



St. Charles County Department of Community Health and the Environment

Health E-News



APRIL 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

Turn Around. Don't Drown. A rule you can live with.

Pennsylvania: A man who refused to evacuate from his home was later swept away as he attempted to leave in his automobile.

Texas: While trying to make sure a flooded section of road was safe enough to drive through, a man was swept away as he tried to wade to the other side.

These are tragic examples of the two leading causes of flood-related drowning, according to the National Weather Service and the Center for Disease Control. Driving into flood waters leads to more than half of all flood fatalities. Walking into or near flood waters is the second most common cause.

In reality, a 3,000 to 5,000 pound vehicle is no match for the combination of slick or damaged roads, buoyancy, and the force of moving water. Whether it's an automobile, truck, or SUV, any vehicle can become *buoyant enough* for the driver to lose control.

And it takes a lot less water than most people think. As little as 1 foot of water can sweep away most cars. As little as six inches can sweep away a person.

The St Charles County Division of Emergency Management would like to remind county residents that weather-related emergencies are a fact of life. Don't underestimate the one that takes more lives across the country each year than all of the others: floods. Turn around. Don't drown.

For more about the "Turn Around Don't Drown" campaign, including posters, stickers, and computer icons, visit: <http://www.srh.noaa.gov/tadd>



Be sure to mark your calendar for the St. Charles County Earth Day Extravaganza, Friday, April 21st from

10am-1pm on the grounds of the St. Charles County Administration Building at 201 North Second Street.
Food! Fun! And much, much more!



You see it on the news everyday – Avian flu...Bird flu... but what does it all mean? How will it impact you? Visit our website at www.scchealth.org for the latest information and a new, local newsletter called "What's New with Bird Flu". Check it out today!

Surfing the web?



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

*April is Child Abuse
Prevention Month*

www.preventchildabuse.org

*April 22-29 is
National Infant
Immunization Week*

www.cdc.gov

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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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Food Safety Tips for Handling Eggs at Easter

Consider using plastic eggs for the Easter egg hunt instead of hard-boiled eggs. It is safer to treat colorful hard-boiled Easter eggs as disposable decorations, not food. If you do use real eggs as part of your family's Easter tradition, follow these simple safety measures to help keep dyed Easter eggs safe to eat:

Wash hands thoroughly with warm, soapy water before handling the eggs.

Eggs should be cooked until the yolks and whites are firm.

Cool eggs quickly, either under cold running water or in an ice bath.

When coloring eggs, use a food-safe dye.

Do not decorate, hide, or eat cracked eggs.

Refrigerate eggs (41° F or below) until you are ready to hide them.

Choose hiding places with care, avoiding areas where the eggs could come in contact with harmful bacteria or chemicals.

Refrigerate immediately after hunting eggs; discard eggs that have been out of the refrigerator for more than two hours.

Hard-boiled eggs held at 41° F in the refrigerator may be kept up to seven days.

Catch Those ZZZZZzzzzz.....

In today's "24/7" society, many people cut back on sleep to squeeze in more time for work, family obligations, and other activities. But skimping on sleep can be harmful. "Your Guide to Healthy Sleep" provides the latest science-based information about sleep in an easy-to-understand format. The 60-page handbook describes how and why we sleep, and offers tips for getting adequate sleep, such as sticking to a sleep schedule, relaxing before going to bed, and using daylight or bright light to help you adjust to jet lag and shift work schedules.

From The Director By Gil Copley St. Charles County Connections



I am going to take a departure from strictly public health topics this month to share reflections on my past connections to St. Charles County. I didn't live in St. Charles County growing up but in Kirkwood Missouri, a City in St. Louis County. But I did visit St. Charles County on a regular basis over the years.

I suppose there is some connection to health since everything I'm going to talk about relates to enjoying the recreational resources of St. Charles County. Recreation relieves stress and the exercise associated with it promotes cardiovascular fitness. But mostly, this is just a reminiscence of pleasant times I spent in St. Charles County back then.

That "health" connection having been made, I now slide back into the mid 1950's when as a Boy Scout I hiked one of the most enjoyable trails in Missouri. The trail was named the Daniel Boone Trail and began at the "Daniel Boone home" (actually owned by his son, Nathan Boone) near Defiance in St. Charles County
www.lindenwood.edu/boone.

The trail started with a quick guided tour of the home. We then went down Highway F to Femme Osage Creek Road, hiking down a beautiful valley of rolling hills, farms and woods next to a beautiful and scenic creek. At lunch we came to the small village of...

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"Your Guide to Healthy Sleep" can be ordered online at <http://email.nhlbihin.net/product2.asp?source=&sku=06-5271> for \$3.50 or from the NHLBI Information Center at P.O. Box 30105, Bethesda, MD 20824, or at 301-592-8573 or 240-629-3255 (TTY)

