



## CDC: Third wave of H1N1 disease possible

# What's Next With the Flu?

While the media spotlight has shifted off H1N1 flu in recent weeks, the virus continues to circulate throughout the United States. In addition, there are indications that regular seasonal flu viruses are now causing infections. The number of new flu cases diagnosed has dropped dramatically after peaking in late October 2009, but the federal government is warning Americans not to get complacent.

"Flu is unpredictable, and this flu season is far from over," said Kathleen Sebelius, the secretary of Health and Human Services. "We don't know whether there will be additional waves of flu illness."

In January, the Centers for Disease Control and Prevention (CDC) said that if H1N1 follows the pattern of past flu pandemics, people can expect a third wave of disease to sweep across the country, perhaps this spring.

"H1N1 is still circulating, it's still dangerous, and there are still lives to be saved," Sebelius said. "That's why it's so critical for everyone to get vaccinated."

To help reach those who have not yet been vaccinated against H1N1, the St. Charles County Department of Community Health and the Environment is offering free H1N1 vaccinations during regu-

lar immunization clinic hours. People who are interested in receiving the vaccine should call (636) 949-7400 to make an appointment.

"Everyone is now eligible to receive H1N1 vaccine, and there is a large supply available," said Gil Copley, director of the Department of Community Health and the Environment. "However, fewer than one in five Americans have gotten their shot. We want to do our part to change that in St. Charles County."

Flu season lasts until May, so Copley urged those who are still unprotected to get vaccinated soon. "You'll recall that H1N1 first appeared in the United States at the end of April last year, so this is an unpredictable virus," he added.

Copley also urged parents to make sure their children are fully immunized. "Children under ten need two doses of the H1N1 vaccine spaced about a month apart to develop enough antibodies to fight the virus. While it may seem like H1N1 isn't a threat anymore, now is not the time to let our guard down," he said.

For more information on the flu, visit [www.FightTheFluMO.com](http://www.FightTheFluMO.com) or [www.flu.gov](http://www.flu.gov). To locate the nearest vaccination clinic, call 1-877-358-4141.



Despite increases in supply and widespread availability of vaccine, fewer than one in five Americans have been vaccinated against the H1N1 virus.

## From the Director



Gil Copley

Are you looking for a pet? St. Charles County has a solution for you. Check out the many dogs and cats available for adoption from the St. Charles County Pet Adoption Center operated by the Division of Humane Services.

In November 1999, the then-new Pet Adoption Center opened as the home of the Department of Community Health, Division of Humane Services headquarters. The new facility was built on property located at 4850 Mid Rivers Mall Drive in Cottleville, directly across from the south entrance to St. Charles Community College. The location was no accident. The county wanted to build a facility that was centrally located and convenient to St. Charles County residents. This location would not only be convenient but would support the county's goal of developing an adoption program second to none in the area.

To continue reading this article, click on [From the Director](#)



# Take "Heart" on February 5

Heart disease is the number one killer of women. Each year, more than 315,000 women die of heart disease - more than stroke, lung cancer, breast cancer, and chronic lung disease combined. The "Heart Truth" is that one in four American women dies of heart disease. Research indicates that most women underestimate their personal risk and do not fully understand the devastating impact that heart disease can have on their lives and their families.

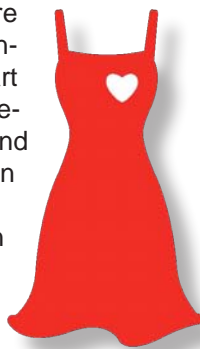
The Heart Truth is a national awareness campaign for women about heart disease sponsored by the [National Heart, Lung, and Blood Institute](#) (NHLBI), part of the National Institutes of Health. Through the campaign, NHLBI leads the nation in a landmark heart health awareness movement that is being embraced by millions who share the common goal of better heart health for all women.

The Heart Truth campaign, symbolized by the Red Dress, warns women about heart disease and provides tools to help them take action against its risk factors. It is primarily targeted to women ages 40 to 60, the time when a woman's risk of heart disease begins to increase. However, it's never too early - or too late - to take action to prevent and control risk factors since heart disease develops over time and can start at a young age, even in the teen years.

You can do a lot to reduce your risk of developing heart disease. Talk to your health care provider about your risk factors. Get physically active, and take up a program of moderate exercise. Follow a healthy eating plan by choosing foods low in saturated fat, trans fat, and cholesterol and moderate in total fat. Include lots of fruits and vegetables in your meals. If you have high blood pressure, cut down on salt. And if you drink alcoholic beverages, have no more than one a day. Finally, if you smoke, quit.

You can also do your part to raise awareness of this serious problems by taking part in National Wear Red Day® on Friday, February 5. People across America will unite in this life-saving awareness movement by showing off their favorite red dress, shirt, or tie, or by wearing a Red Dress Pin.

For more information on women and heart disease, visit [www.HeartTruth.gov](http://www.HeartTruth.gov). National Wear Red Day is a registered trademark of HHS and [AHA](#).



**THE**  
**heart**  
**TRUTH™**

## H1N1 Flu: A Teen's Story of Survival

*Author Luke Duvall is a 15-year-old high school student from Little Rock, Arkansas and a spokesperson for Every Child By Two, a flu vaccination advocacy group.*

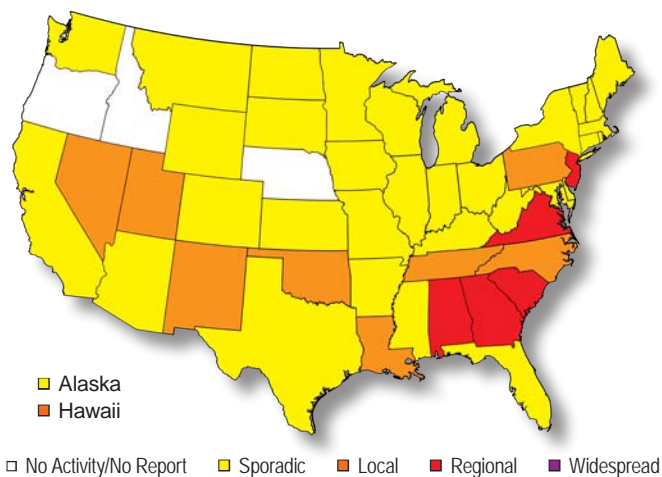
On October 4, I began showing some of the symptoms of H1N1. I didn't know then that I would soon be fighting for my life. On October 6, I was rushed to the ER due to shortness of breath. I couldn't catch my breath enough to even speak clearly. I was air lifted to Arkansas Children's hospital the next day and spent the next 17 days of my life on a ventilator battling to stay alive and another 17 relearning how to walk, eat, and drink again. I finally won my battle and returned home on November 10. I lost 36 pounds in my monthlong fight and half my sophomore football season. I was unable to attend school again until January 5. If I would have had the opportunity to get the vaccine, I would have taken it and gained all those things that I lost.

Getting vaccinated takes only seconds and can save you from all of these heartaches and troubles. My life, and the life of my family, has been changed forever. The vaccine would have prevented all of it. If you don't want to do it for yourself, do it for others because this doesn't just affect you, it affects whole towns and communities. Do it for them, do it for yourself, but by all means, just do it.

**FIGHT** Protect Yourself  
Protect Your Family  
Protect Your Community  
**THE FLU** [www.FightTheFluMO.com](http://www.FightTheFluMO.com)

## H1N1 Flu Update

CDC report for the week ending January 23, 2010.  
Follow [this link](#) for the latest map.



# Local Eateries Set "Gold" Standard for Food Safety

For the third consecutive year, the St. Charles County Department of Community Health and the Environment has recognized local food service establishments for raising the standard in the industry. The 24 Carrot Gold Food Safety Excellence Awards were recently presented to 13 local eateries that demonstrated excellence in food safety and sanitation, as well as successful employee education.

"2009 was a stellar year for showcasing the high level of food safety practiced in St. Charles County by all types of food service providers," said Pieter Sheehan, director of the Division of Environmental Health and Protection. "The honorees represent a broad cross-section of the food service industry in St. Charles County."

The 13 establishments honored were:

- Mannino's Market, 5205 Hwy. N, Cottleville
- Taco Bell/Kentucky Fried Chicken, 620 S. Fifth St., St. Charles
- Chipotle Mexican Grill, 112 Laura Key Dr., O'Fallon
- Wingstop, 8610 Mexico Rd, O'Fallon
- True Manufacturing, 2001 E. Terra Ln., O'Fallon
- Westhoff Elementary, 900 Homefield, O'Fallon
- Red Robin, 7821 Hwy. N, Dardenne Prairie
- T.G.I. Friday's, 2000 First Capitol Dr., St. Charles
- Lewis & Clark's Restaurant, 217 S. Main St., St. Charles
- Holt High School, 600 Campus Dr., Wentzville
- Ameristar Production Kitchen, 1260 S. Main St., St. Charles
- BC's Kitchen, 11 Meadows Circle Dr., Lake St. Louis
- P. Rosciglione Bakery, 2265 Bluestone Dr., St. Charles



"While every food service facility under our jurisdiction meets food safety requirements, these award winners exceed the standard," Sheehan noted. "One of the underlying themes in bestowing this recognition is the collaborative nature of food safety efforts - industry, consumers, and the health department working together to ensure the public's well-being. By achieving this honor, our recipients demonstrate their commitment to protecting the community's health."

An example of this commitment to improving the community is that many of those awarded this year are credited with distributing unused food supplies to area charitable organizations to minimize waste.

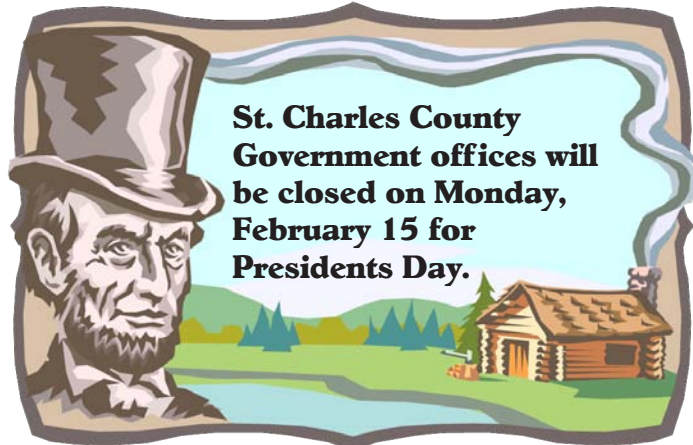
To be eligible for consideration, recipients of the 24 Carrot Gold Awards cannot have any critical violations in the last 12 months, and no more than six non-critical violations in the same time period. In addition, at least 90 percent of the food facility managers at the establishment must have valid food safety certification. The facility must also have a valid St. Charles County Food Establishment Permit and be in good standing with the Department of Community Health and the Environment.

**Haiti Earthquake Relief**

**American Red Cross**  
[www.redcross.org](http://www.redcross.org)

**Hope for Haiti Now**  
[www.hopeforhaitinow.org](http://www.hopeforhaitinow.org)

**U.S. Department of Health and Human Services**  
[www.hhs.gov/haiti](http://www.hhs.gov/haiti)



Helpful Phone Numbers	
Division of Public Health	WIC (636) 949-7402
Health Education (636) 949-7401	Recycle Works Central (636) 949-7900, ext. 4267
Vital Records (636) 949-7558	Recycle Works West (636) 949-7900, ext. 4271
Health/STD Clinic (636) 949-7401	Division of Humane Services
Division of Environmental Health and Protection (636) 949-1800	Pet Adoption Center (636) 949-7387
	Animal Control (636) 949-7347

# CDC Does Digital

## Podcasts deliver health information on the go

### Adapted from CDC

The Centers for Disease Control and Prevention (CDC) entered the world of podcasting in 2006, offering digital audio and video files designed to deliver health and safety information in a convenient format. The files can be downloaded from the [CDC website](#) and copied to your computer or to a mobile device like an iPod, Zune, or other portable player. You can also check out the podcasts right on the website, and sign up for podcast subscriptions to automatically stay updated on current health and safety issues.

Users can search for a specific topic, or browse a diverse group of health- and safety-related subjects. Topics in the library include information on flu vaccines, how to have a healthy pregnancy, and much more. New podcasts are frequently available, and some are in Spanish.

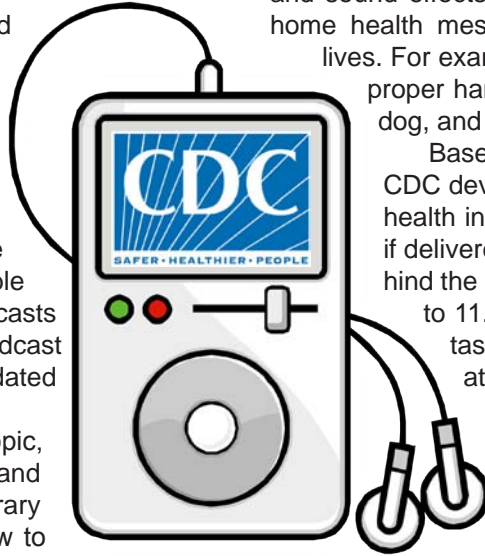
CDC podcasts target a broad audience, including health care professionals and the public. And the podcasts aren't just for adults. CDC Kidtastics is targeted to children ages 5 to 10. Launched last March, the series was created for kids by kids. Podcasts feature four children - Caydan, Karmen, Chris, and Kaya - known collectively as "The Kidtastics." CDC Kidtastics podcasts are kid-friendly, with fun music

and sound effects. Each Kidtastics podcast contains take home health messages that are applicable to children's lives. For example, children learn the steps involved in proper hand washing, the safe way to approach a dog, and how to be safe in the kitchen.

Based on health communication research, CDC developed Kidtastics based on the idea that health information would resonate most with kids if delivered by kids. The voices of the children behind the Kidtastics characters range in age from 6 to 11. Skyler, who plays the part of Kaya Kidtastic, says "I like doing it because kids pay attention to what I'm saying about health."

Radha (Karmen Kidtastic), another character host, drives home the point even further. "My favorite thing about being a voice on CDC Kidtastics is helping the other kids. I mean, couldn't telling kids to wash their hands or be careful with animals be a lifesaver for many? If people do what we tell them, they will stay healthy, and we won't spread diseases. I also learn things, myself; I love to educate kids in a fun way."

CDC encourages listeners to download and share these programs. The podcasts have been utilized as messaging in health clinics, workshops, and within schools. To subscribe to a CDC podcast series, go to [www.cdc.gov/podcasts](http://www.cdc.gov/podcasts) and click on the "Subscribe" tab.



**If your family was separated during an emergency, would you know how to get back together?**  
Make sure your family has an emergency plan that includes meeting places and ways to communicate with each other. To learn more about making an emergency plan, go to [ready.gov](http://ready.gov)

