



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

**Celebrate National Women's Health Week**  
**May 8-14, 2005**



MAY 2005

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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  
(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

## Steer Clear of Flooded Roads! Motorists Warned of Leading Cause of Flood-Related Fatalities

"If you see a road with water over it, don't drive through it and if you see a road with barricades, for crying out loud don't drive around them!"

The concern and frustration in the words from an unidentified emergency responder at the scene of yet another submerged car rescue point out a problem that's all too familiar to emergency responders and emergency managers: nearly half of all flood-related deaths involve automobiles. More specifically, people trying to drive automobiles through flooded roads. Since floods are the most commonly occurring natural disaster, the deadly combination of motor vehicles and flooded roads is as tragic as it is avoidable.

With the arrival of spring and the growing potential for flooding that comes with it, the St Charles County Division of Emergency Management is joining the National Weather Service in its appeal to county residents, "Turn around, don't drown."

Ironically, rescued drivers often state that they attempted to drive through flooded roads because they were in a hurry to reach safety and didn't want to drive around.

While experts are puzzled by the risks many drivers take, most also agree that the dangers may not be obvious.

It's not always apparent how deep the water is, if there's any current or how strong it is, how slick the road surface is, what condition the road is in, or whether the road is still there at all. These are just some of the factors that add up to danger for motorists, passengers, and rescuers.

Many drivers also don't realize how little water it takes to get deep into trouble. As little as one foot of water can float even the heaviest vehicles enough for tires to lose traction and cause the driver to lose control. So please, turn around.



*"After all,"  
another  
rescue worker  
observed  
with a head  
shake,  
"It's a car,  
not a boat."*

Learn more about flood hazards and the "Turn Around, Don't Drown" campaign at <http://www.srh.noaa.gov/tadd>



## **Are you interested in Bioterrorism?**

Are you interested in how YOU can play a role in the safety of the county?



On June 15, 2005 the St Charles County Department of Community Health and the Environment will join other counties in Region C in a Functional Bioterrorism Exercise. We are seeking nurses, physicians, pharmacists, nursing students, and general volunteers to participate in our dispensing exercise. For more information please call Hope Woodson, Public Health Response Planner at 636-949-7554.

## Surfing the web?

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

Check here every month for new websites on public health issues!

National Institutes of Health  
[www.nih.gov](http://www.nih.gov)

US Department of Agriculture  
[www.usda.gov](http://www.usda.gov)

World Health Organization  
[www.who.int](http://www.who.int)

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## YOU Said It...

"My parents' home had nearly 20 years worth of paint, chemicals and various other hazardous wastes in it. Since we were selling their house, it was essential that we dispose of it promptly and properly. Today, I went to the new recycling facility (Recycle Works) and had a wonderful feeling as these materials were cared for in an environmentally sound manner. The staff was very polite and helpful, even through my many questions. Thanks so much! It makes me proud to be part of a community that puts the environment first."  
-Sheila Guenther

Thanks for the email, Sheila!  
Recycle Works is located at 60 South Triad Drive, St. Charles, MO 63304  
Visit [www.scchealth.org](http://www.scchealth.org) for more details!



We would love to hear what **YOU** think, drop us a line anytime at [comhealth@saintcharlescounty.org](mailto:comhealth@saintcharlescounty.org)



Mark Your Calendar...  
**2<sup>nd</sup> Annual Pet Adoption Day at the St. Charles Family Arena!**  
**Saturday, May 7 from 10am-3pm**  
Dozens of animals from the St. Charles Pet Adoption Center and other area shelters will be available for immediate adoption!  
**Call 636-949-PETS (7387) or visit [www.scchealth.org](http://www.scchealth.org) for more details!**

## Baby Your Baby

In February, the U.S. Surgeon General issued an Advisory on Alcohol Use in Pregnancy to raise public awareness about this important health concern. Research demonstrates that prenatal alcohol exposure can result in a spectrum of birth defects that can affect a child's growth, appearance, cognitive development and behavior. Fetal alcohol spectrum disorders are preventable if a woman abstains from drinking alcohol while pregnant.

In 2003, approximately 10% of pregnant women reported alcohol use, with 4% of them reporting binge drinking. In addition, nearly 55% of women who might become pregnant report drinking alcohol, and more than 12% report binge drinking. Because approximately 50% of pregnancies are unplanned, prevention efforts should target not only pregnant women and women planning a pregnancy, but also women of childbearing age who are sexually active and not using an effective form of birth control. This new advisory reaches out to this broader group of women and urges them to abstain from alcohol.

The Surgeon General's Advisory on Alcohol Use in Pregnancy is available at [www.hhs.gov/surgeongeneral/pressreleases/sg02222005.html](http://www.hhs.gov/surgeongeneral/pressreleases/sg02222005.html)



Heart disease, cancer and many other leading causes of death among women can be successfully prevented or treated if the warning signs are caught early enough.

**Monday, May 9th is National Women's Check-Up Day**, a highlight of National Women's Health Week. Mark this day on your calendar to schedule a regular check-up with your health care provider. If you need help, visit [www.4woman.gov/whw](http://www.4woman.gov/whw) to locate providers who are offering services that day.

Taking a day to focus on your personal health could help add years to your life. Do it for yourself. Do it for your family. For information visit National Women's Health Week Web site at [www.4woman.gov/whw](http://www.4woman.gov/whw) or call 1-800-994-WOMAN (9662), or TTY: (888) 220-5446.