



St. Charles County Department of Community Health and the Environment *Health E-News*

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WWW.SCCHEALTH.ORG

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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
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

Animal Control
636-949-7347

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Are You Ready for 2007?

You and your family can be "Ready in 3"

2006 brought mostly mild weather to St. Charles County. However, two dramatic jolts left hundreds of thousands of metro residents without power for days. Severe storms struck the region not once, but twice: during record-setting summer heat and again during the coldest days of the winter so far.



The discussion rages on regarding local utility companies, what was or wasn't done, and how long the repairs took. Regardless of the outcome of those discussions, the St. Charles County Division of Emergency Management is urging residents to focus on three critical life-safety facts.

1. Severe storms will happen again.
2. Electricity, water, phone, sewage, and other services that we refer to as "basic services" are only basic until they

don't work. Like any technology, they are subject to failure. Living without them has been compared to being transported back to the 1800's.

3. Every individual and family needs planning and preparation to get through service interruptions. The consequences of not being prepared range from inconvenient to life-threatening.

Are you ready? The "Ready in 3" program takes the mystery and confusion out of family disaster planning in three basic steps.

- Make a plan
- Get supplies
- Get information

Anyone can do it. Everyone should. Click the "[Ready in 3](#)" link to get started. For local hazard information, and easy, detailed planning tips, visit our website at www.scchealth.org/docs/ems/docs/prepare/planning.html

2007 is here. Make it a happy and safer new year!



From the Director



Gil Copley

As we enter 2007, I want to briefly describe the Department of Community Health and the Environment. We are a large department with many different programs. Understanding the structure of the department simplifies the process of knowing where to go for assistance with a problem or to obtain a service.

The department is made up of four divisions. They are Public Health, Humane Services, Emergency Management, and Environmental Services. You can use the following brief descriptions of each division as a guide when requesting services or information from the department.

To read the rest of this article, click on [From the Director](#)

**Surfing the World
Wide Web?**



Check us out!
www.scchealth.org

Check out these
websites for more info
on public health

Missouri Department of
Health and Senior Ser-
vices "Ready in 3"

Preventing Birth Defects
with the
March of Dimes

Learn more about
National Blood Donor
Month

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Public Information
Officer
636-949-7408

Time To Take Down The Tannenbaum!

St. Charles County is offering FREE Christmas tree recycling again this year. Simply remove the tree stand and decorations and take it to one of the locations below by January 22.



Lake St. Louis

Public Works
2550 Lake St. Louis Blvd.

St. Peters

Laurel Park
off McClay Valley Blvd.
St. Peters Earth Centre
115 Ecology Dr.

O'Fallon

Sports Park Phase I
3589 Hwy. K
Civic Park
400 Civic Park Dr.

St. Peters Golf & Recreation Center
I-70 and Salt Lick Rd.

St. Charles

Busch Conservation Area
2360 Hwy. D

Wentzville

Quail Ridge Park
5501 Quail Ridge Pkwy.
Progress Park
968 Meyer Rd.

**January is Birth Defects
Prevention Month**

Not all birth defects can be prevented, but there are steps a woman can take to increase her chances of having a healthy baby. Many birth defects happen early in pregnancy, sometimes before a woman even knows she is pregnant. Therefore, every woman should:

- Take a daily multivitamin containing folic acid
- Have regular health check-ups
- Eat a healthy, well-balanced diet
- Avoid alcohol, tobacco, and street drugs
- Talk to a health care provider about medical problems and medicine use (both over-the-counter and prescription)

For more information, visit the [March of Dimes](http://www.marchofdimes.org) website or call 1-888-232-5929.



**Flu Shots
Still
Available!**

If you haven't done it yet, there is still time to get vaccinated against the flu. Though it's been a mild season so far, cases aren't expected to peak until February.

To find a flu shot site near you, visit the American Lung Association's on-line [Flu Clinic Locator](#).



*We wish you a
happy, safe and
healthy 2007!*

News from the Pet Adoption Center



The steep hill on the side of the Pet Adoption Center is no longer a challenge for volunteers taking dogs into the play area. A stairway leading from the back parking lot to the exercise area was constructed at the end of November. This project was paid for entirely by donation money. The new stairway allows volunteers to safely traverse the hill with happy active dogs in tow, with no more slipping or sliding.

The annual Holiday Adoption event was held at the PAC on December 16. More than forty dogs and cats went home with new families that day. Santa was available once again for pictures and all adopters received gift bags to take home with their new pets. From December 11 to 28, 181 cats and dogs were adopted from the Center.