



PUBLIC HEALTH CONNECTION

MAY 2008

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IOWA PASSES SMOKEFREE AIR ACT

It was a great day for public health on April 15, 2008, when Governor Chet Culver signed a bill that bans smoking in most public areas. The law will take effect July 1, 2008.

Administrative rules that clearly define this smoke-free air act have not been finalized yet.

The Smokefree Air Act regulates smoking in public places, places of employment, and outdoor areas. The purpose of the law is to reduce the level of exposure by the general public and employees to environmental tobacco smoke to improve the public health of Iowans.

A few of the areas that will not be covered by the new law include private residences, gaming floors of casinos, farm equipment, and the Iowa

Veteran's Home. The actual law defines the areas that are covered by the Smokefree Air Act in more detail and can be found at

www.tobaccofreeqc.com.

The bill designates the Iowa Department of Public Health to enforce the ban. Owners and managers are expected to inform their patrons of the law if they violate it.



Gov. Chet Culver signed the bill April 15, 2008.

The penalty for someone who smokes in an area protected by this law can be a fine of up to \$50. Owners, operators, and managers who do not follow the law can be fined up to \$100 for the first violation, \$200 for the second violation within a year, and \$500 for each additional violation within the one year span.

QUITLINE IOWA IS AVAILABLE FOR SMOKERS

Are you a smoker who would like to quit or have quit already and would like help in staying smoke-free? Quitline Iowa (1-800-QUIT-NOW) can help! This toll-free, statewide

smoking cessation telephone counseling hotline has trained counselors who can answer your questions, develop a quit plan, provide

referrals to local smoking cessation resources, and/or provide a free two week supply of Nicotine Replacement Therapy (patches or gum). They

also can provide on-going support through follow-up phone calls if you would like.

CALL 1-800-QUIT-NOW

There are English and Spanish-speaking counselors available as well as a translation service that can provide counseling in over 150 different languages.

There is also a Web site, www.quitlineiowa.org, where you can find a summary of the services offered, frequently asked questions, and health resources.

NOTE FROM PUBLIC HEALTH SAFETY SERVICE AREA: HOW TO CLEAN UP AFTER A FLOOD

The Quad Cities has experienced extensive flooding in April. Once the flood waters recede, it is time to begin the cleanup.

First of all, always wear protective clothing, such as rubber boots, rubber gloves, and goggles during cleanup of an affected area.

If possible, begin cleanup and drying within 24 to 48 hours after water damage to prevent mold growth. To do this, open doors and windows

and use fans. Thoroughly clean all hard surfaces (such as flooring, concrete, wood and metal furniture, countertops, appliances, sinks, and other plumbing fixtures) with hot water and laundry or dish detergent. Next, disinfect clean surfaces with a chlorine solution of one-quarter cup of household bleach mixed in a gallon of water.

Remove and throw away items that cannot be washed,

disinfected, or dried quickly (such as carpet, rugs, upholstered furniture, stuffed animals, baby toys, pillows, books, wall coverings, and most paper products). Also, an immediate evaluation of stored food should be done. Throw away all foods that may have come in contact with the water.

Visit this Web site for more flood information: <http://www.idph.state.ia.us/adper/flood.asp>.



Once the flood waters recede, it is time to begin the cleanup.

NOTE FROM ENVIRONMENTAL HEALTH SERVICE AREA: PREVENT CRYPTO THIS SUMMER

Unless you have had Cryptosporidium (crypto) or heard about it in the news, you probably do not know what it is. Crypto is the leading cause of gastroenteritis associated with recreational water, such as a pool. It can cause diarrhea, abdominal cramps, vomiting, fever, and weight loss.

This organism is very difficult to kill, even in chlorinated pools. The best thing you can do to protect yourself from crypto is to stay away from a pool if you are sick or have diarrhea. Also, swim diapers should be used in the pool and diapers should be changed and handled away from the pool and deck area. Another way to prevent crypto is to shower before

swimming.

If you do get crypto, you should avoid the pool until at least two weeks after your symptoms disappear. You should also wash your hands frequently.

For more information about crypto, visit: <http://www.idph.state.ia.us/adper/cade.asp>.

**Stay away
from pools
if you are
sick or have
diarrhea.**

NOTE FROM CLINICAL HEALTH SERVICE AREA: HAND WASHING PREVENTS NOROVIRUS

You may be wondering what norovirus is. Noroviruses are a large group of viruses that can affect people of all ages. Norovirus outbreaks have been connected to both food and water. It can cause diarrhea, vomiting, and cramps, as well as headache, fever, chills, and muscle aches. It usually lasts for 24 to 48 hours. A person who has the

virus can pass it to others, even up to 48 hours after the diarrhea has stopped.

The best way to prevent the spread of norovirus is to first identify the source of infection and remove it. For example, if a cook is diagnosed with norovirus, they should not be allowed to prepare food until they are

safe to go back to work. Anyone who has diarrhea, vomiting, or fever should avoid working with food, the elderly, and children. Any food that was prepared by a person with norovirus should be thrown away. Hand washing is also strongly encouraged to prevent norovirus.



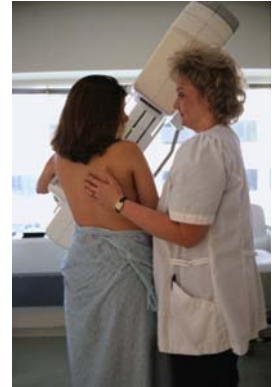
Hand Washing is Encouraged to Prevent Norovirus.

**COMMUNITY PARTNER SPOTLIGHT:
BREAST & CERVICAL CANCER EARLY DETECTION PROGRAM**

May 11-17 is recognized as National Women’s Health Week. This week helps remind women to take time out to take care of their bodies. Regular mammograms are especially important for women over the age of forty or with a family history of breast cancer. Genesis Cancer Center partners with the

Scott County Health Department to help women who cannot afford a mammogram and pap test to get one through the Breast and Cervical Cancer Early Detection Program. Genesis Cancer Center also helps Scott County women through the Susan G. Komen Voucher Program

For more information about this program, contact Linda Rymars at 563-421-7620.



Celebrate National Women’s Health Week May 11-17.

**NOTE FROM COMMUNITY RELATIONS, INFORMATION AND PLANNING SERVICES:
PAP TESTS CAN DETECT HPV**

You may have already heard of HPV, which is a common virus otherwise called Human Papillomavirus. There are several different types of HPV, some of which cause no harm, and some of which can cause diseases in the genital area. The virus disappears on its own in most cases. However, the virus can develop into genital warts, precancerous lesions, or cervical cancer. Both males and females are at risk for

becoming infected with HPV. The scary thing about HPV is that many people show no signs or symptoms which means that the virus can be passed onto others without them even knowing it. Most women who have HPV are diagnosed when they have an abnormal Pap test. A Pap test is a tool used to screen women for cervical cancer or pre-cancerous changes in the cervix, which can be related to HPV. Also,

a test is available to detect HPV DNA in women. This test is usually used with women who have had an abnormal Pap test or in women over thirty years of age. It is important to note that just because you have an abnormal Pap test; it does NOT mean that you have HPV. It is simply a method to help detect abnormalities that can be associated with HPV.

**It is estimated that at least half of all sexually active women become infected with HPV at some point in their life.
(CDC, 2005)**

**COMMON CONFUSIONS: SETTING THE RECORD STRAIGHT
WATER VS. HAND SANITIZERS**

Many people wonder if hand sanitizers are better than water at getting rid of germs. Both are good at keeping germs from sticking to hands. Hand sanitizer should not be a replacement for water. It should only be used when water is not available. If

soap is available, it should be used with the water. Oils are naturally produced on your skin and germs can stick to this oil. The soap helps to break down the oil, which in turn makes it harder for germs to stick to your hands. The hand sanitizer will greatly

reduce the number of germs on the skin and it is fast-acting. It is a good idea to carry a hand sanitizer with you in case you are in a situation where you need to wash your hands and water is not available.



Soap and water is the best choice if it is available.

We are on the Web!

www.scottcountyiowa.com/health

**SCOTT COUNTY
HEALTH DEPARTMENT**

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Public Health
Prevent. Promote. Protect.

OUR MISSION:

The Scott County Health Department is committed to promoting, protecting and preserving the health of the community by providing leadership and direction as advocates for the individual, the family, the community and the environment we serve.

OUR VISION:

As recognized and respected leaders in serving and protecting our citizens, we at the Scott County Health Department are committed to a safer, healthier community and environment. In so doing, we provide a multitude of services with Professionalism, Responsiveness, Involvement, Dedication, and Excellence.

MARK YOUR CALENDAR!

- Sunday, May 11 through Saturday, May 17: National Women's Health Week
- Thursday, May 15, 12:00-1:00 p.m.; Scott County Board of Health Meeting
Open to the Public; Location: Scott County Administrative Center, Board Room-1st Floor
- Thursday, May 15, 9:00-12:00 p.m.; Recreational Water Illness Training
For Park and Recreation Directors, Aquatic Directors, Pool Facility Managers, Local Recreational Water and Inspection Agencies, and Local and State Public Health Officials; Location: ICN locations to be announced at http://www.idph.state.ia.us/eh/swimming_pools.asp
- Friday, May 16, 5:30-10:00 p.m.; Quad Cities National Women's Health Week Annual Event
Location: The Lodge Hotel and Conference Center; Theme: Ladies Night Out; Ticket cost is \$12 per person. This event includes dinner, health presentations, and entertainment such as Flamenco dancers, Native American women drummers, and a comedian. Come experience an enjoyable evening with friends and family. For more information and to purchase tickets, call United Neighbors 563-322-7363 or the American Cancer Society Discovery Shop 563-355-0824.

If you would like to receive this newsletter electronically, please add your name to our e-mail list on our Web site, www.scottcountyiowa.com/health. To remove your name from our mailing list, please e-mail health@scottcountyiowa.com or call 563-326-8618.