

# PUBLIC HEALTH CONNECTION



## Swimming Safety

### Pool Inspections by Scott County Health Department

The Scott County Health Department annually inspects all public pools in Scott, Clinton, and Jackson Counties in Iowa, including outdoor pools prior to opening for the season. Inspectors check for safety and sanitation requirements of the Iowa Pool and Spa Rules. Lifesaving equipment, safety signs, emergency action plans, and chemical safety are some of the things that are inspected, in addition, testing records are reviewed for chlorine and pH measurements. Pool operators have lots of responsibilities to keep their pools and spas safe.

### Safe Practices for Swimmers

Swimmers can also do much to help keep pools and spas safe. Above all, stay home if you are sick! If you have had diarrhea, stay out of the water so you do not share your germs with other swimmers. Yes, chlorine kills germs, but some that cause diarrhea are resistant to chlorine at levels in swimming pools. It is a good idea to shower before swimming. Ever wonder why? Showering minimizes the amount of sweat, urine and fecal matter that people add to the water. These, along with personal care products like lotions and hair products, make it harder for the chlorine in the pool to kill germs.

### Parents and Caregivers: Watch Your Children Closely

Practice good water safety. Read the signs and follow the rules. They are there to protect you and prevent accidents.

Drowning is the leading cause of death by unintentional injury in children between the ages of 1 and 5. Drowning can happen quickly, quietly and without the person showing signs of distress.

Closely supervise all young children and non-swimmers even when lifeguards are present. Keep children under the age of 5 within arm's reach whenever in or around the water.



### 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, May 19, 2022.*
- *SCHD will be closed Monday, May 30, 2022 in observation of Memorial Day.*

## Links

- **Healthy Swimming** <https://www.cdc.gov/healthywater/swimming/swimmers/rwi/diarrheal-illness.html>
- **Drowning Prevention** <https://idph.iowa.gov/swimmingpoolsandspas/prevention>

## Outdoor Food Safety—Guest Column

Cooking outdoors is similar to cooking indoors, except for the possible additional hazard of bird poop falling onto your deliciously cooked meats. Maybe consider avoiding undesirable contributions from our avian friends by performing any kind of food preparation while being enveloped in the wonderful cooling and safe embrace of an umbrella. Look at that!! One umbrella, and two problems of outdoor cooking solved, i.e., overhead protection from avian offloading, cutting down on the overly abundant summer sunshine, and no unnecessary stone related massacres necessary!

The more adventurous food enthusiast may consider taking their outdoor cooking to far off distances for the time-honored tradition known as a picnic. Remember, often when one finds themselves cooking in the wilderness, that almost no trees are equipped with power outlets for refrigeration. This little-known inconvenience means that while traveling, Grandma's perfect potato salad is best contained in a well-insulated cooler with ice. In general, all foods that should be kept cold, should be packed away and kept on ice. Keeping our foods cold will not only keep your lettuce crisp, but also our stomachs un-cramped from aggressive germs. Both potato salad, and chopped lettuce (or any chopped leafy green) need to be kept at a wonderfully enticing and safe temperature of 41 F or lower. Picnics are a fun time, but its always important to remember germs are the fun haters trying to crash any of our parties.

Speaking of germs, unlike our bird friends, it **IS** okay to want germs dead. The best way to kill germs while indulging in some outdoor food goodies is to make sure foods are cooked to high enough temperatures. Just like foods cooked inside, we want to make sure meats are cooked properly! Chicken should always be cooked to a blistering 165 F before we shovel them into our mouths. Other meats are made safe by cooking them until their inside's are at least 145 F. But wait!!! Food that is grinded should be cooked to 155 degrees F! If you find yourself outside cooking fish or seafood, it is okay to slather it in butter and add any seasoning of your choice, and cook it until it's a nice 145 degrees F.

Cooking outside is a good way to pull ourselves out of our winter doldrums. Surprisingly, cooking outside is very similar to cooking inside. After cooking, make sure to pack foods away nice, cold, and safe.



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