

# PUBLIC HEALTH CONNECTION



## Mental Health/Self Care

### Mental Wellness

Mental health, like physical health, is subject to change during our lifetime. It is important to seek help if you are experiencing a change in your mental health. With all the uncertainty caused by COVID-19, many people are experiencing added stress and anxiety.

It is important to stay connected to others, despite social distancing. Keeping your routines as stable as possible and getting enough rest will help you maintain your focus and your health. Take a break from the news and social media and practice positive thinking, meditation, and deep breathing, which can help relieve stress and anxiety.

Stay away from drugs and alcohol to cope with your stress and eat foods rich in nutrients that fuel your body, like proteins, fruits and vegetables. It is important to move and physical exercise helps to stabilize your mood and energy level.

### No One Should Go it Alone

People need people and we are here to help each other during times of trouble. There are trained people available to help you cope during times of crisis or to help you work through fear and anxiety. The help available ranges from face to face, telehealth conversations, phone counseling and many online resources. Sometimes the worst pain can't be seen, but needs to be heard. Start talking to others to help restore your mental health. The resources available are better than ever and here are just a few to consider: COVID Recovery, Your Life Iowa, Genesis Behavioral Health, UnityPoint Health Robert Young Center, and Vera French Mental Health Center. There are services for both adults and children, so take the time to make the call.



### 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.

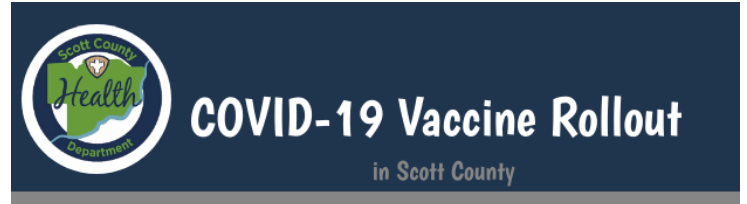


## SPECIAL EVENTS

- *SCHD will be closed Monday, January 18, 2021 in observation of Martin Luther King, Jr. Day.*

## Links

- [Your Life Iowa Support](#)
- [COVID Mental Health Resources](#)
- [IDPH COVID-19 Vaccine Information](#)
- [SCHD COVID-19 Vaccine](#)



### \* Now \*

- 1a** Healthcare workers  
Long-term care residents

Likely through January 2021

### Next \*

- 1b** Persons 75 years and older  
Frontline essential workers  
(to still be defined\*\*)

### After That \*

- 1c** Persons 65-74 years of age  
Persons w/ high-risk medical conditions  
Other essential workers

#### \*Federal priorities at this time

\*\*Iowa's Infectious Disease Advisory Council will define these groups more in the upcoming weeks.\*\*

Learn more before it's your turn: [scottcountyiowa.gov/health/covid19/vaccine](http://scottcountyiowa.gov/health/covid19/vaccine)

## COVID-19 Vaccine

### Vaccination Begins

Small amounts of vaccine have arrived in Scott County. The first wave of health care providers and long term care residents have or will receive their vaccines soon. Because Scott County is rich with a large community of health care providers, this phase may take longer to complete than surrounding counties. Once those in the first phase have been vaccinated, the next group may begin according to guidance from the Iowa Department of Public Health. Patience is much appreciated!



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.gov](mailto:health@scottcountyiowa.gov)  
Website: [www.scottcountyiowa.gov/health](http://www.scottcountyiowa.gov/health)  
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