



St. Charles County Department of Community Health and the Environment

Health E-News

Spring Into Health!



National
Women's
Health Week
May 14-20

www.womenshealth.gov

MAY 2006

1650 BOONE'S LICK ROAD, ST. CHARLES, MO 63301
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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



MAY IS NATIONAL BICYCLE MONTH!

If the average person biked to work or shopping once every two weeks instead of driving, we could prevent the pollution of almost one billion gallons of gasoline from entering the atmosphere every year.

For more information, visit
<http://www.bikeleague.org/programs/bikemonth>

Limit Time in the Midday Sun!



The sun's rays are strongest between 10 am and 4 pm. Whenever possible, limit exposure to the sun during these hours.



The Missouri Recycling Association brings its 2006 statewide conference to historic St. Charles' new Convention Center, June 4-7. The theme "A Recycling Expedition" investigates new frontiers in recycling, green building and waste issues. An opening reception and tour will be held June 4th from 6-9 p.m. at Alberici Corporation's headquarters, a platinum-certified green building. Visit www.mora.org for more information.

From the Director...

By Gil Copley



It's that time of year again. Mosquitoes normally make their first appearance in St. Charles County during the month of May. Exactly when they appear depends on spring temperatures and rainfall, but we can be sure they will be here buzzing and biting.

Since most of us will be inundated with mosquito "tips" in upcoming months, I won't repeat that advice here. Look for it in your local newspaper and on radio and television or follow the link below. The tips REALLY DO WORK and you can help reduce the overall mosquito population in your neighborhood by following the recommendations. But, after removing all the hype, what makes sense in dealing with mosquitoes? It is really as simple as thinking about two basic reasons for personal protection and two approaches to reducing the number of mosquitoes you have to deal with.

There are really two reasons to protect yourself and your children from mosquito bites:

1 - Bites are a nuisance and depending on the number of mosquitoes can be a minor or a major nuisance. A female mosquito must have a "blood meal" to successfully reproduce. When you furnish the meal the bite site becomes...***to continue reading this article visit www.scchealth.org***

Surfing the web?



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

May is Lyme Disease Awareness Month

www.cdc.gov

May is Asthma and Allergy Awareness Month

www.allergy-preventioncenter.com

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What's New in the Health Education Department?

For more information please contact Marianne Adolf at 636-949-7400 x4244



Know Stroke

Know Stroke is a one hour program. In addition to a brief discussion, the program includes an informative, upbeat, eight minute video that teaches the audience about the symptoms of stroke and the need to react quickly if someone is having a stroke. The video is aimed at general audiences and includes interviews with experts in the field of stroke, as well as stories from patients who have successfully recovered from a stroke.

Act in Time to Heart Attack Signs

This one hour session is designed for use with any small group in the community. It will help prepare participants to recognize the early warning signs of a heart attack and to take quick action if a heart attack occurs. In addition, this session helps participants learn more about the risk factors for heart attack and how to prevent and control them.

The Heart Truth for Women

This program seeks to increase women's awareness of the danger of heart disease and to motivate them to take action to protect their heart health. Using a short video along with group discussion, this program targets women ages 40-60 when a woman's risk for heart disease rises. However, younger women will also be interested in the messages this program brings.

Geena's Tremendous Tooth Adventure

This Crest Dental Health Education Program helps children in preschool through grade 2 develop good dental health habits that will last a lifetime. The fun activities include a video with music that will keep you humming all day!

2006 Earth Day Success!

Nearly 300 residents and employees enjoyed St. Charles County's Earth Day Extravaganza April 21st and learned about our community's natural resources.



Both kids and adults made recycled crafts, learned what indoor plants improve air quality, and found out where to recycle that old paint. Since Earth Day is everyday, residents also took home free native trees to enjoy long after the event. The following day, volunteers from all over the metro area joined River Relief in a massive litter clean up along the Missouri River near Frontier Park.

West Nile encephalitis, Lyme disease, Rocky Mountain

spotted fever and other diseases occur across the U.S., with the number of reported cases growing annually. Much more than just annoying, bites from infected mosquitoes and ticks can inject parasites and viruses into the body.

Use a DEET-based insect repellent, as recommended by the Centers for Disease Control and Prevention. Follow all label directions. Wear collared, long-sleeved shirts and long pants with cuffs for maximum protection. Avoid heavily wooded, high-grass areas and standing water. For more information on protecting yourself and your family from biting insects visit www.scchealth.org