



St. Charles County Department of Community Health and the Environment

Health E-News

JUNE 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

*CDC Quick Tips:
Strategies for drowning
prevention in recreational
water settings.
Adapted from SafeUSA.
Additional information is
available at
<http://www.safeusa.org>*

Summer Water Safety



- Make sure an adult is constantly watching children swimming or playing in or around the water. Do not read, play cards, talk on the phone, mow the lawn, or engage in any other distracting activity while supervising children.
 - Never swim in unsupervised places and always swim with a buddy. Select swimming sites that have lifeguards whenever possible.
 - Avoid drinking alcohol before or during swimming, boating, or water skiing. Avoid drinking alcohol while supervising children around water.
 - Learn to swim. Enroll yourself and your children in swimming classes. The American Academy of Pediatrics does not recommend swimming classes as a means of drowning prevention for children aged <4 years.
 - Learn cardiopulmonary resuscitation (CPR). Because of the time it might take for paramedics to arrive, your CPR skills can make a difference in someone's life.
 - Do *not* use air-filled or foam toys, such as "water wings," "noodles," or inner-tubes, in place of life jackets (personal flotation devices). These are toys and are not designed to keep swimmers safe.
- If you have a swimming pool at your home:**
- Install a four-sided, isolation pool-fence. The fence should be >4 feet high and should completely separate the pool from the house and play area of the yard. Use self-closing and self-latching gates in the fence with the latches out of children's reach. Consider additional barriers such as automatic door locks and door alarms to prevent access by small children to the yard or pool.
 - Toys should be removed from the pool immediately after use. Floats, balls, and other toys might encourage children to enter the pool on their own or to lean over the pool and potentially fall in.
- Tips for recreation in natural bodies of water:**
- Know the local weather conditions and forecast before swimming or boating. Strong winds and thunderstorms with lightning strikes are dangerous to swimmers and boaters.
 - Use U.S. Coast Guard-approved life jackets when boating, regardless of distance to be traveled, size of boat, or swimming ability of boaters.
 - Always heed colored beach warning flags while on vacation.
 - Watch for dangerous waves and signs of rip currents (e.g., water that is discolored and unusually choppy, foamy, or filled with debris). If you are caught in a rip current, swim parallel to the shore. Once out of the current, swim toward the shore.

Surfing the web?



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

June 21st is
National ASK Day
www.AskingSavesKids.com

June 27th is
National HIV
Testing Day
www.hivtest.org

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The Katy Trail Challenge encourages anyone, any age, to walk or jog 225 miles (the length of Katy Trail State Park) in one year from April 2006 through March 2007, an average of four to five miles a week. Participants are also encouraged to bicycle, but cyclists will need to ride a total of 450 miles. Cyclists will need to fill out the mileage chart differently.

Although you are welcome and encouraged to exercise on Katy Trail State Park, you can also use local state parks, community trails, fitness centers and/or local neighborhoods. For a list of parks maintained by the St. Charles County Parks Department visit www.stccparks.org

A t-shirt will be awarded to the first 1,000 participants when they complete the challenge. Participants who complete a follow-up survey will also have their name entered into a drawing for a chance to win an accommodations package for two in a Missouri state park. The package includes two-nights of lodging and evening meals.

For more info visit
[www.mostateparks.com/
katytrail/challenge/main.htm](http://www.mostateparks.com/katytrail/challenge/main.htm)

At last....It's Summer!

As temperatures and activity levels rise, so does the danger of heat related emergencies. So keep these simple precautions in mind, and enjoy!

- ☀ Slo-o-o-ow down. Let your body get used to the temperature change. Start slowly and gradually increase activity. Try to schedule strenuous activity in the cooler parts of the day.
- ☀ Stay indoors. If air conditioning isn't available, for a cooling break, try going to a public building with air conditioning.
- ☀ Drink! Regularly and often; even if you're not thirsty. By the time you feel thirsty, your body is already dehydrating. Water is best. Avoid caffeine and alcohol.
- ☀ Eat small meals and eat more often.
- ☀ Dress in lightweight, light-colored clothing.
- ☀ Check with your doctor about medications that might affect your body's response to heat.
- ☀ Never leave any person or pet in a closed, parked vehicle.
- ☀ Check on neighbors and relatives. The young, the elderly, and those in poor health are especially at risk.

For more heat related safety information, visit
[http://www.crh.noaa.gov/lx/vortex/
summer_safety.php](http://www.crh.noaa.gov/lx/vortex/summer_safety.php)

Men's Health Week is June 12th-18th

Learn more at www.menshealthweek.org

From the Director Beat The Heat!



This month it's time for another common-sense topic; dealing with the hot sun, heat and humidity of a metro St. Louis summer. As with our discussion of mosquitoes last month, I won't give you long lists of do's and don'ts. Still, it is important to know about the information that we as a public health department collect each summer relating to heat illness.

To continue reading this article visit
www.scchealth.org!



Ride Finders!

Tired of rising gas prices?! By sharing a ride to work or school, you can improve the quality of our air. Learn how to save 7500 miles of wear and tear on your car and about \$900 a year on gas and operating costs! Get more info online at www.ridefinders.org