



PUBLIC HEALTH CONNECTION

NOVEMBER 2008

INSIDE THIS ISSUE

- PUBLIC HEALTH SAFETY NOTE** 2
- ENVIRONMENTAL HEALTH NOTE** 2
- CLINICAL SERVICES NOTE** 2
- COMMUNITY PARTNER SPOTLIGHT** 3
- COMMUNITY RELATIONS, INFORMATION AND PLANNING SERVICES NOTE** 3
- COMMON CONFUSIONS** 3
- CALENDAR** 4

SPECIAL POINTS OF INTEREST

- Emergency Supply Trailers (2)
- Inspections of Tattoo Establishments (2)
- Protect Yourself From Pertussis (2)
- Tobacco-Free QC (3)
- Is Secondhand Smoke Safe? (3)

November is Tobacco Awareness Month

Thursday, November 20, 2008 is the date set for the American Cancer Society's Great American Smokeout®. You are invited to participate in this event, which encourages smokers to quit for a day in the hope that they may quit for good. It's never too late to quit!

Quitting tobacco is never easy. However, quitting tobacco has not only physical, but also emotional and financial benefits! And you're worth it!

The Tobacco-Free QC Coalition offers the following tips to help you to quit successfully:

- Have a plan.
- Get rid of ALL tobacco and ashtrays in your home and car.
- Ask your family, friends and coworkers for support. You can't do it alone!
- Breathe in deeply when you feel the urge to use tobacco.
- Drink lots of water.
- Stay in non-smoking areas.
- Keep yourself busy.
- Reward yourself often!

Nicotine is a powerful addiction and it can be hard to quit on your own. Counselors are

available to work with you one-on-one. Locally, quitting services can be found at:

- Genesis Pulmonary Rehab – (563) 421-3867
- Trinity Medical Center – (309) 779-2000

Toll-free telephone services are also available through Quitline Iowa. The toll-free helpline is free to all residents of the state of Iowa and is open Monday-Thursday 7:00 a.m.-12:00 a.m., Friday 7:00 a.m.-9:00 p.m., and Saturday-Sunday 8:00 a.m.-7:00 p.m. The Quitline is staffed by trained coaches who can give information on the health effects of using tobacco and quitting and will help you to create a personalized quit plan. Call now!

- Toll-free number: 1-800-QUIT NOW (1-800-784-8669); for hearing impaired, TTY 1-888-229-2182

Also visit Quitline Iowa online at www.QuitlineIowa.org

For more information on the Great American Smokeout®, visit the American Cancer Society's Web site at www.cancer.org.

For more information on smoking cessation in the Quad Cities, visit the Tobacco-Free QC's Web site at www.tobaccofreeqc.org.



EMERGENCY SUPPLY TRAILERS

NOTE FROM PUBLIC HEALTH SAFETY SERVICE AREA

The Region 6 Public Health Steering Committee and local Emergency Management Agencies teamed up to purchase fourteen trailers filled with sheltering supplies for up to fifty beds. The supplies include army cots, special needs cots, hygiene supplies, infant supply kits, blankets and a 1500 Watt generator. Each trailer is the property of the county, but can be deployed to

anywhere at any time in an emergency. All fourteen counties in Region 6 working together can bed up to 700 individuals in total.



Each emergency trailer can sleep up to fifty people.

INSPECTIONS OF TATTOO ESTABLISHMENTS

NOTE FROM ENVIRONMENTAL HEALTH SERVICE AREA

Did you know that the Scott County Health Department inspects all licensed tattoo establishments in Scott and Clinton counties? Currently there are 18 licensed tattoo establishments in these counties. A yearly inspection is done to make sure that all equipment meets Iowa code, the establishment is clean and has sterile equipment, records are properly kept,

and that staff knows how to use the equipment correctly.

A list of all licensed tattoo establishments in Scott and Clinton counties is available on the Scott County Health Department's Web site at www.scottcountyiowa.com/health. Also on our Web site, you will find links to the Iowa Code, Administrative Rules, application for a tattoo artist permit, application for a

permit to operate a tattoo establishment, and a tattoo inspection checklist.



Tattoo Establishments are Inspected Yearly in Scott & Clinton Counties

PROTECT YOURSELF FROM PERTUSSIS

NOTE FROM CLINICAL HEALTH SERVICE AREA

Pertussis (whooping cough) is a respiratory illness caused by bacteria. Pertussis is spread through the air when infected people cough or sneeze. Common symptoms of Pertussis in very young children include a long series of coughs followed by a "whooping" noise. In older children and

adults, the illness may begin with an upper respiratory illness that starts with cold-like symptoms and an irritating cough that becomes more severe over one to two weeks.

Pertussis may be prevented through routine immunization. Other ways to prevent it is by covering your

mouth when you cough, staying away from others when they are coughing, and washing your hands frequently. Talk to your doctor about different vaccines available to protect you or your children from Pertussis. For more information on Pertussis, visit www.scottcountyiowa.com.



Talk to your doctor to find out if you should be vaccinated against Pertussis.

TOBACCO-FREE QC

**COMMUNITY PARTNER SPOTLIGHT:
TOBACCO-FREE QC**

In a visionary effort to unite many local resources to improve the health of the Quad City community, the Tobacco-Free QC Coalition (TFQC) was formed in 1998.

TFQC brings about change by focusing its efforts in a variety of areas that relate to tobacco and tobacco use.

These areas include:

- Preventing the initiation of tobacco use
- Promoting cessation
- Reducing the availability of tobacco
- Influencing legislation
- Reducing secondhand smoke exposure

Workgroups have been formed to address each of these areas in an organized and coordinated approach. New members who have an interest in tobacco are always welcome to help in the effort to have a healthier community.

TFQC has promoted the American Cancer Society's Great American Smokeout® and the Tobacco-Free Kids *Kick Butts Day*. TFQC links individuals to cessation classes and provides educational materials when requested. In addition, speakers are available for delivering presentations

addressing the different aspects of tobacco and tobacco use. TFQC has also partnered with local law enforcement agencies to increase the number of businesses who are in compliance with the law as it relates to the sell of tobacco to underage youth. A "Time to Quit" tool for local physicians was developed by TFQC to assist smoking cessation counseling for individuals who want to quit.

To learn more about the TFQC or about the effects of tobacco, visit www.tobaccofreeqc.com.



IS SECONDHAND SMOKE SAFE?

NOTE FROM COMMUNITY RELATIONS, INFORMATION AND PLANNING SERVICES

What about those who do not smoke? Smokers are not the only ones affected by smoke. Secondhand smoke impacts the health of nonsmokers as well. Secondhand smoke is known to be the cause of various health effects, including:

- heart disease
- cancer
- lung infections in children younger than 18 months
- asthma
- ear infections in children

In fact, thousands of non-smokers die each year from exposure to secondhand smoke.

There is no safe level of contact with secondhand smoke.

What you can do to protect yourself and your family:

- Do not allow anyone to smoke in your car or in your home
- In other people's homes or cars, insist they do not smoke around you or your family

If you do smoke, create a designated smoking area outside your home.

The Iowa Smokefree Air Act:

Secondhand smoke has recently been addressed in Iowa with the passage of the Iowa Smokefree Air Act. Since July 1, 2008, the Smokefree Air Act prohibits smoking in public places, places of employment and certain outdoor areas. The Act was passed "to reduce the level of exposure by the general public and employees to environmental smoke in order to improve the public health of Iowans".

For more information on the Iowa Smokefree Air Act, please visit www.IowaSmokefreeAir.gov or call at 1-888-944-2247.

**Secondhand
Smoke IS
Bad For
Your Health**



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!

- Thursday, November 20, 2008; Great American Smokeout®
For more information, visit www.cancer.org.
- Thursday, November 20, 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.



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.