



St. Charles County Department of Community Health and the Environment

Health E-News

3 PAGES OF
NEWS!!

AUGUST 2005

1650 BOONE'S LICK ROAD, ST. CHARLES, MO 63301
COMHEALTH@SAINTCHARLESCOUNTY.ORG

PHONE 636-949-7400
WWW.SCCHEALTH.ORG

Helpful Phone Numbers

Division of Public Health
636-949-7400

Health Education
636-949-7401

Vital Records
636-949-7558

STD
Prevention/Treatment
636-949-7401

Environmental Health
636-949-7404

WIC
(Women Infants Children)
636-949-7402

Division of Emergency
Management
636-949-3023

Division of Environmental
Services
Recycling Services
636-949-7415

Division of Humane
Services
636-949-7387 (PETS)

Animal Control
636-949-7347

Getting the little ones ready for school?

Don't forget that immunizations are offered at the St. Charles County facility at 1650 Boone's Lick Road in St. Charles every weekday except Thursday. Office hours are 8:30am to 11:00 am and from 1:30pm until 4:00pm. The facility has extended hours until 5:30pm on Tuesdays and until 7:00pm on the second Tuesday of every month. Immunizations are also offered each month at the O'Fallon VFW, 412 Veterans Memorial Parkway on the second Thursday of every month from 9:00am to 10:30am. Future plans to offer immunization services in the Wentzville area are pending. Visit www.scchealth.org or call 636-949-7400 for more information.



Question of the Month ?

What can I
do around my
home to help reduce
exposure to
mosquitoes?



Eliminate standing water near your home.

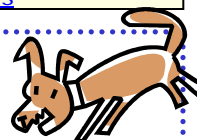
Mosquitoes lay their eggs in standing or slow-moving water like ditches or storm water basins that don't drain.

- Remove waste or old tires from your property.
- Dispose of tin cans, plastic containers, pots and similar water-holding containers.
- Clean swimming pools and hot tubs. If not in use, keep them empty and covered. Drain water from pool and boat covers.
- Turn over plastic wading pools and wheelbarrows when not in use. Change the water in bird baths once a week.

Obesity is one of the most serious health issues facing society today. In the past two decades, the problem has grown at an alarming rate. Obesity is considered a national epidemic. In Missouri, more than one in five adults are obese and more than half of adults are overweight, which can lead to obesity. Check out Healthy Missourians Initiative: Preventing Obesity at www.health.state.mo.us



Love animals? Love golf?



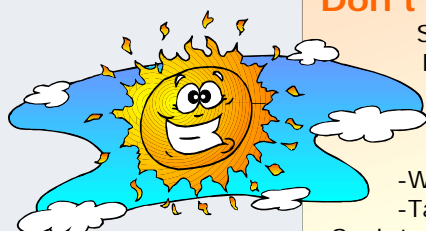
Check out the St. Charles County Pet Adoption Center
2nd Annual Golf Tournament
St. Peters Golf Course
September 11, 2005 @ Noon
\$65/player \$260/per 4 person team
To register, sponsor a hole
or make a donation
please call 636-949-PETS (7387)



Don't Get Beat by the Summer Heat!

Summer is in full swing and that means outdoor fun and HOT weather! Have fun and stay safe with these tips.

- Limit outdoor activity, take frequent breaks. Stay in the shade.
- Do not leave children or pets unattended in cars.
- Drink increased quantities of non-alcoholic beverages. Water is ideal.
- Wear light, loose fitting clothing.
- Take a shower or bath to cool off.
- Seek temporary relief from the heat in an air-conditioned building. (A friend's home, a commercial business such as a store, or a mall or a large shopping center)



Surfing the web?



We're on the Web!
www.scchealth.org

Check out these websites for more info on public health!

American Academy of Pediatrics
www.aap.org

Alliance for Healthy Homes
www.afhh.org

St. Charles County Department of Community Health & the Environment

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Receiving duplicate newsletters? [Let us know.](#)

News You Can Use...

Now you can go to www.scchealth.org and click on the **Recall Notices** link on the left side of the page.

This page will link you to recent food recalls issued by the U.S. Food and Drug Administration.



Start A School Recycling Program

St. Charles County Schools saved **5.2 million pounds** of paper last year with the Abitibi Paper Retriever Program!

Visit www.scchealth.org and go to the Division of Environmental Services webpage for more information on starting a recycling program at your local school!

Air Quality & Your Health

Did you know that St. Louisans make **six million** vehicle trips each day? Of these trips, **five million** drive alone. With the heat index in the 100s, there have been quite a few "**orange**" days this year. What exactly do these air quality forecasts mean and how can it impact your health?

The Air Quality Index (AQI) is a method of reporting air pollution values. AQI converts measured pollutant concentrations (of ground-level ozone) in our community's air to a number on a scale of 0 to 500. The most important number, 100, corresponds to the standard established under the Clean Air Act.

According to the St. Louis Regional Clean Air Partnership, AQI helps the public determine whether air pollution levels are good, moderate, unhealthy, or worse:

Gateway Aircast®	AQI Range	Weather Conditions	Health Information
Green (Good)	0 - 50 AQI	Cool summer temperatures, windy, cloudy, recent rain or cool front	Enjoy!
Yellow (Moderate)	51 - 100 AQI	Temperatures mid 70s or above, light winds, sunny skies	Very sensitive individuals, people with respiratory disease should <u>limit</u> prolonged exertion outdoors
Orange (Unhealthy for sensitive groups)	101 - 150 AQI	Temperatures 80s or above, very light winds, sunny skies, hazy, hot	HEALTH NOTICE: Sensitive children and adults and people with respiratory disease, such as asthma, should <u>limit</u> prolonged, moderate exertion outdoors.
Red (Unhealthy)	151 - 200 AQI	Hazy, hot (90s) and humid	HEALTH ADVISORY: Everyone should <u>limit</u> prolonged or vigorous outdoor exercise. Sensitive individuals and those with respiratory disease should <u>avoid</u> exertion outdoors.

Here's how you can help keep our air quality healthy:

- Refrain from using gas powered lawn equipment until the evening (these can cause just as much air pollution as our cars!)
- Fuel your vehicle after 7 p.m.;
- Avoid driving alone--use MetroLink, MetroBus, carpool, or call Ride Finders at 1-800-VIP-RIDE; and
- Drive only when necessary.

The air quality rating is posted each day at www.scchealth.org/es under "Air." Visit the American Lung Association at www.lungusa.org for more health information.

Thank you for caring about clean air!

Community Emergency Response Team (CERT) St Charles County Exercise 2005 @ Noah's Ark Motel "Earthquake in the Heartland"

After makeup...



Meanwhile, CERT volunteer teams meet for briefings with Fire and Police personnel.



...volunteer "victims" wait to take their places.



The exercise begins with CERT teams searching the "disaster site".



Thank you and a job well done to all involved!

Show Me Aquatics for use of Noah's Ark as the "disaster site".

St Charles City Fire Dept

St. Peters Police Dept

Central County Fire & Rescue

Wentzville Police Dept

St Charles County Ambulance District

St Charles County Emergency Management

St Charles County Emergency Communications Association

Wentzville Holt High School Drama Club

... and all of the CERT teams and citizen volunteers of St Charles County!



CERT teams locate, triage, and transport disaster victims.

