

### Mental Health Month

MIND Your Health—Mental health and physical health go hand in hand. Caring for your mind, as well as your body, is good for your overall health and key to your success at home, at work, and at school.



#### Learn to Handle Your Stress:

- Eat right
- Get regular sleep and exercise
- Limit alcohol and caffeine
- Get regular check-ups
- Stop smoking
- Do an activity you enjoy
- Prioritize your workload
- Talk your problems out



Visit <http://www.nmha.org/> for information from the National Mental Health Association.

### STD Clinic



The Scott County Health Department offers Scott County residents free, confidential testing and treatment of STDs. They also provide free, confidential follow-up of sexual partners for appropriate testing and treatment. Visit

<http://www.scottcountyiowa.com/health/std.php> for more information.

#### The walk-in STD clinic hours are:

- Tuesday: 1:00-4:00 p.m.
- Thursday: 1:00-4:00 p.m.
- Friday: 8:30-11:00 a.m.

### Boaters Guide to Food Safety

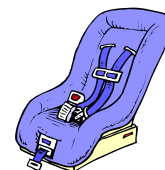
As the days get warmer, more and more people are heading out for some recreation on the Mississippi River. Unfortunately, the sun and warm temperatures could limit your fun if your food is not protected and you develop a foodborne illness. Following the tips on

[http://www.scottcountyiowa.com/health/food\\_boaters.php](http://www.scottcountyiowa.com/health/food_boaters.php) will help to keep you smooth sailing.



### Child Safety in the Car

Motor vehicle crashes remain the leading cause of unintentional injury-related death. Unfortunately, unrestrained or improperly restrained children are far more likely to be injured, to suffer more severe injuries, and to die in the event of a crash. Many of these injuries and deaths could be avoided through correct use of child safety seats, booster seats and safety belts.



#### Iowa Law Mandates:

- Infant through children age 5 must be properly restrained in an appropriate child safety seat.
- Infants under 1 and weighing less than 20 pounds must use a rear-facing child safety seat.
- Children ages 6-10 must be properly restrained in a child safety seat or safety belt.
- When Iowa does mandate child restraint use, it requires the driver to secure both the child safety seat and the child properly.
- Children ages 11 and older must use a safety belt when sitting in the front seat.

*Remember that the back seat is the safest place for children!*



#### National SAFE KIDS Campaign:

The National SAFE KIDS Campaign is the first and only national non-profit organization dedicated solely to the prevention of unintentional childhood injury — the number one killer of children ages 14 and under. Visit the National SAFE KIDS Campaign at <http://www.safekids.org/> to learn more about child safety in the car, other safety tips, and product recalls.