

# PUBLIC HEALTH CONNECTION



## Fight the Flu. Get the Flu Shot.

Influenza or “flu” is a viral, respiratory illness that infects the nose, throat, and lungs. It is easily spread to others through coughing, sneezing, and touch. The flu virus may cause a mild to severe illness, and at times can lead to death. Some people are at greater risk for severe flu illness. Young children, pregnant women, people over age 65, and people with chronic health conditions like asthma, diabetes, and heart or lung diseases are at greater risk. The Centers for Disease Control and Prevention (CDC) suggest three actions you can take to protect yourself and the people around you from the flu: 1) Take time to get a flu vaccine. 2) Take actions every day to help stop the spread of germs, like handwashing, covering your cough, and staying home when you are sick. 3) Be sure to take antiviral medicines if your doctor prescribes them.

### Vaccines are for Everyone

People of all ages need to think about vaccines. The best way to prevent the flu is by getting a flu shot each year. Because the viruses that cause the flu can be different from year to year, the formula is changed to protect against viruses expected in the coming flu season. Most people ages 6 months and older, can get an annual flu vaccine.

### Get Your Flu Shot

It is best to talk with your primary doctor about flu shots, but there may be other options depending on your age, employer, and health plan. Many pharmacies offer discounts or can bill insurance for flu shots. Some children may be eligible to get the vaccine at their local health department’s clinic or through the *Flu Free Quad Cities* initiative that provides free flu vaccines to elementary school children. Learn more at: <http://www.genesishealth.com/>

Need help finding where to get a flu shot? There is a map for that!

Find the nearest place to get a flu vaccine at <http://flushot.healthmap.org>.

### 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 Board of Health Meeting,  
Scott County Administrative Center,  
1st Floor Boardroom, 12:00 PM,  
Thursday, October 20, 2016*



## Links

National Dental Hygiene Month: Have you done your "Daily 4"?

<http://www.adha.org/ndhm-2016-start-the-conversation>

Centers for Disease Control and Prevention (CDC):

<http://www.cdc.gov/rabies/>

<http://www.cdc.gov/rabies/bats/contact/index.html>

Iowa Department of Public Health (IDPH):

<http://www.idph.state.ia.us/Rabies/Public.aspx>

Scott County Health Department (SCHD):

<http://www.scottcountyiowa.com/health/animal-bites-rabies>

Humane Society of Scott County:

<http://hsscottcounty.com/http://www.hssc.us/>

Humane Society

[http://www.humanesociety.org/animals/bats/tips/bat\\_in\\_house\\_humane\\_removal.html](http://www.humanesociety.org/animals/bats/tips/bat_in_house_humane_removal.html)

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## Rabies: What You Need To Know

**Rabies prevention:** Teach your children to stay away from unfamiliar animals. Even animals that look friendly may bite. Do not try to help injured animals. Instead call Animal Control. Enjoy wildlife from a safe distance. Do not try to feed, catch or play with unknown animals. Make sure your pet has a current rabies vaccination.



**What to do if you are bitten:** Clean the bite wound immediately with soap and water. Report the bite to Animal Control or law enforcement. Give the officer a description of the animal. Who does it belong to? Was it a stray? Animal bites and cat scratches frequently become infected. Call your doctor and seek medical care immediately.

**About bats:** Bats can carry rabies. If you awaken to find a bat in the room, you may be at risk. Report the incident as indicated above.



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