates care and treatment for active TB cases, and completes Directly Observed Therapy for individuals undergoing treatment.



Though anyone can get TB, the following people are at higher risk of exposure and should be screened:

- **Recent close contacts to an active TB case.**
- **People who lived or traveled to countries where TB is more common such as Asia, Africa, and Latin America.**
- **People who live or work in group settings such as homeless shelters and prisons.**
- **Immunocompromised individuals.**
- **Infants and children recently exposed to TB.**

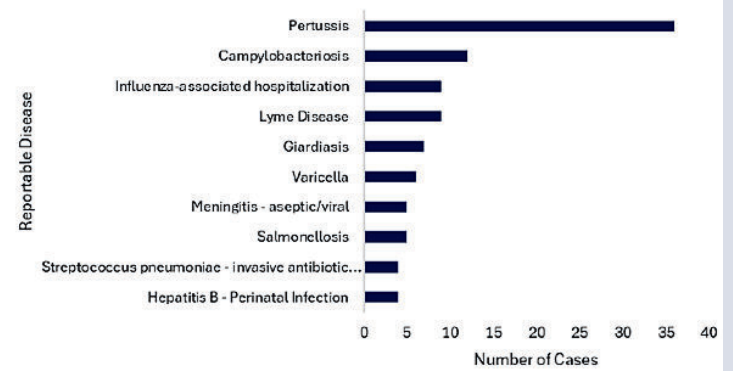


LYME DISEASE

Lyme Disease continues to be one of the top five reported infections for ages 0-14 years and top 10 of overall disease investigations in Delaware County in 2024. Lyme Disease is a Class B reportable disease, meaning it is to be reported to the local health district of residence by the close of next business day.

Lyme disease is transmitted to humans via the bite of an infected black legged tick and is caused by the *Borrelia burgdorferi* bacteria. Ticks that carry this bacteria are found across the United States but are more common in the upper Midwest, Northeast, and Mid-Atlantic states.

2024 Top 10 Reportable Diseases for Ages 0-14 Years



tick AWARENESS

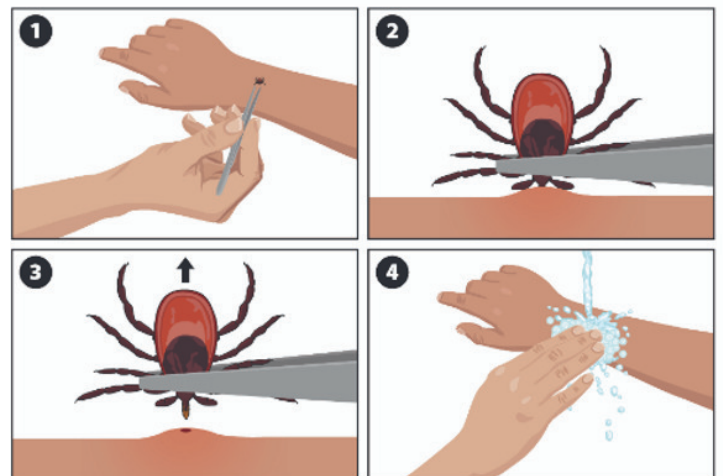
Delaware Public Health District

PROTECT YOURSELF FROM ticks:

- > **treat**
TREAT CLOTHING OR SKIN WITH REPELLENTS BEFORE GOING OUTDOORS
- > **inspect**
INSPECT YOURSELF, CLOTHING AND GEAR FOR TICKS
- > **clean**
CLEAN ANY AREA WHERE A TICK WAS REMOVED
- > **keep**
KEEP RECORD OF THE DATE THE TICK WAS REMOVED
- > **shower**
SHOWER AS SOON AS POSSIBLE AFTER COMING INDOORS

Other preventative measures include:

- wearing light colored clothing.
- walking in the center of trails to avoid heavy vegetation.
- frequently mowing areas of high grass.
- checking pets after being outdoors.



How to remove a tick using tweezers – CDC
[cdc.gov/ticks/after-a-tick-bite/index.html](https://www.cdc.gov/ticks/after-a-tick-bite/index.html)

COMMUNICABLE DISEASE REPORT

The chart shows the number of reported communicable diseases classified as confirmed, probable, or suspected, January through May 2025 as compared to their historical five-year average.

REPORTABLE DISEASE	JAN-MAY 2025	5-YEAR AVERAGE
Campylobacteriosis	20	46.6
Chlamydia infection	104	338.8
COVID-19	638	11300.6
CPO/CP-CRE	8	1.6
Cryptosporidiosis	2	10
E. coli (0157:H7)	6	14.4
Giardiasis	1	10.4
Gonococcal infection	25	78.2
Haemophilus influenzae	1	3.4
Hepatitis B (perinatal)	2	2.2
Hepatitis B (non-perinatal)	9	33
Hepatitis C (non-perinatal)	11	46.4
Influenza-associated hospitalization	114	37.0
Legionellosis	4	7.8
Listeriosis	1	0
Lyme Disease	2	21.6
Pertussis	12	20.4
Rocky Mountain Spotted Fever	1	1.0
Salmonellosis	10	22.8
Shigellosis	3	5.0
Streptococcal (Group A)	9	12.2
Streptococcal (Group B)	1	0.2
Streptococcus pneumoniae	6	10.0
Syphilis	3	10.4
Tuberculosis	3	1.8
Varicella	4	7.2
Vibriosis (not cholera)	2	1.2
Yersiniosis	3	7.2

COMMUNITY-ORIENTED HEALTHCARE ORGANIZATIONS NEEDED



We're looking for Healthcare organizations who are invested in Delaware County residents, and would like to participate in a community coalition, [The Partnership for a Healthy Delaware County](#). The Partnership is a broad-based health coalition housed within the Health District and chaired by community leader, Brandon Feller, President, United Way of Delaware County.

The Partnership's vision is to create a community where all sectors of the County work together to provide opportunities for complete health and well-being. The coalition meets quarterly to plan, implement & evaluate Delaware County's community health assessment (CHA) and community health improvement plan (CHIP) process. The CHA/CHIP process allows Partnership members to improve population health among all ages.

Current coalition members include approximately 100 participants from all sectors of Delaware County including:

- Community Members
- Faith-Based
- Education
- Healthcare
- EMS/Fire/Police
- Community Organizations & Non-Governmental Organizations
- Business

For more information on how to be involved, please contact Lori Kannally at LKannally@delawarehealth.org or call 740-203-2029.

FREE NALOXONE KITS AVAILABLE



The Health District is a Project DAWN site in Delaware County and currently receives free naloxone from the Ohio Department of Health. Naloxone kits are available and are being offered to Delaware County healthcare facilities at no cost.

Administration of naloxone counteracts opioids and can reverse an accidental overdose from a narcotic. Opioids are a group of drugs that includes prescription pain medications, such as morphine, methadone, codeine, hydrocodone, hydromorphone, oxycodone, and buprenorphine. Vicodin®, Lortab®, Percocet®, OxyContin®, Dilaudid®, and Demerol® are common brand names of opioids. Heroin is also an opioid. Fentanyl is an opioid prescription medication that is often manufactured illegally and mixed with heroin or other street drugs, such as cocaine and methamphetamine.

Anyone who uses high doses of opioid pain medication or uses opioids recreationally is at risk of overdose. Even children or older adults can unintentionally be exposed to opioids in the home and accidentally overdose.

Other risk factors include:

- Using opioids in combination with other drugs such as antidepressants, benzodiazepines (Xanax® or Valium®) or alcohol. Like opioids, these drugs affect your ability to breathe.
- Using street drugs such as methamphetamine and cocaine; these drugs can be contaminated with fentanyl.
- Certain health conditions such as asthma, liver or kidney disease, heart disease, or HIV/AIDS.
- Reduced tolerance caused by not having used opioids recently – for example, after release from jail or inpatient treatment.
- Having overdosed in the past.

If you are interested in receiving a free naloxone kit for your facility or in the office, or if you would like to have Project DAWN information to share with your clients so that they can obtain a kit, please contact Lori Kannally at LKannally@delawarehealth.org or call 740-203-2029.



PRENATAL AND NEWBORN CARE PROGRAMS

We proudly offer programs to support the health and well-being of families in the District. Services are available at no cost and are conveniently delivered in the comfort of the client's home. Our programs are facilitated by skilled Registered Nurses who provide education, assessments, resources, and referrals based on individual needs.

Prenatal Program

Promoting healthy pregnancies, this program offers home visits during the second and third trimesters. Services include general health assessments, pregnancy-related resources, and personalized support to help ensure a healthy start for both mother and baby.

Car Seat Safety Checks

With car seat inspection stations located throughout the area, the Health District aims to ensure car seats are installed properly and protecting our youngest residents. In addition to car seat inspections, some residents may be eligible for a free car seat. Locations, appointment times, and more information can be viewed at DelawareHealth.org/car-seat-safety.

Newborn/Postpartum Program

Designed for mothers and infants up to three months postpartum, including foster and adoptive families, this program provides home visits by a Registered Nurse. Services include general check-ups, lactation support, postpartum resources, and referrals tailored to the family's needs.

Complex Medical Help (CMH)

Previously known as the Bureau for Children with Medical Handicaps (BCMh), the CMH program assists families of children with special health care needs (e.g., cancer, cerebral palsy, cystic fibrosis, diabetes, scoliosis, hemophilia, hearing loss, metabolic disorders, sickle cell disease, spina bifida, congenital heart disease, chronic lung disease, and more). Registered Nurses offer guidance with program applications, coordination with quality care providers, navigation of available services, and assistance with securing payment for essential medical care.

Cribs for Kids

This initiative provides Pack 'n Plays to qualifying families who do not have a safe sleep option for their infants. Registered Nurses deliver safe sleep education, conduct home assessments, assist with Pack 'n Play setup, and offer further referrals as needed.

Lactation Care

Designed for mothers to assist with lactation, the Health District offers classes, consultations, pump assistance, and some supplies to families with questions or concerns.

We are committed to supporting families and promoting public health across our community. More information on all of the prenatal and newborn care programs can be found at DelawareHealth.org/prenatal-newborncare.

For more information or to make a referral, please contact us at 740-203-2040.

DELAWARE COUNTY BREASTFEEDING COALITION HOSTS BABY EXPO, INVITES PHYSICIAN ENGAGEMENT

The Delaware County Breastfeeding Coalition is excited to host the second annual Baby Expo on August 9th from 10:00AM to 1:00PM at Grady Memorial Hospital, in celebration of August as National Breastfeeding Awareness Month.

This event is aimed at connecting pregnant women and families of infants with valuable local resources. This community-focused event will offer educational materials, support services, and networking opportunities for expectant and new parents, with a strong emphasis on maternal and infant health, including breastfeeding support.

We encourage local physicians and healthcare providers to share this event with their patients and consider attending or supporting the expo. Your involvement helps strengthen the bridge between medical care and community resources, promoting healthier outcomes for Delaware County families.

Your organization can register to attend as a vendor at the Baby Expo at this link, forms.office.com/r/bdqpb3eDD.

In addition to hosting outreach events, the Delaware County Breastfeeding Coalition holds quarterly meetings to collaborate on strategies to improve local health services. Our meetings focus on enhancing referral processes, developing supportive policies, and expanding resources that promote breastfeeding initiation and duration, alongside overall maternal and infant well-being.

Our next quarterly meeting is scheduled for Friday, September 26 at 12:30PM at the Delaware Public Health District. We warmly welcome physicians and allied health professionals to join us in these discussions and lend their expertise toward sustainable, impactful improvements in our community.

Encouragingly, Delaware County WIC data shows breastfeeding initiation rates at 80%, with 47% of mothers still breastfeeding at 6 months – a steady upward trend since tracking began three years ago. These promising figures reflect growing awareness and community collaboration, but continued progress depends on active partnerships with local healthcare providers.

Your voice and clinical insight are invaluable. Please consider getting involved with the coalition, attending the Baby Expo, and helping spread the word to the families you serve. Together, we can support healthier beginnings for every child in Delaware County.

For more information email Lauren Robinson at lrobinson@delawarehealth.org.

VENDOR FLYER



Calling all partners!

The Delaware County Breastfeeding Coalition INVITES YOU TO JOIN US FOR OUR 2ND ANNUAL **Baby & Expo**

Saturday | 9 August | 10am-1pm

OhioHealth Grady Memorial Hospital
561 W Central Ave, Delaware, OH

We're inviting vendors that provide services to families within our community!

Vendors are encouraged to provide a raffle item at the event.

Scan QR code to register forms.office.com/r/bdqpb3eDD
Questions? Send an email to: L.Robinson@delawarehealth.org
(740) 203-2061

Delaware Public Health District
Dedicated to your health

PROMOTIONAL FLYER



Save the Date!

The Delaware County Breastfeeding Coalition INVITES YOU TO JOIN US FOR OUR 2ND ANNUAL **Baby & Expo**

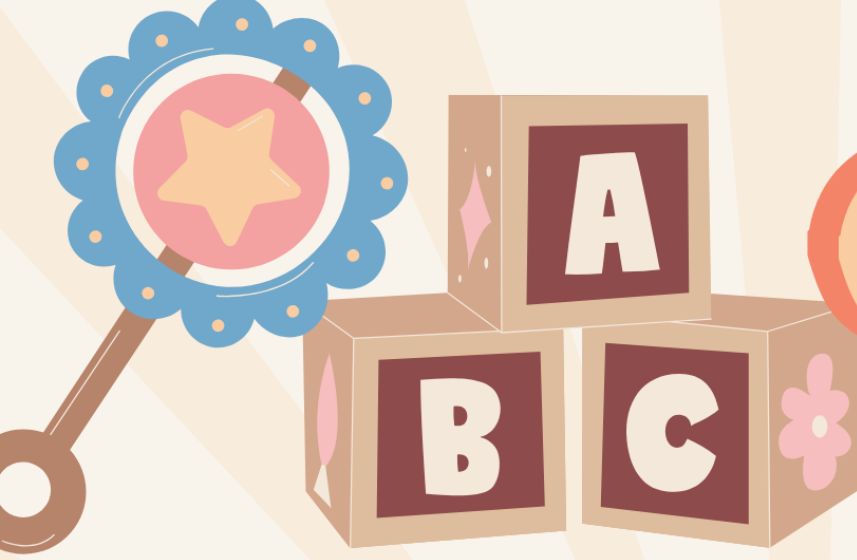
Saturday | 9 August | 10am-1pm

OhioHealth Grady Memorial Hospital
561 W Central Ave, Delaware, OH
Medical Office Building Basement. Enter front doors, turn left to use stairs/elevator.

VENDORS RAFFLES
BABY GEAR FOOD
GREAT INFO PRIZES
FREEBIES DIAPERS
RESOURCES CAR SEATS

- Car Seat Demos
- Infant CPR
- Breastfeeding Education
- Lactation Consultants
- Pump Providers
- WIC Info
- Developmental Disability Resources
- Help Me Grow Info
- Pediatric Professionals

Spanish interpreter on site as well as ability to translate in other languages



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WIC: (740) 203-2050

MEET THE BOARD OF HEALTH

DelawareHealth.org/BoardofHealth



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