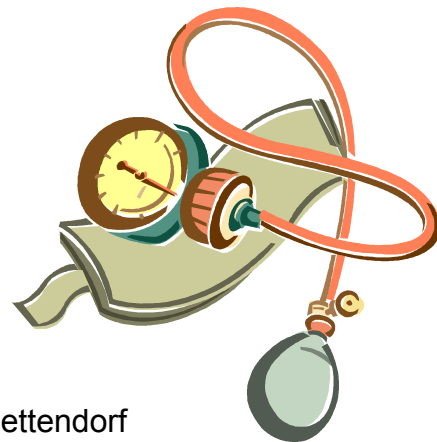


Free Blood Pressure Checks Offered During July

In cooperation with the Scott County Health Department's Hypertension Coordination Program, the following organizations will be sponsoring free blood pressure checks during July.

1. American Red Cross
July 5, 2005, 8:00 AM-10:00 AM
Northpark Mall (Located by JC Penney), Davenport
2. Genesis East, Emergency Room, Davenport
9:00 AM-11:00 PM, 7 Days a Week
3. Genesis West, Emergency Room, Davenport
9:00 AM-11:00 PM, 7 Days a Week
4. Genesis FIRSTMED, 1520 W 53rd St., Davenport
Genesis FIRSTMED, 4017 Devils Glen Road, Bettendorf
Monday-Friday, 7:00 AM-8:30 PM,
Saturday-Sunday, 9:00 AM-4:30 PM
5. Trinity at Terrace Park, Emergency Room, Utica Ridge Rd, Bettendorf
Tuesday and Thursday, 12:00 PM-4:00 PM



**Visit www.scottcountyiowa.com/health for the list of free blood pressure checks offered throughout the current month in Scott County.

Protect Yourself From the Sun's Harmful Ultraviolet Rays

July is the perfect time to enjoy outdoor activities. Be sure to practice these sun safety tips when you will be exposed to the sun's harmful Ultraviolet (UV) rays.



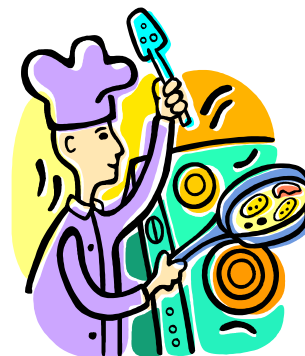
- **USE SUNSCREEN.** Choose sunscreen with a Sun Protection Factor (SPF) of 15 or higher. Be sure to reapply often.
- **COVER UP.** Be sure to cover up as much skin as possible to limit your exposure.
- **WEAR SUNGLASSES.** Protect your eyes by wearing sunglasses that block UV rays.
- **WEAR A HAT.** Wear a hat that covers your ears, face, and neck.
- **LIMIT SUN EXPOSURE.** Pay attention to the sun. Try to stay inside during the hours of 10AM-4PM when the UV rays are the strongest.
- **AVOID TANNING BEDS.** Sun lamps and tanning beds are not a safe alternative to the natural sun.

**Visit www.cancer.org for more sun safety information.

Check Out the Updated On-Line Restaurant Inspection Database!

The Scott County Health Department's website features the on-line restaurant inspection database for all eating establishments in Scott County! The database allows the viewer to see the inspection report for the eating establishment as well as a link to a map. The database also allows the viewer to search by name, first letter, and by restaurants that are 100% smoke-free.

**Click on the Restaurant Inspection icon at www.scottcountyiowa.com/health to view the updated database!



Get Moving!

Summertime is the perfect time to get outside and enjoy physical activities such as biking, rollerblading, running, golfing, or swimming. Even low-intensity activities such as gardening, walking, or light housework provide health benefits. Aim to exercise at least 30 minutes per day.

Follow these tips to get started:



1. Always check with your doctor before you engage in a physical activity program.
2. Choose activities that you will enjoy and not find exhausting.
3. Dress appropriately for the activity.
4. Exercise with a buddy—motivate each other.
5. Surround yourself with supportive friends.
6. Use music to keep you energized.
7. Exercise in moderation—Do not overdo it!
8. Make it a habit—exercise at the same time everyday.
9. Keep a record of your progress—reward yourself!
10. Remember to have fun!

**Visit www.americanheart.org for more exercise tips and suggestions.

How to Prevent Mosquito Bites

Mosquitoes can be a nuisance this time of year. Follow these tips to protect yourself from mosquito bites:



- Wear light colored clothing with long sleeves and pants
- Repair tears in window screens
- Limit time outdoors at dawn and dusk when mosquitoes are most active
- Do not wear perfume outdoors
- Insect repellants containing DEET are effective at reducing bites from mosquitoes (Carefully read and follow all directions on the label before use.)
- Do not use DEET on infants under two years of age, pregnant women, or children's bedding or clothing