

PUBLIC HEALTH CONNECTION



National Preparedness Month

September's Focus

September is recognized as National Preparedness Month; this month serves as a reminder to the public that everyone must take responsibility to prepare, not only now but throughout the entire year, for emergencies that occur where we work, where we live, and where we visit. Some of the key areas that can be focused on during this time are:

Individual Preparedness- <http://emergency.cdc.gov/preparedness/plan/index.asp>

Youth Preparedness- www.Ready.gov/kids

Family Emergency Communications- <https://www.ready.gov/make-a-plan>

Preparing for Pets

Taking steps to protect and care for family pets is an important aspect of personal preparedness that is often overlooked. Developing an emergency plan for your animals is just as important as creating your own. Many people do not know where the closest animal shelter is that will house pets during an emergency until you are able to retrieve them, or that most Red Cross shelters will not allow companion pets into a family shelter. Knowing where your pets can be housed prior to an emergency is a simple step towards ensuring their safety. Other quick steps that can be taken at home are:

- Making an emergency kit:
 - Manual can opener
 - Food dishes
 - Medications
 - Current pictures of your pets
 - Pet food
 - Bottled water
 - First aid kit
 - List of pet friendly shelters

For a full list of preparedness steps for pets, visit <https://www.ready.gov/animals>.



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.



SPECIAL EVENTS

- *Scott County Health Department will be closed Monday, September 5, 2016 in observation of Labor Day.*
- *Scott County Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00 PM, Thursday, September 18, 2015.*

Links

Centers for Disease Control and Prevention (CDC):

<http://emergency.cdc.gov/preparedness/plan/index.asp>

Preparedness Month:

www.Ready.gov/kids

<https://www.ready.gov/make-a-plan>

<https://www.ready.gov/animals>

File of Life

You wake groggy one morning and you can't seem to get the sleep out of your eyes. In attempting to throw your legs over the side of the bed, you notice your left leg seems weak. Trying to use your arms to brace yourself to stand up, you end up tumbling to the floor and realize your left arm is weak too. You try to stand up. You can't. You've had a stroke. You're alone, but luckily your phone is on your nightstand. You feebly make it there and dial 911. While you're not able to clearly communicate your emergency because of slurred speech, the dispatcher recognizes you need help and sends paramedics to your address.

The paramedics arrive and find you on the floor in your bedroom; you're able to point to the dresser where you placed your wallet last night. In it they find a red plastic pouch with all of your health information. They see that you're on blood pressure medication and have no allergies. This information is critical to your care. It is relayed to the hospital where the emergency department staff is waiting for you and allows the paramedics to start your treatment safely.

This little red plastic pouch with your health information, called the File of Life, equipped the paramedics and emergency department staff with critical information to treat you quickly and safely. File of Life cards are available throughout Scott County in places like the Bettendorf Library, UnityPoint-Trinity, Genesis, Milestones Area Agency on Aging and Main and Locust Pharmacy. Pick one up today. It just may save your life!

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