

# PUBLIC HEALTH CONNECTION



## Flu Prevention

### Flu Vaccination

Have you gotten your annual flu vaccine yet? This is the question many of us hear from the beginning of the flu season in September until the end of the season which can be as late as May or June! It's important to receive the annual flu vaccine as the virus strains the vaccine protects against change on a yearly basis. Try to receive your annual flu vaccine in September or October to ensure yourself the greatest protection from severe disease. And remember, how well the vaccine works is determined by how well the strains in the vaccine match the strains circulating in the community. Also, don't forget to get your COVID booster shot. You can find vaccine near you at [vaccines.gov](https://www.vaccines.gov).

### Wash Your Hands!

What else can you do besides vaccination to prevent the spread of the flu? The first and easiest thing you can do is to wash your hands! Proper handwashing involves a few simple steps: 1) Wet your hands with water. 2) Apply soap. 3) Rub hands together remembering the palms and backs of your hands, in between your fingers, and fingernails. 4) Scrub, scrub, scrub your hands for at least 20 seconds. 5) Rinse your hands with water. 6) Dry your hands with a clean towel.

The CDC shares that 1 in 5 respiratory infections, such as a cold or the flu, can be prevented by good handwashing! If you have a cough, cough into your elbow or a tissue and then wash your hands.

Try to avoid touching your eyes, nose, and mouth as germs are easily spread that way. Good cleaning and disinfecting practices help keep our environments healthy and safe from disease. If you're not feeling well, please stay home to prevent the spread of illness.



### 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 Emergency Communications Center, EOC Room, 12:00 PM, Thursday, October 19, 2023*

## Links

- [CDC: Influenza \(Flu\)](#)
- [CDC: COVID-19](#)
- [Vaccines.gov](#)
- [Care For Yourself Program](#) Learn about program services and eligibility
- [Breast Cancer Screenings](#) Screening recommendations and screening tests

# Care For Yourself Program

## Mammograms Save Lives

October is Breast Cancer Awareness month—a great reminder to schedule a breast cancer screening, such as a mammogram. Mammograms can help detect breast cancer early, sometimes up to three years before it can be felt. Breast cancer is usually easier to treat if it is detected early.

## Early Detection Program

The Iowa Care For Yourself Breast and Cervical Cancer Early Detection Program (BCCEDP) is an ongoing initiative to reduce deaths from breast and cervical cancer. Mammograms are available through the Care For Yourself program for eligible women aged 21-64 who meet the income requirements. If the tests received through the Care for Yourself program show breast cancer, local staff will help participants find treatment. For more information about the program, please call the Care For Yourself Program at Genesis Cancer Center at 563-421-3081.



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