



250 million doses on order

H1N1 Flu Vaccine Released

The first batch of H1N1 flu vaccine will be distributed to health care providers across the country this week, according to the Centers for Disease Control and Prevention (CDC). The first doses, enough to protect about six million people, will go directly to doctors' offices, clinics, and other designated providers. Most of the initial doses will be a nasal spray form of vaccine, but the majority of doses shipped this flu season will be shots.

In time, the federal government expects to take delivery of 250 million doses of H1N1 vaccine, in batches of about 20 million doses weekly. About ten percent of the total supply will be given to developing countries.

Because vaccine supplies will be limited at first, the CDC has established priority groups to get the shots to those who are at highest risk for H1N1 flu. The priority groups are:

- Pregnant women
- People who live with or care for infants under six months of age
- People between six months and 24 years of age
- People between 25 and 64 who have underlying health conditions
- Health care and emergency services workers.

With millions of doses expected to arrive in the coming months, "there will be enough vaccine for every Ameri-

can who wants it," said Kathleen Sebelius, the Secretary of Health and Human Services.

The H1N1 vaccine will be free, although health care providers will be allowed to charge a small fee to cover the cost of administering the shot. Sebelius said she is asking providers to voluntarily waive any fees.

"We hope by and large there won't be any financial barriers to people being vaccinated," she said.

Clinical trials of the vaccine have shown that adults and children over 10 years old will only need one dose. What's more, the testing shows that most people achieve immunity to the virus quickly, in about eight to ten days.

In addition to the H1N1 vaccine, people will need to get a seasonal flu shot. This will provide protection against three other flu strains expected to circulate this season. Health experts also recommend getting a pneumonia vaccination. Pneumonia is a common complication of the flu.

At this point, the St. Charles County health department does not plan to open mass H1N1 vaccination clinics. Instead, residents are urged to check with their regular health care provider about getting vaccinated. A list of flu shot providers can also be found at www.scchealth.org/swineflu.



Courtesy/ CDC/PHL

The new H1N1 vaccine is made and administered in the same way as regular seasonal flu vaccine

From the Director



Gil Copley

Editor's Note: This article first appeared in November 2005 and has been updated.

Events of recent months should lead each of us to ask the simple question, "What responsibility do I have to myself and my family to be prepared?" Now is a good time for all of us to ask ourselves that question.

Tornadoes, severe winter storms, and now a pandemic threat all have public officials and representatives of private relief agencies hammering home the need for everyone to plan for a disaster. It would be impossible to count the number of times that we have heard that everyone should have a three-day supply of food and water and a seven-day supply of medication on hand. However, time and time again, we hear people affected by disaster complain that they need food and water in the first 24 hours after the calamity.

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



WIC Adds New Foods

First major revision to packages in nearly 30 years



The Missouri Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is pleased to announce that new WIC food packages will be implemented starting in October.

More than 148,000 Missourians currently participate in the program every month, up from an average of 135,000 participants

per month last year. The foods provided in the WIC food packages have remained largely unchanged since 1980. Historically, the supplemental foods authorized for the WIC food packages are good sources of five target nutrients: vitamins A and C, iron, calcium, and protein.

New WIC food packages have been developed with a careful scientific review of the nutritional needs of the WIC population.

Key goals of the new WIC food packages are to:

- Promote and support the establishment of successful and long-term breastfeeding.
- Provide WIC participants with a wider variety of foods including fruits, vegetables and whole grains.
- Accommodate the cultural food preferences of WIC participants.

The proposed changes are designed to improve the nutrition and health status of the nation's low-income pregnant women, new mothers, infants, and young children.

Changes to food packages will enable WIC households to buy fresh and frozen fruits and vegetables, brown rice, canned beans, and whole grain bread and tortillas. In addition, families will be able to obtain soy-based products like tofu and soy milk.

The revisions align the WIC food packages with the 2005 Dietary Guidelines for Americans and infant feeding practice guidelines of the American Academy of Pediatrics and will better meet the nutritional needs of WIC participants. Foods included in the food packages are lower in fat and cholesterol, higher in fiber, and limit added sugar and sodium.

For more information about the Missouri WIC Program, including eligibility guidelines and the new food packages, visit www.dhss.mo.gov/WIC. St. Charles County residents can also call (636) 949-7402.

Rabies Cases Spike in Missouri

Adapted from [Missouri DHSS](#)

An unusually high number of animal rabies cases in Missouri has triggered a warning from state health officials, who are urging people to vaccinate pets and seek medical treatment for any animal bite.

"We are seeing more cases of rabies than we normally do, with 55 cases so far this year, more than the total for an entire year in Missouri," said Dr. Howard Pue, Missouri's state public health veterinarian. "Furthermore, we are seeing a higher-than-normal percentage of rabid skunks, with 35 percent testing positive for rabies this year."

Rabies is a disease of mammals and is transmitted primarily through bites. The virus is carried in saliva, and attacks the brain and spinal cord. Nationwide, more than 90 percent of reported rabies cases involve wild animals such as bats and skunks. However, the disease occasionally shows up in farm animals and pets. Recently, an unvaccinated cat in St. Louis County had to be euthanized after it was bitten by a rabid bat.

"[This incident shows] it is vital for people to have their pets vaccinated against rabies," Pue said. "Vaccinated pets serve as an effective, protective barrier between people and rabies."

Pue also says special attention should be given to bites from bats since their small, needle-like teeth can result in a wound that goes unnoticed or is ignored. A Missouri man died from rabies in November 2008 due to a bite from an infected bat. The man did not seek medical treatment following the bite. Almost all human rabies deaths in the United States occur from exposure to rabid bats.

People who find a bat in their home and think they could have been bitten should consult their local public health department or animal control office to determine if testing of the bat is necessary. Testing could keep these persons from having to undergo the series of anti-rabies shots, which might be necessary if the bat is simply caught and released without testing.

Anyone who has been bitten by an animal, particularly a stray pet or a wild animal, should wash the wound thoroughly with soap and water for 10 to 15 minutes. A physician should be contacted to see if antibiotics, tetanus booster, or other medical treatment is needed. They should also have a rabies risk assessment done. Also, if possible, the biting animal should be captured or confined.

For more information about rabies, visit www.dhss.mo.gov/Rabies.

Get Educated!

Staying Healthy While Away at College

Adapted from [CDC](#)

The college years are full of excitement, including meeting new people, learning new things, and making your own decisions. This can be exciting, but it can also be stressful. It may be hard to deal with pressures related to food, drink, drugs, and sex. Even the most well-adjusted young adult can be overwhelmed by new routines, living on a limited budget, or living in a different city.

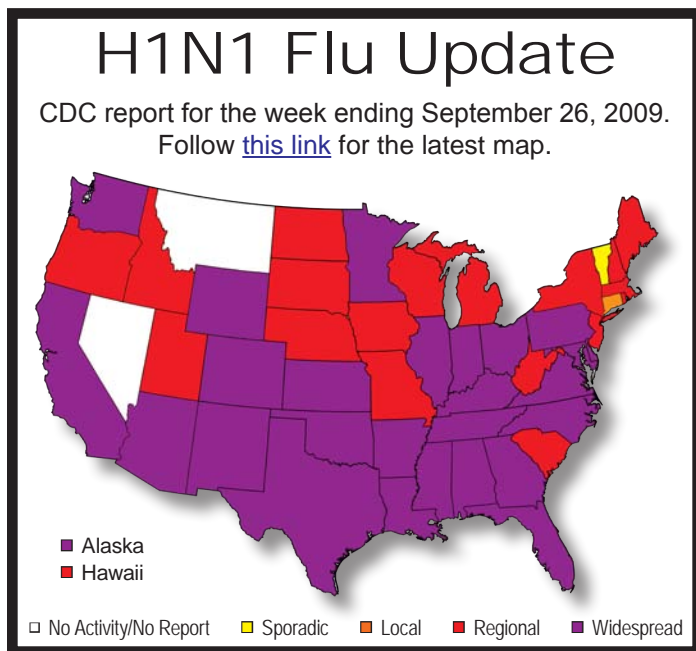
To help students and their parents, we've compiled a list of actions you can take to help you stay safe and healthy in college.

Get Regular Physical Activity

Be active for at least 150 minutes a week. Include activities that raise your breathing and heart rates and that strengthen your muscles. Find something you enjoy, such as walking, jogging, dancing, or other activities.

Eat a Balanced Diet

If you are concerned about your weight, talk with your health care provider about how to lose or gain weight safely. Fruits and vegetables are a natural source of energy and are one of the best eat-on-the-go foods. Be sure to eat regular healthy meals to help you maintain your energy level.



Helpful Phone Numbers

Division of Public Health (636) 949-7400	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 (636) 949-7387
Office of Environmental Health and Protection (636) 949-1800	Animal Control (636) 949-7347

Get Vaccinated

Vaccinations help prevent diseases and save lives. Be sure to ask your health care provider about getting vaccinated for meningitis, human papillomavirus (HPV), tetanus, flu, and other diseases.

Get Check-ups

Find a health care provider at your school or local health clinic for routine check-ups and concerns you may have about your health. Check-ups can help ensure you stay healthy and can help identify and correct problems early.

Develop Friendships

Consider participating in campus activities with other students who have similar interests. Extracurricular activities do not necessarily have to relate to your major. Join a college band, write for the school newspaper, volunteer, or do something else that is fun, helps you meet new people, and gives you the opportunity to express yourself.

Think Positively

We are often much harder on ourselves in our "self-talk" than we are when speaking with others. Our tendency to be needlessly self-critical can foster unnecessary distress. But different approaches are available to help handle this. Work with teachers, counselors, family, friends, and others to address concerns about studying, test-taking, and other issues. You should also find a healthy outlet to work off stress, and avoid turning to harmful substances like tobacco or alcohol.

By taking these small, daily steps, you can make the college years fun, safe, and healthy!

Health Fair Tees Off



Would-be duffers get tips from a golf pro at the first-ever Golf Clinic and Health Fair at Grand Marais Golf Club in Centerville, Illinois. The St. Charles County Department of Community Health and the Environment teamed up with the City of St. Louis Health Department and East Side Health District on September 26 to offer free health information and screenings to attendees. Plans are underway to make this an annual event.

Be a Superhero!

October is Adopt a Shelter Dog Month

More than 45 million households across the U.S. have at least one dog. You can join them, and “be a superhero” for a homeless animal, by adopting a dog during National Adopt a Shelter Dog Month in October.

This month is a perfect time to visit the St. Charles County Pet Adoption Center, located at 4850 Mid Rivers Mall Dr. in St. Peters. Canines of many breeds, colors, sizes, and ages are waiting to find their forever home.

Aside from being a faithful companion, a dog can bring joy and laughter to a home. In addition, studies show that dogs encourage people to exercise more, enhance family relationships, promote social interaction, and improve humans’ emotional health. The simple act of petting a dog has actually been shown to lower blood pressure.



“There are many benefits to owning a pet,” said Theresa Williams, director of the St. Charles County Division of Humane Services. “By providing a home to an animal that doesn’t have one, you can help reduce the shelter population and gain a faithful, furry sidekick.”

The Pet Adoption Center isn’t all about dogs. “We also have many cats that are looking for a family to call their own,” Williams said.

While other centers or breed-rescue groups charge adoption fees of 100 dollars or more, the St. Charles County Pet Adoption Center offers an outstanding value. Puppies can be adopted for 60 dollars, while adult dogs are 50 dollars. The adoption fee for a kitten is 40 dollars, and for adult cats, it’s just 30 dollars. The adoption fee includes a thorough health examination for a new pet, initial vaccinations, spay or neuter service, temperament education, and microchipping.

Of course, the St. Charles County Pet Adoption Center isn’t just active during Adopt a Shelter Dog Month. Throughout the year, the center promotes the creation of strong, mutually rewarding relationships between people and potential animal companions.

The Pet Adoption Center is open Monday through Friday from 10 a.m. to 5 p.m. Hours are extended on Wednesday from 10 a.m. to 6:30 p.m. The center is also open on Saturday from 10 a.m. to 4 p.m.

For more information about the St. Charles County Pet Adoption Center, call (636) 949-PETS (7387) or e-mail pets@sccmo.org. To see photos and descriptions of animals available for adoption, visit www.petfinder.com. To learn more about National Adopt a Shelter Dog Month, log on to www.AmericanHumane.org.

HALLOWEEN SAFETY TIPS

- * Make sure an adult supervises trick-or-treaters
- * Travel only in familiar areas along an established route
- * Walk (DON'T RUN!) only on sidewalks, not in the street
- * Review pedestrian/traffic safety rules
- * Make sure costumes are fire retardant, short enough to avoid a tripping hazard, and made with light-colored materials or marked with reflective tape
- * Use non-toxic face paint or makeup instead of masks
- * Children should not carry sharp, inflexible costume accessories
- * Only trick-or-treat at homes where the lights are on
- * Never enter a stranger's home
- * Treats should be inspected before eating
- * IF IN DOUBT ABOUT A TREAT, THROW IT OUT!

I spy something green.

Everyday moments can be learning moments with your kids. For more tips, visit bornlearning.org



DO UR PRT 2 FYT TH FLU

Print this page and put it up wherever people gather: your desk at work, the break room, or even your own home!

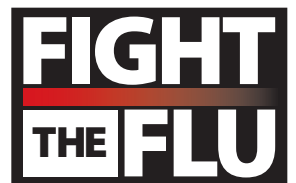


Teens and young adults are at high risk from the H1N1 flu virus, also known as swine flu.

Stay healthy by washing your hands often, avoid sharing personal items, and keeping your distance from people who are sick.

If you get sick, stay home from school or work to avoid infecting others. Keep in touch with your friends by texting or on the Internet.

Finally, find out about getting both your seasonal and H1N1 flu shots.



For more tips and information, contact your local health department or visit www.FightTheFluMO.com