



Add Safety to Summer Vacation Planning

Whether you're traveling near or far this summer, pay attention to simple safety and precautionary tips to keep your vacation from becoming a ruinous affair. Although your goal is relaxation, it's important to be aware of your surroundings and use common sense to stay stress-free during the trip.

If you're traveling to a familiar location, review your plans with your family before you leave to ensure everyone's satisfaction. Pack items you may not easily obtain at the destination, and be sure to include favorites from home to lessen the anxiety of being away.

As most vacation destinations are within driving distance of your home, be sure to review the route and discuss car safety. Make certain the car is working properly, buckle safety belts for every passenger, and check child safety seats to reduce injuries. Safe driving prevents injuries for all inhabitants of the road, so be on the lookout for other drivers and pedestrians.

If you're visiting somewhere new or traveling outside the United States, your first step should be to research the destination. In addition to learning the best places to explore, travel guides and government warnings can alert you to potential dangers like water contamination or

specific diseases. Pack items that will prepare you for the elements, and store them safely to ensure that you'll have these necessary items throughout your stay. If you're visiting a less-developed area, you may also need vaccinations before you travel.



The health department offers several services that can make your travel easier.

The Immunization Clinic may be able to provide some travel vaccinations at a reasonable cost through its Adult Immunization Program. For information on which vaccines are available, please call 636-949-1857. If you need a birth certificate to obtain a passport, our Vital Records division (see page 3) can help too.

Regardless of where you're visiting, a travel health kit can help make the trip more safe and healthy. Be sure to include all prescription medicines in a location that won't be lost and to include a copy of the prescription or a note from your physician. Over-the-counter medicines like pain relievers, anti-diarrheals, antacids, and anti-fungal creams will provide relief when needed. It's also important to remember sunscreen, insect repellent, sanitizer, bandages, sunburn relief, and other basic first aid supplies.

For additional resources to help ensure safe travel, please click [HERE](#).

From the Director



Gil Copley

In 2008, I wrote about West Nile Virus in humans in the United States. I presented a map and then discussed prevention. You can see on the linked page, that based on 2010 data on where of West Nile Virus activity was reported, we are at risk pretty much anywhere in the United States. This is unlikely to change in the foreseeable future. And, although the number of human cases diagnosed each year has declined, the infection can be serious and the risk of being infected should be taken seriously. To view the map, click [HERE](#).

What do all the cases and deaths over the years since West Nile Virus first came to the United States have in common? They were all preventable! So were the likely thousands of cases that went undetected because West Nile Virus is often a mild and undiagnosed illness. Those over 50 years of age are most likely to have severe illness and be at greatest risk of death. Serious cases **DO OCCUR** in younger individuals though, so everyone is at risk.

The earliest cases during a mosquito season almost always occur after July 1. The incubation period for this virus is three to twelve days, so the risk of a bite causing illness increases the last week or so of June and continues until it gets cold enough to kill infected mosquitoes...

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



Healthy Habits Start With Early Education

An estimated 12 million American infants, toddlers and preschoolers — more than half of children in this age group — attend day care. The majority of these kids spend close to 40 hours per week in day care, and many start when they are only weeks old. During these formative years, child-care providers have the opportunity to teach healthy behaviors and attitudes among the children they serve. Adopting healthful behaviors at an early age can have a significantly positive impact on a child's future well-being.

The St. Charles County Health Education Department promotes healthy behaviors and the prevention of disease through the distribution of information and programs geared toward day-care providers and their participants. Health education is necessary for ensuring good personal health as well as to advance the health of the community. The mission of our Health Education Department is to build Developmental Assets in local youth. Grounded in extensive research in youth development,

resiliency, and prevention, the Developmental Assets represent the relationships, opportunities, and personal qualities that young people need to avoid risks and to thrive.

The department's *Child Care Health Consultant Program (CCHC)* provides local day cares with continuing education classes for care givers, on site consultations for concerns that arise with special needs children, and child health promotion programs for preschoolers. Our Health Educators offer a variety of classes focusing on nutrition, physical activity, hand washing/communicable disease prevention, heart health, dental hygiene, poison prevention, and sun safety. These programs are designed to be developmentally appropriate and are a free service offered to day cares and learning centers in St. Charles County.

To schedule a child health promotion, inquire about a consultation, or for any questions regarding child-care health-related issues, please call 636-949-7400.

Health and Safety Programs

Children Ages 3 to 6

These programs are approximately 20-30 minutes in length. There is no cost for these sessions, which are held at your facility. For more information, please contact Brittany Camacho or Molly Rollins at 636-949-7400.

Germes Are NOT For Sharing: This program teaches children the importance of hand washing. It includes a hand washing demonstration with magic germ lotion and a black light. It is informative and fun for all!

Spike's Poison Prevention: A children's program that teaches the dangers of unknown items around the home with Spike The Porcupine.

Hardy Heart: This is a program that teaches children about their organs and the importance of proper nutrition. It includes a story book and activities, such as a heart listening station.

Bone Up on Bone Health: Come and learn about Calci-M-Bone and her role in your body. In this program, children learn about foods that are good for bone health and teeth. It contains stories, x-ray images, and other fun activities.

Dog Bite Safety: This program teaches children about animal safety.

Lemony Lion: This program teaches children the importance of dental hygiene. Participants will view a tooth model and participate in an interactive book during this fun experience.

How Lou Got The Flu: This program teaches children how the flu is spread from person-to-person through an interactive story. We also discuss the importance of hand-hygiene.

A No Smoking Policy: In this program, children learn about the effects on the body from smoking and second-hand smoke.

Search for the Golden Shield: A program on sun safety, which includes a demonstration and educational DVD.

The Edible Pyramid: Children learn what it means to eat healthy through a story and participate in building a healthy pyramid!

We want your volunteer help:

Pet Adoption Center

Bioterrorism and
Emergency Preparedness

Community Outreach

Internships

Call us at 636-949-7400

Helpful Phone Numbers	
Division of Public Health (636) 949-7400	WIC (636) 949-7402
Immunizations (636) 949-1857	Recycle Works Central (636) 949-1800
Vital Records (636) 949-7558	Recycle Works West (636) 949-1800
Health Education and STD Clinic (636) 949-7401	Division of Humane Services Pet Adoption Center
Division of Environmental Health and Protection (636) 949-1800	(636) 949-7387 Animal Control (636) 949-7347

HEALTHY RECIPES

Each month, we'll take a traditional recipe and offer a healthy alternative. This time, we'll take advantage of the fresh fruit available from your grocer or area farmers market to create a...

Rainbow Fruit Salad

Recipe makes 12 (4 ounce) servings. One serving contains 96 calories, one gram of fat, 0 mg of cholesterol, four mg of sodium, 24 grams of carbohydrates, and one gram of protein.

Fruit Salad	Dressing
1 large mango (peeled and diced)	1/2 cup unsweetened orange juice
2 cups fresh blueberries	2 Tbsp lemon juice
2 bananas, sliced	1 1/2 Tbsp honey
2 cups strawberries, halved	1/4 tsp ground ginger
2 cups seedless grapes	dash nutmeg
1 kiwi fruit, peeled and sliced	

(Feel free to substitute your favorite fruits, but this may affect nutritional content.)

Steps:

1. Wash and prepare the fruit as directed. Place into a large serving bowl.
2. Combine dressing ingredients in a separate bowl.
3. Just before serving, pour dressing sauce over fruit.

(Recipe courtesy of U.S. Department of Health and Human Services)

Get Back-To-School Immunizations From SCC Health

While checking off your back-to-school shopping list, it's also important to make certain your children are up-to-date on the immunizations required for school attendance. To help parents meet these requirements, the [IMMUNIZATION CLINIC](#) will schedule vaccinations on an appointment basis or offer "Walk-In Days" for students in various county public school districts.

"As students gear up for the new school year, we understand that a current immunization record is not always a priority, and we schedule these immunization periods to assist efforts that ensure protection for our children," Director Gil Copley said. "While no one looks forward to an injection, the benefits of diminishing the spread of serious vaccine-preventable diseases far outweigh the mild discomfort. We offer these vaccines to school-age children as an important step in the process that keeps kids healthy and ready to learn."

Vaccinations are offered on an appointment basis at the health department facility at 1650 Boone's Lick Road in St. Charles every weekday except Thursday. Hours are 8:30 to 11 a.m. and 1:30 to 4:30 p.m. — with extended hours until 5:30 p.m. on Tuesdays (open until 7 p.m. on July 14 and Aug. 9). For questions or to schedule an appointment, please call 636-949-1857.



In addition to these scheduled appointments, the Immunization Clinic will offer "Walk-In Days" that are open to students from specific districts. The dates are:

- **Francis Howell School District**
Monday, Aug. 1 (8:30 to 11 a.m. or 1:30 to 4:30 p.m.)
- **Orchard Farm School District**
Wednesday, Aug. 3 (8:30 to 11 a.m. or 1:30 to 4:30 p.m.)
- **Wentzville School District**
Tuesday, Aug. 9 (8:30 to 11 a.m. or 1:30 to 4:30 p.m.)
- **Fort Zumwalt School District**
Friday, Aug. 12 (8:30 to 11 a.m. or 1:30 to 4:30 p.m.)

The state of Missouri requires all children to be up-to-date on required immunizations. A complete list of Missouri's vaccination requirements is available [HERE](#). Students who have recently moved into St. Charles County should check with their doctor or the health department to find out if their shots are current. Parents with children heading off to college should review the school's specific immunization requirements.

Families with health insurance are encouraged to obtain immunizations from their health care provider. Vaccinations are provided by the county health department in cooperation with the Missouri Department of Health and Senior Services.

Follow New Rules When Seeking Birth, Death Records

Effective March 1, 2011, the State of Missouri now requires proper identification when requesting vital records from the state and/or local health departments. This guideline covers all requests for obtaining copies of birth and death records and helps protect against identity theft.

The fees for vital records will remain the same. The fee for a birth record is \$15 per record. A death record is \$13 for the first copy and \$10 for each additional copy of the same record ordered at the same time. Payment in the form of cash, check and money order will be accepted. Checks or money orders should be made payable to St. Charles County Government. Checks must be drawn on a United States bank, and money orders must be drawn on a United States bank or issued by the United States Postal Service. Credit card payments ARE NOT accepted by the department.

As a result of these new regulations, requests for vital records submitted by mail must first be notarized by a notary public. An application form available on the department's website or a written request containing the required information must be completed and notarized

before it is mailed to the health department. Payment for mailed requests must be made by personal check or money order. CASH WILL NOT BE ACCEPTED AS PAYMENT FOR MAILED APPLICATIONS.

For more information on the application process or to download an application on your computer, please click [HERE](#).

PLEASE PARDON OUR DUST

Over the next several days, County staff will be installing new flooring and furniture in various areas of the health department. Clinics on the lower level and staff areas in the Environmental Health and Protection division will undergo improvements, which are anticipated to be completed by the end of July. We appreciate your patience during this period and hope that you'll enjoy the improved areas upon your return to our offices.

Find Fresh, Flavorful Foods at Farmers Markets

Fresh fruits and vegetables are a great way to add flavor to your meals and improve your health – adding vitamins, minerals, fiber and antioxidants. When fruits and vegetables are sold fresh, they have more flavor, which has led to the locally grown food movement and the increase in farmers markets.

Finding a farmers market in Missouri has gotten easier in recent years. Last year, Missouri was home to more than 140 local markets, including several here in the St. Charles County area. A directory of farmers markets throughout the state can be found by clicking [HERE](#).

While local produce stands have delivered goods for centuries, today's farmers markets are more complex. Along with the traditional whole produce available from farmers, markets now offer packaged foods; fresh meats, eggs or cheeses; home-made crafts; and prepared meals on site. The department's Environmental Health and Protection division has evolved with this expansion of goods sold to protect the public from potentially hazardous foods.

If a vendor sells potentially hazardous goods at a location within St. Charles County, they will need to be

inspected and permitted by the department. Potentially hazardous goods are any foods that can support the rapid and progressive growth of harmful organisms.

These permits ensure that vendors follow regulations on the preparation, storage, and handling of these goods.

For more information on permits for vendors and for what is/isn't allowed at these sites, please call 636-949-1800. Additional information like Farmers Market FAQs and permits are available on our website by clicking [HERE](#).



Photo courtesy of the CDC.

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Cool Preparation Helps *Beat the Heat*

If you've ever spent a summer in St. Charles County, you're well aware that heat and humidity are the norm. A heat wave occurs when the combination of excessive heat and humidity is prolonged (more than three successive days).

Heat waves cause many dangers, to people, animals and infrastructure. The CDC cautions that around 100 Americans die each year from the heat, and that many more suffer through over-exertion and stress. Pets react to extreme heat through reduced feeding and increased respiration; while livestock can shut down production to help cool themselves. In addition, as there is greater emphasis on air conditioners and other cooling devices, there is a greater risk for power outages that can further impact our lives.

Taking simple steps in advance can go a long way

Beat the Heat!

Stay cool with information from
Operation Weather Survival

toward keeping you and your family safe during a heat wave:

- Drink more fluids, regardless of your activity level. Don't wait until you're thirsty to drink.
- Don't drink liquids that contain alcohol or large amounts of sugar – these actually cause you to lose more body fluid.
- Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library – even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call 2-1-1 from a land-line phone to find heat-relief shelters in your area.
- Wear lightweight, light-colored, loose-fitting clothing.
- NEVER leave anyone in a closed, parked vehicle.
- Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on:
 - Infants and young children
 - People ages 65 or older
 - People who have a mental or physical illness