



PUBLIC HEALTH CONNECTION

JANUARY AND FEBRUARY 2010

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SPECIAL POINTS OF INTEREST

- **Be Prepared (2)**
- **Carbon Monoxide (2)**
- **Make Hand Washing a Priority (2)**
- **Bethany for Children and Families (3)**
- **Have a Place to Call Home (3)**

Add Public Health to Your New Year's Resolutions

People all over the United States view the first day of a new year as a new beginning. Nearly half of all Americans partake in the tradition of making a New Year's resolution. More often than not, our New Year's resolutions involve a commitment to a healthier lifestyle.



Some of the most popular resolutions include weight loss, exercise, quitting smoking and stress and money management.

This year, the Scott County Health Department would like to encourage your New Year's resolution to include public health. Public health surrounds us everyday, actively working to keep people and environments safe and healthy. While public health works to improve the health of all people, we can not do it alone! We need participation from YOU to make the most impact.

Incorporating practices used in public health into your daily life can not only lead to a healthier you but a healthier community. Need a starting point? Here are a few public health focused resolutions for the new year. Choose to do one or all of them!

- **Get to know your health department.** Not all health departments provide the same public health services. Knowing what public health has to offer in your community could be useful now or in the future.

Browse the web to get to know the Scott County Health Department. www.scottcountyiowa.com/health

- **Get hand washing in your routine.** Washing your hands may be the most important thing you can do to keep from getting sick. This year make it a priority to wash often and properly. Make it a goal to soap up for at least 25 seconds each time you wash your hands.
- **Get prepared.** This year resolve to make an emergency supply kit and a family communication plan. Need help starting, check out our website for what to include. www.scottcountyiowa.com/health/preparedness_step.php
- **Get up-to-date** Review your family's immunization records. Are you all up-to-date? Get up-to-date this year and do not forget about your annual flu shot! Learn more about immunization schedules for adults and children at: www.scottcountyiowa.com/health/immunization_schedules.php
- **Go environmental.** People are going green all around the country but public health has been environmental for years! This year go green for public health and practice activities that are good for you and your surroundings. Check your home for radon and carbon monoxide, and recycle. If you use well water, have your well tested on a regular basis.
- **Get a medical, dental and vision home.** Having a regular provider for all your health, dental, and vision needs is important. Having a "home" for your health care allows the doctor to get to know you so that they may better coordinate your care.
- **Get rid of tobacco.** Make 2010 your year to quit. There are resources available to help—call 1-800-QUIT for cessation information and quitting assistance. Not quite ready for the big step? Make your New Year's resolution to stop smoking in your home and car. Reducing secondhand smoke in these places will help keep others around you healthy. Visit www.tobaccofreeqc.com for more information.



BE PREPARED

NOTE FROM PUBLIC HEALTH SAFETY SERVICE AREA

With the cold weather, it is possible that you could lose power or not be able to leave your home due to the snow. It is important to be prepared for these types of emergencies.

One simple step you can take now is to stock supplies for an extended stay at home. During an emergency, if you cannot get to a store or if stores are out of supplies, it will be important for you to have extra supplies on hand.

Store a two-week supply of water and food. Examples

include ready-to-eat canned meats, fish, vegetables and soups; protein or fruit bars; and bottled water (1 gallon per person per day).

Also, it is important to remember other necessities that are often overlooked:

- Regular prescription drugs to ensure a continuous supply in your home.
- Nonprescription drugs and other health supplies, including pain relievers, fever reducers, stomach remedies, cough and cold medicines, fluids with

electrolytes, and vitamins.

- Other essential supplies, such as soap or alcohol-based (60%-95%) hand wash, cleaning supplies, a flashlight, batteries, toilet paper, and tissues.

Although we think of emergencies happening in the winter months, public health emergencies can occur at any time. It is important to be ready in case this would happen. Visit our Web site, www.scottcountyiowa.com/health/preparedness.php, for more public health preparedness information.



Make sure you have supplies in case of an emergency

BE AWARE OF CARBON MONOXIDE

NOTE FROM ENVIRONMENTAL HEALTH SERVICE AREA

Winter weather comes with its own special hazards as we do what we can to keep our homes warm. Every year during the home heating season, a number of people are overcome by carbon monoxide (CO). CO is a colorless, odorless gas that can kill before being detected.

Carbon monoxide results from incomplete burning of various fuels, such as natural gas, kerosene, propane, oil, wood, and coal. Dangerous CO levels can be caused by malfunctioning furnaces,

room heaters, portable generators, water heaters, and fireplaces. To avoid CO poisoning:

- Keep gas appliances properly adjusted.
- Open flues when fireplaces are used.
- Have heating systems checked by a trained professional annually.
- Use proper fuel in space heaters.
- Vent appliances properly.

At low levels, CO can cause fatigue in healthy people and chest pain in people with

heart disease. At higher levels, CO can cause impaired vision and coordination, dizziness, headaches and confusion. Some people experience mild flu-like symptoms that clear up after leaving home. If you think that you are having symptoms of CO exposure, immediately go outside or to a well-ventilated area with fresh air. Seek emergency assistance.

“Carbon Monoxide is a colorless odorless gas...”

MAKE HANDWASHING A PRIORITY

NOTE FROM CLINICAL HEALTH SERVICE AREA

Every year millions of Americans vow to make the new year their healthiest ever. Many people resolve to eat right, exercise more, and lose unwanted pounds. All of these are worthy goals but there is one simple activity all people can do to stay healthy—hand washing! 80% of all infections are believed to be transmitted by the hands. This year make it a priority to wash

your hands often and in the right way. Here’s how:

1. Rinse your hands with warm or hot running water.
2. Apply soap.
3. Lather up the soap and start washing. Take at least 25 seconds to scrub all surfaces of your hands.
4. Rinse the germs away.
5. Dry your hands.

6. Finish up. If possible use the paper towel to turn off the faucet and open the door to leave.

Hand sanitizers containing sixty percent or more alcohol may be used when soap and water are not available.



Use soap and warm running water when available

BETHANY FOR CHILDREN AND FAMILIES

COMMUNITY PARTNER SPOTLIGHT:

Bethany for Children & Families is a voluntary, not-for-profit agency that has provided services to children and families in western Illinois and eastern Iowa for 110 years. The organization consists of a professional team of social workers, licensed counselors, case managers, and educators.

Bethany for Children & Families provides a variety of services such as foster care, adoption, after-school care for behaviorally disorder children, low interest car loans for financially struggling parents, teen parent services

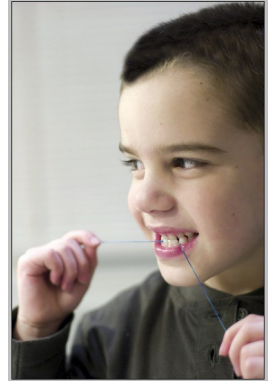
for young parents to help care for their child and themselves, and an array of other community services that create a continuum of care that “keep kids safe and help parents care for their children”.

Bethany for Children and Families is the new home for Give Kids A Smile , a children’s dental access program. Give Kids A Smile links school children in need of dental care to local dentists. This year, 92 Quad City dentists, including 50 dentists in Scott County, will

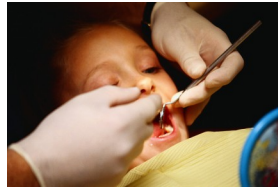
donate dental care to children.

If you have trouble accessing dental care for your children, contact Chris Allers at 309-736-6650 to get more information about the program.

Give Kids A Smile Day is February 5, 2010!



Give Kids a Smile Day is February 5, 2010



HAVE A PLACE TO CALL HOME

NOTE FROM COMMUNITY RELATIONS, INFORMATION AND PLANNING SERVICES

Most of us know where to go in the case of a medical, dental, or vision emergency, but do you have a place to call home when it comes to you and your family’s non-emergent medical, dental, and vision health? A medical, dental, and vision home is described as having a primary care provider in each of these areas that offers regular check-ups, provides complete care including prevention, education, and emergency services, and provides treatment services.

Having a medical, dental, and vision home allows:

- You and your family to build a trusting and caring relationship with one provider
- For one provider to know and understand you and your family’s entire medical, dental, and vision history
- Care coordination with other providers and specialists as needed
- You and your family to get connected to health education, support, and

services in the community.

In 2010, make a resolution to find a medical, dental, and vision home. Start by asking yourself the following questions:

- Does the provider accept your method of payment?
- Is the office easy for you to get to?
- Does the provider have office hours that work for you?
- Does the provider offer information and materials in your primary language?



DO NEW YEAR’S RESOLUTIONS WORK?

COMMON CONFUSIONS: SETTING THE RECORD STRAIGHT

About half of all Americans make New Year’s resolutions. The most common resolutions involve losing weight, exercising more, quitting smoking, and managing money better. So do New Year’s resolutions really work?

True to common perceptions, researchers say that only 15-20% of all people who make resolutions actually keep them. However, do

not let this discourage you, researchers also say that people who do make resolutions are more likely to make a life change and stick to it. The fact is, people who set goals are better off than people who do not in achieving desired outcomes. So this year, make a resolution but make it SMART.

Specific—your goal should answer the what, when, why, and how questions.

Measurable—if you can not measure it you can not attain it.

Attainable—your goal is realistic considering your current situation.

Realistic —a goal you can control and achieve.

Time-bound —your goal has a set time frame that is realistic.



**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



MARK YOUR CALENDAR!

- Friday, January 1, 2010; New Years Day
Scott County Health Department will be closed
- Thursday, January 21, 2010; 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
- Friday, February 5, 2010; Give Kids A Smile Day
- Thursday, February 18, 2010; 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

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.



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.