



Food Safety

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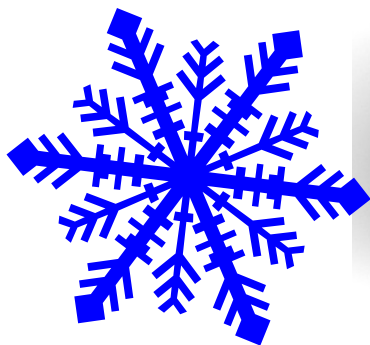
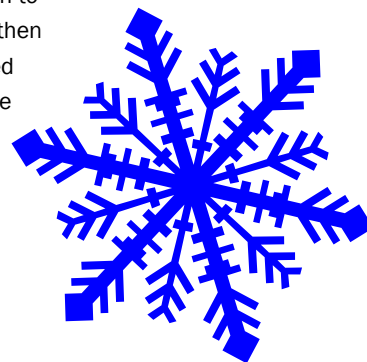
Winter storms can knock out the power. In the event of a power outage at your home, keep the doors to the refrigerator and freezer closed as much as possible to maintain the cold temperature. Every time the door opens, cold air escapes. When the power returns, you should discard any refrigerated food items that are warmer than 40°F.

Generally, refrigerated foods should be safe as long as the power is out no more than four hours, but a thermometer should be used to be sure that the food is not warmer than 40°F. If frozen foods have begun to thaw but are at 40°F or below, be sure to cook or refreeze them as soon as possible. Always remember to throw food away based on temperature, not the way it looks or smells and never taste food that you think may be bad. It is important to clean the inside of the refrigerator and freezer with

soap and water and then a bleach solution after spoiled or thawed foods are taken out.

Never store food outside even if the temperatures are cold. The food can be exposed to the sun's rays which could cause frozen foods to melt and refrigerated foods to become too warm. Also, the temperature outside can change frequently and if the temperature is cold enough to keep frozen foods frozen, then it is too cold for refrigerated foods. Storing food outside can be dangerous due to unsanitary conditions and being exposed to animals that pass by.

Never Taste Food To Determine Its Safety.



SCOTT COUNTY RESPONDS TO H1N1

NOTE FROM PUBLIC HEALTH SAFETY SERVICE AREA

The Scott County Health Department continues to respond to public and media requests for information on the H1N1 vaccine.

Continue to check our website, www.scottcountyiowa.com/health, for the latest information on H1N1. You may also sign up on our website to receive a H1N1 update sent directly to your e-mail address.

For additional information on H1N1, visit www.flu.gov and www.idph.state.ia.us or call the Iowa Flu Hotline at 1-800-447-1985.

Fight the flu by remembering the 3 C's:

- 1) Cover your cough.



Use a tissue or your elbow.

- 2) Clean your hands.




Use soap and water or hand sanitizer.

- 3) Contain germs.



Stay home when sick.

Fight the Flu 

MAKING IT LEAD AND ENVIRONMENTALLY SAFE (MILES)

NOTE FROM ENVIRONMENTAL HEALTH AND CLINICAL SERVICE AREAS

The City of Davenport was awarded a Housing and Urban Development (HUD) Grant for the removal of lead-based paint hazards. The grant is called Making It Lead and Environmentally Safe (MILES).

The Scott County Health Department has received funds from the City of Davenport to implement a lead poisoning prevention education campaign. The messages are focused on getting children tested and how to prevent lead poisoning. Everyone in Scott County will receive the campaign messages through the use of mass media. Special efforts have been made to identify individuals in specific zip code areas because of the large number of older homes and previous lead-poisoned children.

Posters, flyers, displays, yard signs, door hangers, radio commercials, billboards, and movie advertisements have been developed for this program and are used to spread the message.

Previously, when environmental health inspectors identified lead hazards in the home, they had limited resources to offer the owners to remove them. Through this grant, individuals that qualify financially will be able to receive assistance. This assistance can be in the child's primary residence, a child care provider's home, or any other place where the child spends a significant amount of time. Families of children in Davenport identified with elevated blood lead levels are a priority for the program.

For more information about this program, call the City of Davenport at 563-326-7748 or the Scott County Health Department at 563-326-8618 or visit www.scottcountyiowa.com/health.



Is Your Home Lead Safe?

- Homes built before 1978 may contain lead paint.
- Keep it clean! It is the key to a lead safe home.
- Chipping or peeling paint is dangerous.
- Avoid fixing up homes when small children are present.
- Clean floors and wipe out windows.
- Clean up all paint chips.

ODORLESS, INVISIBLE, AND DEADLY: TIPS TO AVOID CARBON MONOXIDE POISONING

TIPS TO AVOID CARBON MONOXIDE POISONING

During the winter, power outages may happen and people may use alternative means for heating. These alternative means of heating can be dangerous and cause carbon monoxide poisoning. Carbon monoxide is an odorless, colorless gas that can cause sudden illness and death if inhaled. When power outages occur during emergencies such as winter storms, the use of alternative sources of fuel or electricity for heating, cooling, or cooking can cause carbon monoxide to build up in a home, garage, or camper and poison the people and animals.

Here are some tips to avoid carbon monoxide poisoning:

- Generators, grills, camp stoves, or other

gasoline, propane, natural gas, or charcoal-burning devices should never be used inside a home, basement, garage, or camper.

- Never use a gas range or gas oven to heat a home.
- Never run a generator, pressure washer, or any gasoline-powered engine inside a basement, garage, or other enclosed structure.
- Never run a motor vehicle, generator, pressure washer, or any gasoline-powered engine right outside an open window, door, or vent where exhaust can vent into an enclosed area, such as a house.

- Never leave the motor running in a vehicle parked in an enclosed or partially enclosed space, such as a garage.

If conditions are too cold, seek shelter with friends or at a community shelter. Exposure to carbon monoxide can cause loss of consciousness and death. The most common symptoms of carbon monoxide poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain and confusion. If you experience symptoms, go outside immediately and call your health care professional right away. People who are sleeping or who have been drinking alcohol can die from carbon monoxide poisoning before ever having symptoms.

Follow These Tips to Avoid Carbon Monoxide Poisoning

FDA REGULATION OF TOBACCO PRODUCTS

NOTE FROM COMMUNITY RELATIONS, INFORMATION AND PLANNING SERVICES

In June 2009, the U.S. Food and Drug Administration (FDA) was given the authority to begin to regulate tobacco products in the United States. Prior to June, tobacco products were one of the least regulated products sold in the United States.

Along with granting the FDA authority over tobacco products, a variety of regulations on tobacco products have also been

created. The regulations on flavored tobacco are being implemented separately, beginning with banning cigarette flavorings like fruit and candy spices beginning September 22, 2009. The ban on flavored cigarettes is in response to the risk flavored tobacco products pose to children. Cigarettes and tobacco products are more appealing to children, mask the taste of tobacco, and are just as harmful as regular tobacco products.

Other regulations will take place in the upcoming months, including banning the use of terms such as "lite" and "low tar", regulating tobacco advertising, and requiring larger warning labels on cigarette packs. These efforts work towards the FDA's larger goal of reducing smoking and tobacco use in the United States.

Cigarette Flavorings Have Been Banned Started 9-22-09

SCOTT COUNTY HEALTH DEPARTMENT

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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!

- Wednesday, November 11, 2009; Scott County Health Department is closed in recognition of Veteran's Day
- Friday, November 13, 2009; 5:00 p.m.-Doors Open, 6:00 p.m.-Event Starts; 3rd Annual City of Bettendorf and Scott County Texas Hold 'Em Tournament
Location: QC Waterfront Convention Center, 2021 State Street, 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 Go to Support United Way. Must be 21 or Older to Play.
- Thursday, November 19, 2009; Great American Smoke-Out
- Thursday, November 19, 2009; 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, November 26 and Friday, November 27, 2009; Scott County Health Department is closed for the holiday
- Thursday, December 17, 2009; 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, December 24 and Friday, December 25, 2009; Scott County Health Department is closed for the holiday
- Friday, January 1, 2010; Scott County Health Department is closed for the holiday



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Public Health
Prevent. Promote. Protect.