



St. Charles County Department of Community Health and the Environment

3 full pages of info!

Health E-News

AUGUST 2006

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

August is National Immunization Month

Immunizations are not just for children. Did you know there are vaccines you should receive if you will be traveling to other counties?



Are you asking for it?

If you're not asking for the vaccines you need, you just might be asking for something you really don't want—like a serious infection or long-term health problems.

To find out more about adult vaccines, take the CDC Adult Vaccine Quiz, www2.cdc.gov/nip/adultImmSched/

This 30-second quiz gives you a list of vaccines that could help you most.

Take the quiz, then talk to your healthcare provider about the results and make sure you ask for what you need.



**St. Charles County
Government offices will be
closed on Monday, September
4th in honor of Labor Day.**



Did you know? Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers.



Mark your calendar

and make a difference in your community! Operation Clean Stream will be held October 28th in celebration of Make A Difference Day. Stay tuned for more information!

From the Director...

By Gil Copley



Lead poisons children. Those words opened a presentation I gave to a national childhood lead poisoning prevention meeting in New Orleans in June of 1981. As I told the audience, "Just as Dickens Christmas Carol begins with the statement, 'MARLEY was dead: to begin with. There is no doubt whatever about that.' there is also no doubt that lead poisons children."

At the time I gave the presentation, old lead-based paint applied to many residences again and again over many decades presented the greatest hazard to young children. In the two and a half decades since I gave that presentation abatement activities have substantially reduced the amount of hazardous lead-based paint found on residential dwellings across the United States.

To continue reading this article, please visit www.scchealth.org

Surfing the web?



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

August is

Cataract Awareness
Month

And

Children's Eye Health
and Safety Month

www.aa.org

St. Charles County Department of Community Health & the Environment

1650 Boone's Lick Road
St. Charles, MO 63301
Phone: 636-949-7400
Fax: 636-949-7403
E-mail
comhealth@
saintcharlescounty.org

Gil Copley, Director
636-949-7477

Julie Burkemper,
Health E-News Editor &
Public Information Officer
636-949-7408

Subscribe/unsubscribe to Health E-News

Health E-News is a service of
St. Charles County Dept. of
Community Health and the
Environment and contains
information regarding public
health. To subscribe or
unsubscribe to this service,
send an e-mail message to
BURKEJ1@lpha.dhss.mo.gov
with "subscribe" or
"unsubscribe" in the subject
line.

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

When Lightning Roars, Go Indoors!

Summer is the peak season for one of the nation's deadliest weather phenomena— lightning. No place outside is safe near thunderstorms. Open picnic pavilions and rain shelters offer absolutely no protection from lightning.



Use the '30-30 rule'

If the time between lightning and thunder is 30 seconds or less, go to a safer location.

If the lightning can't be seen, just hearing thunder means you should go to a safer location

Wait at least 30 minutes after hearing the last thunder before leaving the safer location

The safest location during lightning is a typical house or other fully enclosed substantially constructed building with plumbing and wiring. You can be injured by lightning inside a house. Stay away from corded telephones, plumbing, electrical appliances, wires, TV cables, metal doors or metal window frames or any electrical conducting path leading outside. Don't watch lightning through a window or open doorway. An inside room is generally best.

Lightning First-Aid

Call 911! Lightning victims do not carry an electrical charge, are safe to handle and need immediate medical care. Lightning deaths are from cardiac arrest/stopped breathing. Perform CPR or mouth-to-mouth resuscitation if possible.

For more information visit www.lightningsafety.noaa.gov



Take Good Care of Your Pets!

**Be informed about the
importance of spaying and
neutering your pet**

Animal shelters, both public and private, unfortunately are faced with an incredible burden: What to do with the overpopulation of dogs and cats that they can't find homes for. Having your pet neutered ensures that you will not be adding to this tremendous burden and can also help your pet live a longer, healthier, happier life.

Spaying your female dog can help to prevent cancers of the reproductive tract, including breast cancer, and will decrease the incidence of reproductive infections. Neutering your male dog will prevent testicular cancer and can decrease the incidence of prostate problems. The incidence of certain behavioral problems, such as aggression, has also been shown to be reduced when dogs are spayed or neutered.

Spaying or neutering your cat can decrease the incidence of some tumors and reproductive infections, both of which require more serious (and costly) surgical procedures. A male cat must be neutered if it will be a house pet because the strong urine odor of non-neutered males will make your cat an unacceptable housemate.

The decision to spay or neuter your pet is one of the best decisions you can make for its well-being. For more information please contact the St. Charles County Division of Humane Services at 636-949-PETS.



After the Storms **The Case for Making Personal Disaster Preparedness a Priority**



Yes, there's a street under there; and transformer lines. The view from Obenland's front porch on day one after the first storm.



Day Three: Crews arrive to clear downed trees away from power lines for utility repair crews.

For detailed tips on family disaster planning and supplies, visit:

<http://www.scchealth.org/docs/ems/docs/prepare/planning.html>

and

www.ready.missouri.gov



In recent weeks, severe weather packing damaging winds battered the metro area, sending police and fire, transportation, utilities, emergency responders, and residents into overdrive. Add blistering temperatures in the days that followed and everyone was feeling the heat.

At the peak, more than 500,000 customers were reported without power. In spite of repair crews from as far away as Oklahoma, working around the clock in 16-hour shifts, some areas were without power for days.

For many, this stressful, frustrating experience pointed out an important fact. There is nothing basic about "basic services". What we often refer to as basic services like electricity, are complex systems that took years to build and will not be repaired in a day, or days, in some cases. Today's modern lifestyle depends heavily on these services.

It is for just this reason that emergency response agencies encourage everyone to be prepared with emergency plans and supplies to last *at least three days*.

Like many residents, Ina McCaine-Obenland of the St Charles County Division of Emergency Management, and a resident of St. Louis city, lived in a significantly damaged area for days without electrical power. According to Obenland, some were more prepared than others. " Some coped fairly well, but others were without the basic supplies; no flashlights, batteries, candles. Cell and cordless phones died without power to recharge. Most had no portable radios, leaving them with no information other than rumor. As days passed, many commented on the sense of isolation and feeling cut off from the 'outside world'. Neighbors pitched in to help where they could, but you could see the stress and frustration building."

Obenland's neighborhood had roof damage, trees and chimneys were down, but there were no injuries; homes were still intact; electricity was out for five days, but water service worked. Picture the possibilities if houses were unlivable, or without working water and sewage. And *that* has emergency response organizations concerned.

In 2004, 5 named tropical storms and 9 hurricanes including Charley, Francis and Ivan hit the gulf coast. After these storms hit, only 24% of residents surveyed intended to prepare for the next hurricane season. In 2005, devastation returned with Katrina.

Emergency plans and supplies won't make it easy. They can make it safer and less stressful, and in some cases, save lives. In some cases, being caught without them can quickly become critical.

Obenland would like to remind citizens, "Emergency responders train constantly and will work hard to reach those in need as quickly as possible. But especially when the affected area is widespread, it *will take time*. It is critical that we be prepared as individuals, families, and neighbors to support ourselves and each other until professional help can get there."