



PUBLIC HEALTH CONNECTION

JANUARY/FEBRUARY 2011

Make Public Health a Priority in the New Year. Go Smoke Free!

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Does your New Year's resolution include making a healthful change? Consider starting in your home by making it smoke-free. Smoking inside your home causes secondhand smoke (SHS) to spread from room to room. Toxic chemicals in SHS cling to rugs, curtains, clothes and other materials and can remain in a room for months. By not smoking in your home, you can protect your family, friends and pets from the dangers of SHS.

What about if you live in an apartment? The impacts of smoking are present in multi-unit housing too. Tobacco smoke in one unit can move to other units and floors through air ducts, cracks in the walls and floors, elevator shafts and along plumbing and electrical lines. The use of fans or air filters does not keep SHS out of other units in a building.

The Scott County Health Department partners with the Tobacco-Free QC (TFQC) Coalition to promote the benefits of smoke-free policies for multi-unit buildings. Owners/managers of multi-unit buildings can choose to make their properties smoke-free and by doing so can decrease the

financial and safety costs to their property. It will also help to ensure that they provide a safe and healthy home for their renters.

The reasons for smoke-free multi-unit housing are increasing. They include:

- SHS in rental units affects millions of people.
- 80% of people do not smoke. Smoke-free homes are the norm, not the exception.
- SHS creates large cleaning costs for property owners.

The TFQC has started to work with multi-unit housing owners/managers to provide information on the benefits of smoke-free housing. The TFQC has created a brochure that addresses smoke-free housing issues, including secondhand smoke, the costs of allowing smoking in multi-unit buildings, and why owners/managers should adopt smoke-free policies. Further assistance

is available from the TFQC for multi-unit housing owners/managers in changing their smoking policy. TFQC members can guide owners/managers through the process of changing their smoking policy, from surveying their renters about their current policy to drafting changes to their lease.

If you are a renter looking for an apartment, consider asking the owner/manager the following questions: what is the smoking policy for the property? Is smoking allowed? Is a smoke-free building available? Call multiple properties to find one that is smoke-free.

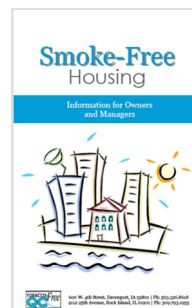
The following are websites with additional information on smoke-free housing:

www.mnsmokefreehousing.org

www.smokefreewashington.com

www.mismokefreeapartments.org

For more information on the TFQC's smoke-free housing efforts or for a copy of the TFQC's *Smoke-Free Housing* brochure, visit www.tobaccofreeqc.com or call (563) 326-8618.



BE PREPARED FOR THE UNEXPECTED

NOTE FROM PUBLIC HEALTH SAFETY SERVICE AREA

Bitter cold temperatures, snowy streets, icy sidewalks, and overall blizzard like conditions...some may say it's just another winter day in the Midwest! Living in the Midwest, we may expect such winter conditions, however, we may not be prepared for them. In 2011, make it a priority to be prepared for the hazards that come with winter weather.

Traveling in snowy weather is often not recommended. If

you must travel, it is important that you have a winter road emergency supply kit along. The following items are important to include:

- Jumper cables to restart engine.
- Cat litter or sand for tire traction.
- Shovel to scrape snow away from tires.
- Ice scraper to clear windshield.
- Blankets, boots and extra winter clothing

- Flashlights and extra batteries.
- First aid kit and necessary medications in case you are stranded on the road.
- Energy bars or other non-perishable food items.
- Enough water for each person in your car and any pets.
- Cell phone and a back-up power source.
- Matches or a lighter.

Travel safe this winter.



Courtesy of www.wsdot.wa.gov/winter/emergencykit.htm

FOOD SAFETY IN YOUR KITCHEN

NOTE FROM ENVIRONMENTAL HEALTH SERVICE AREA

In 2011, protect your family from foodborne illnesses. A great place to start is in your own kitchen. Food safety in your home kitchen is just as important as food safety in restaurant kitchens. In fact, as much as 60% of foodborne illness may be from home kitchens.

People get sick when they eat food that contains germs.

Foodborne illnesses are most dangerous for children, the elderly and people with

weakened immune systems.

To protect yourself and your family against foodborne illnesses follow these steps:

- **Wash Your Hands**
Washing hands with warm water and soap gets rid of the germs on your hands that can get into food and make people sick.
- **Separate**
To prevent cross contamination, separate raw meat from ready to eat foods. If not separated, germs from

raw or unclean foods can get onto other foods before eating.

• Cook

Foods should be cooked or reheated to the proper temperature to kill any germs that could cause illness.

• Chill

Refrigerate or freeze foods promptly.

Visit our Web site for more details about these food safety tips.

GET UP-TO-DATE

NOTE FROM CLINICAL HEALTH SERVICE AREA

Immunizations can play an important role in keeping your family healthy. Make 2011 the year that you and your family get up-to-date.

Some immunizations become less effective over time, so it is important to occasionally review your records and consult your doctor to determine if additional vaccines are

needed. Take advantage of opportunities throughout the year to get your family up-to-date with their shots.

Doctor's Appointments

Whether it is an annual physical or a sick visit, any time you are at the doctor's office is a good opportunity to get up-to-date. Ask your doctor or nurse to review your

immunization record and to make recommendations.

Back-to-School

Getting the kids ready to go back to school is a great reminder to look at those immunization records. Your child's school nurse can be a great resource in finding answers to your immunization questions.



**Make
public
health a
priority in
2011 !**

CENTER FOR ALCOHOL AND DRUG SERVICES, INC

COMMUNITY PARTNER SPOTLIGHT: CENTER FOR ALCOHOL AND DRUG SERVICES, INC.

The Center for Alcohol & Drug Services, Inc. (CADS) is a non profit organization established to provide quality substance abuse education, prevention, assessment, treatment and referral services. These services are for individuals, groups and organizations in eastern Iowa and western Illinois. They are funded through a combination of private and public funds, as well as client fees.

CADS offers a variety of substance abuse services focused on support, care, and treatment designed to meet the needs of families and individuals of all age groups in the community. CADS prides itself for staying on the cutting edge of methods for personal change supported by peer-reviewed research.

The new year is a great time to make positive changes in your life and to encourage

and support your friends and family members to do the same. For over thirty years, CADS has been helping people rediscover the best in themselves and their relationships. For more information about CADS, visit www.cads-ia.com or call 563-326-1150. Services are provided throughout the Quad Cities at 7 different locations.



IMPROVE YOUR FAMILY'S DENTAL HEALTH

NOTE FROM COMMUNITY RELATIONS, INFORMATION AND PLANNING SERVICES

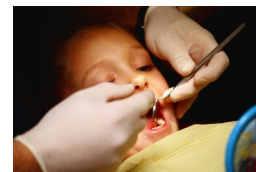
It is the beginning of a new year: what a great time to make sure your family's dental health is the best it can be! The first stop on the road to healthy teeth and gums is the dental office. A regular check-up by a dentist provides complete care that can include prevention, education, treatment and emergency services. Having a dentist that you regularly

see for these services means you have a dental home!

Everyone in your family should have a dental home. Children should start seeing a dentist by their first birthday.

Need help finding a dental home? The Scott County I-Smile™ Coordinator is available to assist families living in Scott County who

need help finding a dental home. The I-Smile™ Coordinator maintains a list of providers who accept Medicaid and *hawk-i* insurance and those accepting new patients. Call the Scott County I-Smile™ Coordinator at 563.326.8645 or visit www.scottcountyiowa.com/health.



February is National Children's Dental Health Month and is recognized locally during Give Kids a Smile Day. On Friday, February 4th, area families with children in dental need, can seek care at this event. Call Chris Allers at 309-736-6650 for details.

WASH YOUR HANDS!

COMMON CONFUSIONS: SETTING THE RECORD STRAIGHT

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! Eighty percent of 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 and wrists.
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 at least 60% alcohol may be used when soap and water are not available.



Use soap and warm running water when available

SCOTT COUNTY HEALTH DEPARTMENT

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Web site: www.scottcountyiowa.com/health

MARK YOUR CALENDAR!

- Martin Luther King Day, January 17, 2011. *County offices will be closed*
- Scott County Board of Health Meeting
Thursday, January 20, 2011; 12:00-1:00 p.m.
Open to the Public. Location: Scott County Administrative Center, Board Room-1st Floor
- Scott County Board of Health Meeting
Thursday, February 17, 2011; 12:00-1:00 p.m.
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.