

# Health Spotlight August 2005





# VACCINES FOR CHILDREN PROGRAM



Scott County Health Department provides immunizations to all children birth through eighteen years old who meet Vaccine For Children eligibility. Children age birth through 18 years of age qualify for the Vaccines for Children Program if they fall into one of the following eligibility criteria:

- Medicaid-eligible
- American Indian/Alaskan Native
- Uninsured
- Underinsured (defined as a child with health insurance, but the benefit plan does not include routine immunizations)

### **Scott County Health Department Immunization Clinic Hours:**

Appointments are encouraged for the Immunization Clinic and can be made for:

Wednesdays from 7:45 a.m. until 5:00 p.m.

Walk-in immunizations are available:

Monday through Friday 8:00 a.m. until 4:00 p.m.

# Making an Appointment:

Call the Health Department at (563)326-8618 between 8 a.m. - 4:00 p.m., Monday through Friday to schedule an appointment.

Please have the following information available during the call:

- Child's social security number
- Child's previous shot records

Follow-up appointments will be made, as needed, at the end of your visit.

#### Fees:

There is a \$10.00 donation per child per visit for immunizations, but no one is turned away for inability to pay.

#### For More Information:

Visit <a href="www.scottcountyiowa.com/health">www.scottcountyiowa.com/health</a> and click on the Immunization link under the Clinical Services heading on the left-hand side to view more information about immunizations including: recommended immunization schedules, school and day care requirements, statistics, and available vaccines and information sheets.

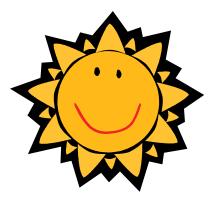
# 10 THINGS YOU SHOULD KNOW ABOUT MOLD

According to the Environmental Protection Agency:

- Potential health effects and symptoms associated with mold exposures include allergic reactions, asthma, and other respiratory complaints.
- 2. There is no practical way to eliminate all molds and mold spores in the indoor environment; the way to control indoor mold growth is to control moisture.
- 3. If mold is a problem in your home or school, you must clean up the mold and eliminate sources of moisture.
- 4. Fix the source of the water problem or leak to prevent mold growth.
- 5. Reduce indoor humidity (to 30-60%) to decrease mold growth by: venting bathrooms, dryers, and other moisture-generating sources to the outside; using air conditioners and de-humidifiers; increasing ventilation; and using exhaust fans whenever cooking, dishwashing, and cleaning.
- 6. Clean and dry any damp or wet building materials and furnishings within 24-48 hours to prevent mold growth.
- 7. Clean mold off hard surfaces with water and detergent, and dry completely. Absorbent materials such as ceiling tiles, that are moldy, may need to be replaced.
- 8. Prevent condensation: Reduce the potential for condensation on cold surfaces (i.e., windows, piping, exterior walls, roof, or floors) by adding insulation.
- 9. In areas where there is a perpetual moisture problem, do not install carpeting (i.e., by drinking fountains, by classroom sinks, or on concrete floors with leaks or frequent condensation).
- 10. Molds can be found almost anywhere; they can grow on virtually any substance, providing moisture is present. There are molds that can grow on wood, paper, carpet, and foods.

For more information visit <a href="http://www.scottcountyiowa.com/health/airquailty\_mold.php">http://www.scottcountyiowa.com/health/airquailty\_mold.php</a>.

# WARM WEATHER TIPS



If you must be out in the sun, remember these safety tips:

- Wear lightweight, light colored clothing
- Orink plenty of water—Avoid caffeine and alcohol
- Take frequent breaks
- Try to stay in the shade as much as possible
- Try to avoid strenuous activities during the hottest times of the day

For more summer safety tips, visit <a href="www.qcredcross.org">www.qcredcross.org</a>.

