

# PUBLIC HEALTH CONNECTION



## Summer Fun + Safety

There's lots of fun to be won in the summer sun, but don't miss a beat—make sure to beat summer foes and heat!



**Water Safety** Water-related activities can be lots of fun and often keep kids and families physically active, providing lots of health benefits. Make sure to stay healthy in the water: stay out if you are sick; shower before you get in the water; don't pee or poop in the water; don't swallow the water.



**Protect Against Sun and Heat** While it makes for the perfect time to swim and be outside, the summer heat can be dangerous if children or adults get too warm. Never leave children or pets in a parked car, even with windows open. Dress infants and kids in loose, lightweight clothes. Schedule outdoor activities carefully, in the morning or evening. To stay safe from the sun, cover up against UV rays! Also, use sunscreen with at least SPF 15 and UVA and UVB protection every time you or your child goes outside.



**Keep Mosquitos and Ticks Away** Protect yourself and your family by preventing bites and diseases, like West Nile virus and Lyme disease: Use a bug spray while playing outdoors; dump out standing water; and check yourself and your kids for ticks.



**Stay Safe from Injuries** Watch young children at all times around areas where they can fall, such as stairs and playground equipment. Make sure that the ground under playground equipment is safe, soft, and well-kept.



**Enjoy Safe Food** Warm temperatures make it very important to keep food safe to serve. When bringing food to a cookout, use an insulated cooler with ice or gel packs. Always use a fresh, clean plate for serving food after it is cooked on the grill. Never leave food sitting out for more than two hours (one hour if the temperature is above 90 degrees). Serve warm food warm and cold food cold.

Learn more! <http://www.cdc.gov/family/kids/summer/>



### OUR MISSION:

The Scott County Health Department promotes, protects, and preserves health through leadership, services, education, and partnerships.

### OUR VISION:

Scott County—  
A safe and healthy  
community.



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

## SPECIAL EVENTS

- *Scott County Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00 PM, Thursday, June 16, 2016.*

## Links

Centers for Disease Control and Prevention (CDC)

Preparedness Kit:

<http://www.bt.cdc.gov/preparedness/kit/disasters/>

National Oceanic and Atmospheric Administration (NOAA)  
Weather Radio for All Hazards:

<http://www.nws.noaa.gov/nwr/>

Subscribe to public health alerts from CDC:

<http://www.bt.cdc.gov/socialmedia/index.asp>

National Fresh Fruits and Vegetable Month:

<https://healthymeals.nal.usda.gov/features-month/june/national-fresh-fruit-and-vegetable-month>

National Food Safety Education Month:

<http://www.foodsafetymonth.com/>

Food Rescue Partnership:

[http://www.scottcountyiowa.com/health/community\\_transformation.php](http://www.scottcountyiowa.com/health/community_transformation.php)

## Injury Prevention

Falls are one of the leading causes of injury related deaths for adults age 65 and older according to the National Safety Council (NSC). However, falls in the elderly are not directly caused by aging and are preventable if proper steps are taken. Some of the leading causes of falls in the elderly are: medications that cause dizziness, loose rugs, improper foot wear, clutter, and muscle weakness.



Studies have shown that adding an exercise regimen of Tai Chi can greatly decrease muscle weakness associated with aging, increases balance and stability, all while being low impact and low stress on the joints of the ankles and knees.

Some steps to decrease falls around the home include:

- Removing clutter, small furniture, pet gear, electrical cords, throw rugs, and anything else that might cause someone to trip
- Securing carpets to the floor
- Use of non-slip adhesive strips on stairs

## 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

Email: [health@scottcountyiowa.com](mailto:health@scottcountyiowa.com)

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



If you would like to receive this newsletter electronically, please subscribe to the Public Health Connection at [www.scottcountyiowa.com/health/connection](http://www.scottcountyiowa.com/health/connection) or email [health@scottcountyiowa.com](mailto:health@scottcountyiowa.com) or call 563-326-8618.

