



PUBLIC HEALTH CONNECTION

JULY AND AUGUST 2011

It's Summer, make it a "green" one!

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It's summer, so get in a "green" state of mind! Begin making small adjustments to your daily routine that will reduce our impact on the earth. Summer is a great time to start because summer months are notorious for poor air quality, more than any other time during the year. Why? Well, it has to do with the summer heat and how ozone is formed.

Ozone is "good" or "bad" depending on its location in the atmosphere. In the upper atmosphere, "good" ozone is produced naturally and protects us from UV radiation. At ground level, "bad" ozone is a harmful air pollutant. Ground level ozone peaks on hot summer days because of a chemical reaction between nitrogen oxides and volatile organic compounds (VOCs) in the presence of sunlight.

Air quality is an important factor in the overall health of our community and we can each do our part by working to reduce ozone at home, on the road and at work.

At Home

- **Increase the temperature of your air conditioner by 2 to 5 degrees.** This can

Recipe for Ozone

Ingredients



Volatile Organic Compounds (VOCs)

Nitrogen Oxide (NOx)



Sunlight

Steps:

Combine first two ingredients by releasing them into the air. Heat and cook ingredients using sunlight and high temperatures. Ozone

save you 10% in cooling costs and will be more energy efficient.

- **Mow your lawn less often and avoid mowing during hot and sunny conditions.** This reduces the nitrogen oxide (NOx) emissions that are put into the air.
- **Choose cleaning products that are natural or certified "green" to reduce the VOCs you put into the air.**

- **Instead of idling in the fast food drive-thru, park your vehicle and go inside.**
- **Keep your vehicle's air conditioner in good working order and/or open your windows and use your car's air conditioning less.** Leaky air conditioners in cars are the single greatest source of chlorofluorocarbons (CFCs), a greenhouse gas.

At Work

- **Take a lunch to work or carpool or walk to get your lunch.**
- **Turn off lights and computers when you leave to reduce energy waste.**
- **Purchase recycled paper or other office supplies.**
- **Purchase goods locally to reduce emissions in transporting materials.**

On the Road

- **Refuel cars and trucks after dusk** to reduce the amount of NOx evaporating into the air.
- **Tune-up your car, replace air filters and keep tires properly inflated.** This can decrease your vehicle's fuel demand.

KEEP CHILDREN SAFE THIS SUMMER

NOTE FROM PUBLIC HEALTH SAFETY SERVICE AREA

Keep Your Children **S.A.F.E.**

Place this list in a prominent area of your home for quick reference before your children head out the door for the playground:

- **Supervision is present, but ropes and strings are not.** Adult presence is needed to watch for potential hazards, observe, intercede and facilitate play when necessary. Strings on clothing or ropes used for play can cause accidental strangulation if caught on equipment.
- **All children play on age-appropriate equipment.** Preschoolers, ages 2-5, and children ages 5-12, are developmentally different and need different equipment located in separate areas.
- **Falls to surface are cushioned.** Nearly 70% of all playground injuries are related to falls to the surface. Acceptable surfaces include hardwood fiber/mulch, pea gravel, sand and synthetic materials such as poured-in-place, rubber mats or tiles. Playground surfaces should not be concrete, asphalt, grass, blacktop, packed dirt or rocks.
- **Equipment is safe.** Check to make sure the equipment is anchored safely in the ground, and all equipment pieces are in good working order.



LEAD—OUTDOOR CONTAMINANTS

NOTE FROM ENVIRONMENTAL HEALTH SERVICE AREA

As school is out for the summer and the weather gets warmer, the sound of children playing outside again can be heard throughout our neighborhoods. The Scott County Health Department would like to remind families to be aware of potential outdoor lead contaminants and to get their children tested for lead.

Childhood lead poisoning is a

serious health concern, especially for children under the age of six. In Iowa, 1 in 14 children are lead poisoned. Lead is a heavy metal that naturally occurs in the Earth's soil and air. Lead may be found in outdoor areas including:

- Peeling or chipping lead paint found on window seals, porches, and other painted surfaces of older homes and buildings.
- Dirt or sandboxes near older homes and buildings or where one has been torn down.
- Dust from lead-based paint that is being sanded, scraped, or removed with a heat gun during home improvement.

Children are at particular risk because they are lower to the ground and are more likely to

place their hands and other objects in their mouths. When lead is absorbed, it is carried through the body by blood and is taken to the body's soft tissues and bones, where it is stored, sometimes for years. If you would like to learn more about lead poisoning or have your child tested for lead, please contact the Scott County Health Department at 563-326-8618.

ADD IMMUNIZATIONS TO YOUR LIST

NOTE FROM CLINICAL HEALTH SERVICE AREA

It is time to start thinking about those back to school lists! This year, consider adding immunizations. Immunizations play an important role in preventing illness and keeping kids in school. Focus on both required and recommended immunizations.

Iowa requires immunizations for students entering kindergarten and those

enrolled in preschool or daycare centers who do not have a medical or religious waiver. In Iowa, a second Varicella (chicken pox) vaccine, a fifth dose of DTaP (Diphtheria, Tetanus, and acellular Pertussis), and a fourth dose of Polio are now required for children born on or after September 15, 2003. For children enrolled in a preschool or daycare center,

Pneumococcal vaccine (Prevnar) is now required.

Recommended vaccines are not required for school enrollment but give added protection against certain illnesses. Immunity from some childhood vaccines can decrease over time. An extra dose as a pre-teen may be needed for the best protection. Ask your doctor about these recommended

vaccines:

- Tdap (Tetanus, diphtheria, acellular Pertussis)
- MCV4 (meningitis)
- HPV (Human Papilloma Virus)
- Varicella
- Influenza



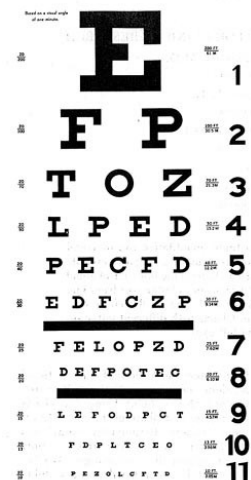
SEE CLEARLY TO LEARN

COMMUNITY PARTNER SPOTLIGHT: SEE CLEARLY TO LEARN

The See Clearly to Learn Program is a project of the See Life Clearly Foundation and seeks to provide comprehensive eye exams, glasses, and follow-up care for one year, to children free of charge. The See Clearly to Learn Program was launched in Scott County during the 2010-2011 school year. Dr. Amir Arbisser and fellow eye doctors at Eye Surgeons Associates provided free comprehensive eye exams to 420 third grade students enrolled in Scott County

schools. Of these 420 third graders, 202 demonstrated a need for eyeglasses. These children were prescribed, and received free eye glasses. The See Clearly to Learn Program also assesses any effects that improved vision has on the child including improvements in behavior, attention span, and math and reading scores. Improvements in math and reading scores are evaluated by comparing students' Iowa Test of Basic Skills scores prior to receiving glasses and again after receiving glasses.

Previous See Clearly to Learn projects have revealed an average 20.5% improvement in scores after receiving glasses, which is an increase of 1 year and 7 months academic achievement.



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 for more information or call 563-328-4114.



COMMON CONFUSIONS ABOUT DEET

COMMON CONFUSIONS: SETTING THE RECORD STRAIGHT

DEET is an insecticide.

FALSE

DEET is the active ingredient in most insect repellents available in the United States that are applied to the skin, however, it is not an insecticide. DEET works by disrupting the sensors that mosquitoes use to find you. DEET is an insect repellent, it does not kill

mosquitoes like an insecticide.

DEET is unsafe

FALSE

Many studies have been conducted regarding the health-effects of contact with DEET for human exposure. The results show there are no unreasonable adverse effects to people or the environment

with the normal use of DEET products as directed by the label.

There are alternatives to DEET

TRUE

The CDC and the EPA have investigated non-DEET mosquito repellents. Their recommendation is a repellent which uses Oil of

Lemon Eucalyptus, also called PMD.



SCOTT COUNTY HEALTH DEPARTMENT

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MARK YOUR CALENDAR!

- *Independence Day*
Monday, July 4, 2011
Scott County Offices Closed
- Scott County Board of Health Meeting
Thursday, August 18, 2011; 12:00-1:00 p.m.
Open to the Public. Location: Scott County
Emergency Communications Center, 1100 E. 46th
Street, Davenport

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.