



**St. Charles County Department of Community Health and the Environment**  
 1650 BOONE'S LICK ROAD, ST. CHARLES, MO 63301  
 PHONE 636-949-7400  
[www.sccchealth.org](http://www.sccchealth.org)

# Health E-News

## 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



## Are You Up to Date? Vaccinate! August is National Immunization Awareness Month

Vaccines are a key to a healthy life for people of all ages and cultures in our community, and we are using this opportunity to remind people of the importance of being up-to-date. In August, parents are enrolling children in school, older students are entering college and adults and the health care community are preparing for the upcoming influenza season. This makes August a particularly good time to focus community attention on the value of immunization. Vaccines are:

### Simple

One to five doses of a vaccine can provide long-term to life-long protection from some serious diseases.

### Natural

Vaccines stimulate the body's own immune system. The body's response to vaccines builds a defense against future exposure to diseases.

### Effective

Vaccines have been used since the 1700's and are recognized as among the safest and most effective means of preventing life-threatening infections. The number of cases of most vaccine-preventable diseases have been reduced by 96 percent or more.

### Economic

The cost of each vaccine is generally lower than the cost to treat the disease that the vaccine prevents.

Immunizations are offered at the St. Charles County facility at 1650 Boone's Lick Road 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 Thursday of every month from 9:00am to 10:30am. A complete list of vaccination requirements is available online at [www.sccchealth.org](http://www.sccchealth.org) or by calling 636-949-7400.

## PROTECT WATER RESOURCES

Summer is here! Spending time outdoors in the water is a great way to stay cool and have fun. Here are easy ways YOU can protect our precious water resources:

- **Never litter or pour chemicals on the ground or in sewers.**

Sewers lead straight to the nearest water body without being cleaned.

- **Landscape wisely.** Select plants that don't need extra water, fertilizer, or pesticides. Over-watering can leach fertilizers into ground water.

- **Clean up after your pets.** Pet waste can contaminate surface water.

- **Get involved.** Many citizens, just like you, have formed local watershed alliances to work on water issues.



## Surfing the web?



We're on the Web!  
[www.scchealth.org](http://www.scchealth.org)

Check out these websites for more info on public health!

[www.redcross.org](http://www.redcross.org)

[www.missouriansforhealth.org](http://www.missouriansforhealth.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

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## Vital Records Vital Info!



On July 1, the Missouri Department of Revenue implemented new driver licensing and ID requirements aimed at ensuring the validity of the licenses it issues.

To assist residents with these changes, the St. Charles County Department of Community Health and the Environment offers certified copies of birth records for persons born anywhere in Missouri since 1920 for just \$15.00 each.

Certified copies of death certificates are also available for \$13 each, \$10 for each additional copy.

Only family members may be issued birth certificates. An application must be completed and signed. Photo identification is required. Records can usually be printed while the customer waits. Cash, money orders and checks, with proper identification, are accepted.

Applications are also available online at [www.scchealth.org](http://www.scchealth.org) and can be printed, completed and mailed with the appropriate fee to 1650 Boone's Lick Road, St. Charles, MO 63301.

Applications are taken for this helpful service Monday through Friday 8:30 a.m. – 4:30 p.m. except holidays. The St. Charles County Department of Community Health and the Environment is conveniently located at 1650 Boone's Lick Road, St. Charles, MO 63301. Ample parking is available. For more information please call 636-949-7558 or online at [www.scchealth.org](http://www.scchealth.org).

## Bioterrorism.

We see it on the news. It happens in other places around the country. But have you ever wondered what would happen if St. Charles County experienced an attack?

County employees at the Department of Community Health and the Environment have thought about it and they have developed specific plans for responding to a Bioterrorism attack or other public health emergency.

On June 15, 2005, county health department employees, law enforcement, first responders and hundreds of volunteers got the chance to practice these plans by turning the O'Fallon Elks Lodge into a mock medication dispensing clinic. Volunteers acted as role players who had been affected by an anthrax release and needed to receive preventative medication as quickly as possible. The exercise was designed to test current plans and find areas that need improvement.

The federal government established the Strategic National Stockpile (SNS) program to deliver large and continuous quantities of medical items to the site of a national emergency within 12 hours. For more info about the SNS, check out [www.bt.cdc.gov/stockpile](http://www.bt.cdc.gov/stockpile)

In an actual public health emergency, volunteers would play an integral role in the response. For more information on how you can help, please visit us online at [www.scchealth.org](http://www.scchealth.org) or call 636-949-7400.

*Thanks to Betsy Ley, Health E-News reader for sharing the following info! Remember, if you have something you would like to see in a future issue, please let us know!*

Age-related Macular Degeneration (AMD) is a debilitating disease that affects the eye's central vision and is **THE** leading cause of blindness in those over 55.

Who is at risk? All people over the age of 55 are at risk, but primarily light-skinned, blue-eyed females and those with a family history of AMD. Other major contributing factors are: unprotected exposure to sunlight, pollution, obesity, smoking and lack of a healthy diet. Now that baby boomers are starting to get close to their late fifties/early sixties, AMD will reach epidemic proportions over the next ten years.

The best advice for anyone is to see your eye care professional for a full examination on a regular basis. Protect and preserve your sight – don't wait until it's too late!

