



St. Charles County Department of Community Health and the Environment

Health E-News

NOVEMBER 2005

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



**St. Charles
County
Government
offices will be
closed 11/11
in honor of
Veterans' Day
and
11/24 &
11/25
in honor of
Thanksgiving**



Tips on staying healthy this flu season

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

Washing your hands often will help protect you from germs.

Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

St. Charles County Department of Community Health and the Environment does not offer the flu vaccine to the general public.

Visit us online at www.scchealth.org for a list of flu clinics in the area.

This office is not making endorsements or recommendations. Please contact your physician for more information.

Fall is the perfect time...

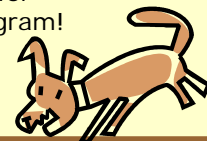
for household cleaning. Don't forget to clean out your medicine cabinet and discard any expired medications or prescriptions you no longer take. When you throw your medicines away, remember to flush the contents down the sink or toilet and place only the empty container in the trash. This will help prevent children or pets from accidentally ingesting them. (Source The National Council on Aging www.ncao.org)



FREE! FREE! FREE! FREE!

For a limited time, the St. Charles County Pet Adoption Center is offering **free** pet adoptions to adopters 60 years of age and older when they choose to adopt an animal over the age of 4.

Thanks to Purina Pets for Life for sponsoring this wonderful program! For more information call 636-949-PETS



November is...

American Diabetes Month and the Great American Smokeout is November 17! Check out the websites on page 2 for more info!

What does LEPC mean? Local Emergency Planning Committee

Since 1994, the St. Charles County **LEPC** has worked to assist our community in preventing hazardous material incidents and, more recently, expanded its focus to include preparation, response and recovery from catastrophic emergencies.

To learn more about this important community group, visit <http://scchealth.org/docs/ems/docs/other/lepc.html>

Surfing the web?



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

Check out these websites for more info on public health!

American Cancer Society
www.cancer.org

American Diabetes Organization
www.diabetes.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

Subscribe/unsubscribe to Health E-News

Health E-News is a service of St. Charles County Dept. of Community Health and the Environment and contains information regarding public health. To subscribe or unsubscribe to this service, send an e-mail message to burkej1@lpha.health.state.mo.us with "subscribe" or "unsubscribe" in the subject line.

Receiving duplicate newsletters? [Let us know.](#)

From the Director

By Gil Copley, Director of St. Charles County Department of Community Health and the Environment

Be Prepared

Events of recent months should lead each of us to ask the simple question, "What responsibility do I have to myself and my family to be prepared?" Now is a good time for all of us to ask ourselves that question.

I was struck this week by media coverage of Broward County Florida residents, barely 24 hours after hurricane Wilma had struck, complaining about long lines and lack of MRE's, water and ice. And yet, repeatedly during the previous week, not to mention almost continuously from the start of the 2005 hurricane season, public officials and representatives from private relief agencies have been hammering home the need for everyone to PLAN for a disaster. It would be impossible to count the number of times that we have heard that every person and family should have a 3-day supply of food, water and a 7-day supply of medication on hand.....

To continue reading this article and learn how YOU can be prepared, click this link http://www.scchealth.org/docs/doche/director_articles.html



Operation Clean Stream Volunteers Make St. Charles County a Healthier Place to Live



What do aging tires, old vacuum cleaners, mangled road signs, soda bottles, vintage furniture, and other debris from illegal dumpsites and careless weekend outings have in common? All were recently fished from Dardenne, Peruque, and Boschert Creeks and their tributaries during Operation Clean Stream.

Nearly 275 volunteers gathered for the 4th annual cleanup, which has grown in size over the past few years. What started as a modest high school project to clean up four sites along Dardenne Creek has now expanded to a county-wide effort, targeting 19 different areas across St. Charles County.



About 250 bags of garbage were removed from our creeks. This helps to reduce stream and environmental pollution, an issue faced by communities everywhere. Many residents point to industry as the source of water and air pollution but they are already heavily regulated at the federal and state level with significant and continuous oversight. Citizens, on the other hand, often contribute to this type of general (non-point) pollution.

Paints and oils are often improperly discarded into storm drains. Soil not protected against erosion may enter streams. Pesticides and fertilizer even when properly applied create significant runoff into our waterways, a major source of non-point pollution.

What were some of the most unusual items retrieved from our community's creeks? Participants listed a pile of forty VHS tapes, a two-foot sheet of lead, and a 1970's couch with change still stuck behind the cushions!

St. Charles County thanks all the municipalities and organizations who partnered to make this event a success. The list includes the cities of Foristell, Dardenne Prairie, O'Fallon, St. Peters, St. Charles and Wentzville; the Greenway Network, the Missouri Stream Team, the Missouri Department of Conservation, the Soil & Water Conservation District and Wal-Mart.