



# PUBLIC HEALTH CONNECTION

JULY/AUGUST 2010

**This Summer...**



## Be Your Own "Life Guard"

### 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

- Cover All Heads Program
- Fight the Bite!
- Meningococcal Vaccine
- Discover Davenport Summer Kids Pass
- Get a Check- up this Summer
- Sun Screen Myths

This summer the Scott County Health Department is asking residents to be their own "Life Guard" of their health.

During the summer months, all of our lives adjust to make the most of the warm weather and summer activities. However, as we enjoy our time in the sun we must keep a watchful eye on ourselves and our family to stay healthy and safe.

Unsure where to start? How about focus on one of the most popular summer activities—swimming!

Swimming is a great form of exercise and recreation, however, whether you are playing in a natural body of water or swimming in a pool there are precautions you should take to keep yourself and others healthy.

#### Water safety no matter where you swim.

Here a few public health rules of thumb that will help keep you and others in your community safe and healthy while enjoying the water this summer season.

1. Do not swim if you are sick or if you have diarrhea.

2. Shower before entering the water.
3. Use sunscreen to protect your skin.
4. Take bathroom breaks often.
5. Change diapers in the bathroom and not at pool or water side.
6. Wash hands after using the toilet or changing diapers.
7. Do not use blow-up toys in place of life preservers.

1. Do not swim in water that could be polluted, near sewer pipes or storm drain outlets, or used by livestock.
2. Do not swim in stagnant water or water with dead fish or algae in it.
3. Do not drink or swallow water.
4. Keep water from going up your nose by holding it shut or using clips.
5. Do not swim in natural waters if you have open wounds or sores.
6. Quickly tend to any wounds or cuts you may get while in the water. Wash with clean water and soap. See a doctor if injured area develops a rash or swelling.
7. Shower with soap and water after playing in the water.
8. See a doctor if you become ill or develop symptoms of an infection.



#### Take simple precautions when swimming in natural bodies of water.

In the Quad Cities we are fortunate to have many natural sources of water recreation including the Mississippi River. When utilizing these bodies of water, following these public health guidelines can help keep you and your family healthy.

#### Read on for more tips.

For more great public health tips on how to be your own "Life Guard" this summer please read on for tips from each Scott County Health Department service area.

## COVER ALL HEADS PROGRAM

NOTE FROM PUBLIC HEALTH SAFETY SERVICE AREA

The Safe Kids World Wide Cover All Heads Program started in 1998 and is intended to be an annual event to encourage bike safety and helmet use.

The local chapter of Safe Kids, the Quad Cities Safe Kids Coalition, annually selects one local elementary school to implement the Cover All Heads Program.

The program provides each student with a helmet fit test and teaches them about the

benefit of a properly fitted helmet. The program then orders a properly fitted helmet for each student in the school.

When the helmets arrive, the Safe Kids Coalition returns to the school to distribute the helmets along with bike safety material and hosts a bike rodeo in the school parking lot.

Following the event, the school can continue to

support bike safety by enacting a principal mandate that all students must wear a helmet when riding their bike to school. Additionally, the school's PTA or parent group can purchase helmets for the next year, for the new kindergarten class through Safe Kids at cost to keep the program going in the school.



## FIGHT THE BITE!

NOTE FROM ENVIRONMENTAL HEALTH SERVICE AREA

This summer protect you and your family from West Nile Virus by preventing mosquito bites all together. Here are some tips to Fight the Bite!

### Prevent Mosquito Bites

- Use a non-aerosol bug spray or wipes. Always read directions before putting it on.
- Wear light colored clothing with long sleeves, pants, and socks.
- Mosquito-proof your home

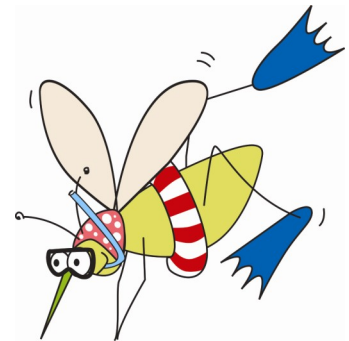
or tent. Repair tears in windows & door screens.

- Know peak mosquito hours. Limit time outdoors between dawn and dusk when mosquitoes are most likely to bite.
- Use mosquito netting. Use netting over infant carriers instead of bug spray.

### Reduce Mosquito Breeding Grounds

- Properly dispose of old tires.

- Dispose of tin cans, plastic containers, ceramic pots, and other water-holding containers.
- Make sure roof gutters drain properly.
- Change water in birdbaths, pet bowls, and wading pools at least twice a week.
- Turn over plastic wading pools, buckets and other objects that may collect water.



- Clean and chlorinate swimming pools.
- Drain water from pool covers.

## MENINGOCOCCAL VACCINE

NOTE FROM CLINICAL HEALTH SERVICE AREA

Summer months tend to fly by and before we know it school will be back in session. For all children returning to school it is important to review their immunizations to make sure they have all the recommended vaccines for the best protection against disease.

Not to be excluded are young adults. This summer, parents should encourage their older children to receive a meningococcal meningitis vaccine. This is especially important if they are going on to situations where they may be living in crowded conditions such as apartments, barracks, or dorms. Living in close

conditions can increase the risk of some diseases like meningitis because of how easily it can spread.

Meningitis is a serious infection of the lining surrounding the brain. Meningococcal meningitis is a specific type of meningitis that typically strikes young adults and is different than the type that babies are



vaccinated for. Most high school graduates have not received this vaccine.

Ask your health care about getting this vaccine which can significantly reduce the risk of developing this serious disease.

**COMMUNITY PARTNER SPOTLIGHT:  
CITY OF DAVENPORT**

**DISCOVER DAVENPORT-SUMMER KIDS PASS**

The City of Davenport is offering a summer time special that will help area kids discover Davenport and all the activities the city has to offer. The Discover Davenport Summer Kids Pass, a \$50 pass for kids 15 and under, gives kids unlimited access and free CitiBus rides to: the Putnam Museum, Figge Art Museum, QC River Bandits home games, Golfing at Red Hawk, City of Davenport Parks and Aquatic Centers, and

Davenport Public Libraries! The pass is good all summer long from Memorial Day through Labor Day.

Applications must be brought to Modern Woodmen Park for processing. Children must be present at application processing for identification photo. Applications may be picked up at: Davenport City Hall, Putnam Museum, Figge Art Museum, CitiBus Ground Transportation Center, Davenport Parks and Recreation

office, Davenport Schools, Davenport Public Libraries or the QC River Bandits office. You can also download and print the Summer Kids Pass flier from the link below and fill out the application on the back. For questions, call the QC River Bandits office at (563) 3-BANDIT, (563) 322-6348 or visit the City of Davenport's Web site at

[www.cityofdavenportiowa.com](http://www.cityofdavenportiowa.com)



**GET A CHECK-UP THIS SUMMER**

**NOTE FROM COMMUNITY RELATIONS,  
INFORMATION AND PLANNING SERVICES**

The Scott County Care for Kids Program would like to remind parents about the importance of regular medical, dental, and vision check-ups for their children. Routine check-ups with a regular provider in each of these areas provides complete care including prevention, education, and even early diagnosis of health problems.

Summer break happens to be an opportune time to get kids to the doctor, dentist, and eye doctor to complete these check-ups. Once school is back in session it can be more difficult to juggle your child's schedule and to get them in for these needed services. Additionally, a check-up in the summertime could mean that your child can start the year off right

with a clean bill of health, a fresh pair of glasses, and an up to date dental screening.

Need help finding a medical, dental or vision home for your child? Scott County Care for Kids can help families. Visit [www.scottcountyiowa.com/health](http://www.scottcountyiowa.com/health) for more information.



**SUN SCREEN MYTHS**

**COMMON CONFUSIONS:  
SETTING THE RECORD STRAIGHT**

**Myth**  
SPF 100 blocks 100% of suns harmful rays. This is false. A high SPF may get your attention but it does not necessarily offer better protection. In fact the difference between SPF 100 and 50 is small –not double the protection like people assume. In fact, SPF 100

blocks 99% of UVB, while SPF 50 blocks 98% and SPF 30 holds its own with 96.7%.  
**Fact**  
It's all about application! Skimp and you lose. To get the SPF advertised, you must use 1 ounce on your body. Imagine a shot glass full of sunscreen. Sunscreen should be applied 30

minutes before sun exposure to allow the ingredients to fully bind to the skin. Reapplication of sunscreen is just as important as putting it on in the first place, so reapply the same amount every two hours. Sunscreen should be reapplied immediately after swimming, towelng off, or sweating a great deal.



**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](mailto:health@scottcountyiowa.com)

Web site: [www.scottcountyiowa.com/health](http://www.scottcountyiowa.com/health)

## MARK YOUR CALENDAR!

- Monday July 5, 2010; Scott County Offices Closed for observance of Independence Day
- Thursday, August 19, 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*

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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.



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**Public Health**  
Prevent. Promote. Protect.