



PUBLIC HEALTH CONNECTION

OCTOBER 2008

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October is Lead Poisoning Prevention Month

Lead poisoning can damage the kidneys, nervous system, and the brain. It can cause permanent brain damage and even death. Symptoms of lead poisoning may include tiredness, sleeplessness, stomachache, and vomiting.

Lead poisoning can happen in several different ways. However, the majority of lead problems are the result of chipping and peeling paint in older homes and the dust and soil that is contaminated with lead from old paint and from past emissions of leaded gasoline.

In the news recently you may have heard of recalls in jewelry, dishes, and toys containing lead. To learn more specific information about these recalls, visit the U.S. Consumer Product Safety Commission's Web site at: <http://www.cpsc.gov>.

It is very important that children under the age of six years are tested for lead. This is done through a blood test. In Scott County, there are various sites where children can have their blood lead levels tested. These sites include private physicians' offices, Community Health Care, WIC, and the Scott County Health Department. All children under the age of six years should be tested for lead

poisoning.

Follow these tips to protect children from the dangers of lead:

- Wash children's hands often, especially before eating.
- Wash things that children drop on the floor such as toys, pacifiers, and bottles.
- Clean floors, baseboards, and window sills each week in areas where children play.
- Supervise kids carefully—do not let them play in areas where there is peeling and chipping paint.
- Do not allow kids to play in dirt or in a sandbox near an old building or where an old building was torn down.
- If there are paint chips on the ground, pick up as much as you can and dispose of them in your garbage. Wash your hands and clothes immediately afterwards.
- Cover the soil in areas where there had been paint chips by seeding grass, laying sod, planting shrubs, or covering with mulch.



Nutrition helps protect against the harmful effects of lead.

- Children should eat at least three meals a day.
- Serve children healthy snacks.
- Children should eat foods that are high in vitamin C, calcium, and iron.

Adults usually get lead poisoned by breathing in lead fumes or dust. Jobs such as lead battery production, welding, radiator repair, metal cutting, and sandblasting can expose employees to lead dust which can get on their hands, face, and clothes. This dust can "follow" the employee to their home and expose their family members as well. It is important to change clothing, remove shoes, and wash your hands or body before entering the home. Certain hobbies such as making stained glass items, molding bullets, or stripping furniture can also expose someone to lead dust. Other ways adults get lead poisoned is when they remove lead-based paint or remodel an older home without following safety guidelines.

HALLOWEEN SAFETY TIPS

NOTE FROM PUBLIC HEALTH SAFETY SERVICE AREA

The leaves are starting to fall and children are beginning to make plans for Halloween. It is easy to get caught up in the excitement and forget to be mindful of safety. Both those participating in the events and those who are not observing the holiday should be aware of the following safety tips.

Motorists should watch for trick-or-treaters who are walking on streets, curbs, medians, driveways, and alleys. Be aware that children may be in dark clothing.

Guardians should make sure that all children under the

age of twelve years are supervised and should review pedestrian/traffic safety rules with the children.

Costumes should only be made with fire-retardant materials and be not so long that they can be a tripping hazard. If the costume is worn after dark, it should be made with light colored materials with strips of reflective tape to make the child visible.

Masks should not obstruct the child's vision and there should be nose and mouth openings.

Flashlights should be carried

by the children in order to be seen and to see more clearly.

Children should not enter homes or apartments without adult supervision.

Children should walk on the sidewalks rather than the street. If there is not a sidewalk, the children should walk on the left side of the road.

Treats need to be inspected by an adult prior to eating.

For more Halloween safety tips, visit the National Safety Council's website at www.nsc.org/resources/Factsheets/hl/halloween.aspx



Be Safe on Halloween!

WHAT IS RABIES?

NOTE FROM ENVIRONMENTAL HEALTH SERVICE AREA

You may be asking yourself, what is rabies? Well, rabies is a disease that affects the brain. It is caused by a virus which is the result of an exposure to an animal with rabies. Rabies is ALWAYS fatal in humans. This is why it is very important to contact your physician and the Scott County Humane Society if

you have been exposed.

Another way someone may get rabies is through a "possible exposure." This is when you are not sure if you or your children have been bitten. For example, bats have small teeth and it may leave marks that are not easily seen. So, if you wake

up and find a bat in your room, be sure to seek medical attention and get the bat tested for rabies.

The only way to tell for sure if an animal has rabies is to have a professional test its brain for rabies after it is dead.

Rabies is ALWAYS Fatal in Humans.

PREPARE FOR FLU SEASON

NOTE FROM CLINICAL HEALTH SERVICE AREA

Influenza (flu) is a respiratory illness caused by viruses. The flu is typically worse than the common cold. Symptoms of the flu include body aches, fever, extreme tiredness, and dry cough.

Flu viruses spread from

person to person through coughing or sneezing of people with influenza. Washing your hands effectively can prevent the spread of the virus.

The best way to prevent the flu is by getting a flu vaccination each year. There

are two types of vaccines that are available to the public including the flu shot that is given with a needle and the nasal spray flu vaccine.

Stay healthy this flu season by washing your hands and getting vaccinated!



Protect Yourself From the Flu!

CHILDHOOD LEAD POISONING PREVENTION AND CONTROL PROGRAM

PROGRAM SPOTLIGHT:
SCOTT COUNTY HEALTH DEPARTMENT

In Scott County there are various sites where children can have their blood lead levels tested. These sites include private physicians' offices, WIC, Community Health Care, Inc, and the Scott County Health Department.

The Scott County Health Department provides medical and environmental case management for children ages six and under who have been identified

with lead poisoning. The Scott County Health Department also conducts follow-up inspections of the children's homes and regulates the removal of lead from the home.

The lead poisoning screening provided at the Scott County Health Department is **free** for children at high risk, up to six years old.

Appointments are preferred and can be made by calling 563.326.8618.

Walk-in clinics are available at the following times:

Wednesdays:
8:15 a.m. to 11:30 a.m. & 1:00 p.m. to 4:00 p.m.

Fridays:
8:15 a.m. to 11:30 a.m.

For more information, visit www.scottcountyiowa.com/health.



Children Ages Six Years and Younger Should Have a Lead Test

HOW CLEAN ARE YOUR HANDS?

NOTE FROM COMMUNITY RELATIONS, INFORMATION AND PLANNING SERVICES

Perhaps you have been at a health fair and have seen the Scott County Health Department staff with a display of hand washing information and Glow Germ™ kits to test hand washing skills.

The Glow Germ™ is a fun tool for all ages to test their hand washing skills. First, the person puts the disclosing lotion on their hands and

then washes their hands as they normally would. Next, the person places their hands under the Glow Germ™ and looks through the mouth to see where their hands are glowing. Those are the areas that were missed when washing their hands. It is a great interactive tool to teach people about properly washing their hands.



Glow Germ™

The proper way to wash your hands is to:

1. Rinse hands with warm or hot running water.
2. Apply soap.
3. Lather up the soap and start washing.
4. Rinse the germs away.

Are You Ready to Take the Test?

FLU OR COLD?

COMMON CONFUSIONS:
SETTING THE RECORD STRAIGHT

The flu and the common cold are caused by different kinds of viruses, but both fall in the category of respiratory illnesses. Both can cause similar flu-like symptoms and it may be difficult to tell them apart. The flu is typically worse than the common cold and can include body aches, fever, extreme tiredness, and a dry

cough. Colds are typically characterized by a runny or stuffy nose and do not usually result in serious health problems, whereas the flu may lead to pneumonia, bacterial infections, or hospitalizations.

The flu usually first appears in the late fall or early winter in the United States and can

be spread from an ill person to others by sneezing or coughing. Typically in Iowa, the first confirmed case of the flu is seen in the first week of December, with cases usually peaking in late January. Usually an individual will start to show symptoms within 1-5 days after exposure and it



What is the Difference Between the Flu and the Cold?

**SCOTT COUNTY
HEALTH DEPARTMENT**

Scott County Administrative Center, 4th Floor
600 West 4th Street
Davenport, Iowa 52801-1030

Phone: 563-326-8618

Fax: 563-326-8774

E-mail: health@scottcountyiowa.com

Web site: www.scottcountyiowa.com/health

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!

- Tuesday-Thursday, October 7-9, 2008; 1:00-6:00 p.m.; ServSafe Food Certification Class
For Food Handlers; Location: Scott County Administrative Center; Reservations are Being Accepted By Phone: 563.326.8618; \$85 Enrollment Fee Per Person
- Thursday, October 16, 2008; 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
- Tuesday-Thursday, October 21-23, 2008; 8:00-1:00 p.m.; ServSafe Food Certification Class
For Food Handlers; Location: Scott County Administrative Center; Reservations are Being Accepted By Phone: 563.326.8618; \$85 Enrollment Fee Per Person
- Saturday, November 8, 2008; 4:00 p.m.-Doors Open, 6:00 p.m.-Event Starts; Bettendorf and Scott County Texas Hold 'Em Tournament
Location: The Lodge, 900 Spruce Hills Dr, Bettendorf; Tickets: \$30 Buy-Ins, \$10 Re-buys; Tickets Can Be Purchased at Bettendorf City Hall and Scott County Administrative Center, 6th Floor; All proceeds Will Go to United Way. Must be 21 or Older to Play.



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.



Public Health
Prevent. Promote. Protect.