

PUBLIC HEALTH CONNECTION



Great American Smokeout

Tobacco is the leading preventable cause of illness and death for Iowans. According to the Centers for Disease Control and Prevention (CDC, 2021), cigarette smoking is responsible for more than 480,000 deaths per year in the United States; 5,100 of those occur in Iowa (Iowa Department of Public Health, 2021). The Great American Smokeout is a celebration held every year on the third Thursday in November. It offers tobacco users the opportunity to join with others across the country in taking the first step towards a healthier tobacco-free life. Quitting offers health benefits that start right away and continue for years. For more information on the Great American Smokeout, visit: <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html>.

Free Cessation Programs in Iowa

Quitline Iowa and My Life My Quit are two free tobacco cessation programs offered to Iowans looking for quitting support. Quitline Iowa is available for adults and can be accessed by phone at 1-800-QUIT-NOW or online at <https://www.quitlineiowa.org/en-US/>. My Life My Quit is a program designed specifically for teen and young adults who are looking to quit. Text "Start My Quit" to 36072 to get started.

New Website Released for Tobacco-Free Quad Cities (TFQC)

The TFQC Coalition just released a new and improved website. Check it out at <https://tobaccofreeqc.org> to learn more about the coalition's work focused on lessening the impact of tobacco and nicotine use on both sides of the river, and for additional tobacco resource information.



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, November 18, 2021*
- *The SCHD will be closed on: November 11, 2021 (Veteran's Day) November 25 -26, 2021 (Thanksgiving)*

Links

- Tobacco Free QC Website: <https://www.tobaccofreeqc.org/>
- CDC's Guide for Quitting Smoking: <https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/guide/index.html>
- CDC Influenza (Flu) Resources: <https://www.cdc.gov/flu/>

Flu Prevention

As we try and navigate the 2021-2022 flu season, we are reminded once again that the flu still exists. Last season we saw very little flu activity despite an increase in testing. The CDC attributes lower flu activity in the 2020-2021 season to many of the COVID-19 measures that were in place including wearing face masks, staying home, hand washing, school closures, reduced travel, increased ventilation of indoor spaces, and physical distancing. In addition, an increase in flu vaccination rates may have contributed to reduced flu illness during the 2020–2021 season.

Despite having lower flu activity last season, we must remain diligent in our fight against the flu this season. The flu is not going away! It is very likely that the flu and COVID-19 will be circulating at the same time leading to more serious illness, hospitalizations, and deaths. A vaccine is the best form of protection against the flu and is recommended for those 6 months of age and older. Protecting yourself helps protect others in your family and in the community. The flu can be especially dangerous for some people, including infants and young children, those 65 years and older, pregnant women, and those with certain health conditions or weakened immune systems. It is not too late to get your seasonal flu vaccine! Also, take steps to keep yourself and others healthy by washing your hands, covering your cough and sneezes, and staying home when sick.



Scott County Health Department
Scott County Administrative Center, 4th Floor
600 West 4th Street Davenport, Iowa 52801-1003
Phone: 563-326-8618 | Fax: 563-326-8774
Email: health@scottcountyiowa.gov
Website: www.scottcountyiowa.gov/health
Follow us on: [Facebook](#) | [Twitter](#) | [Instagram](#) | [Pinterest](#)



To receive this newsletter electronically, please subscribe at www.scottcountyiowa.gov/health/connection or email health@scottcountyiowa.gov or call 563-326-8618.

