

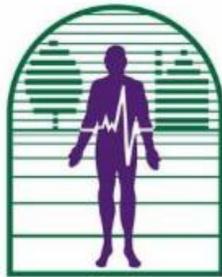
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August 2017



Cerro Gordo County Department of Public Health

*Communicator*

## Summer Should Get A Speeding Ticket!

Well, we are wrapping up summer and looking down the road at fall. It's amazing how quickly the seasons change! One minute we are up to our ears in snow, and the next we are nearly melting from the heat.

With the change of seasons, also comes the change in weather, activities, illnesses, etc.

As you begin to gear up for colder weather and sending kids back to school, we would like to remind you of a few things you can do to ensure you and your family stay safe and healthy this year.

1. **Make sure your [immunizations](#) are up-to-date.** Back-to-school is a great time to [check immunization records](#). Adults and children need to ensure they have all of the necessary vaccines to maintain optimal health. Fall is also the time to get your flu vaccine! Our public flu clinics will begin in September.
2. **Get your well water tested.** Late summer is a great time to have your [private well tested](#) for contaminants. Call Sophia at 421-9318 to schedule your test today.

## Department Quick Links



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3. **September is [National Preparedness Month](#).** Make sure you keep a good supply of food, water, medications, etc. during the winter. You never know when a snow storm will hit and you may be stuck inside for a few days.
4. **Keep away head lice.** With the kids heading back to school, we see an increase in [head lice](#) cases. Be sure to check your children regularly for head lice to ensure you catch it right away. Contact Bethany if you have any questions 421-9322.

**Upcoming Happenings:**

- August is National Breastfeeding Month
- August is National Immunization Awareness Month
- August 1-7: World Breastfeeding Week
- September is Healthy Aging Month
- September is National Childhood Obesity Awareness Month
- September is National Food Safety Education Month
- September is National Preparedness Month
- September is Sexual Health Awareness Month
- September is Whole Grains Month
- September 18: National HIV/AIDS and Aging Awareness Day
- September 19: Get Ready Day
- September 22: Falls Prevention Day
- September 24: Family Health and Fitness Day
- September 27: National Women's Health and Fitness Day
- September 28: World Rabies Day
- September 29: World Heart Day

Like us on Facebook or follow us on Twitter to stay up-to-date on all Cerro Gordo County Department of Public Health information. Visit our website at [www.cghealth.com](http://www.cghealth.com)

For more information about our services, visit our website at [www.cghealth.com](http://www.cghealth.com).

Take care,



Kara Ruge, CCPH, IOM  
Marketing & Public Information Officer  
Cerro Gordo County Department of Public Health

## Vaccines: They're NOT just for kids!

### **National Immunization Awareness Month**

All adults should get vaccines to protect their health. Even healthy adults can become seriously ill, and can pass certain illnesses on to others. Immunization is especially important for older adults and for adults with chronic conditions such as asthma, Chronic Obstructive Pulmonary Disease (COPD), diabetes or heart disease. Immunization is also important for anyone who is in close contact



Scan this QR code with your smartphone for a direct link to our website.

## Senior Health & Blood Pressure Clinics

The Health Department offers Senior Health Clinics to county residents aged 55 and older. There is no charge; however, contributions are accepted.

*\*The clinic is an annual health screening and does not replace a physician's care.*

To make an appointment, call the Health Department at 641-421-9316. Below is the schedule of upcoming Senior Health Clinics.

### SENIOR HEALTH CLINICS

**AUGUST 21 - Mason City @ First Presbyterian Church**

**AUGUST 28 - Clear Lake @ United Methodist Church**

**SEPTEMBER 6 - Mason City @ Trinity Lutheran Church**

**SEPTEMBER 11 - Clear Lake @ First Congregational Church**

**SEPTEMBER 13 - Mason City @ The Manor**

**SEPTEMBER 18 - Mason City @ The Manor**

with the very young, the very old, people with weakened immune systems, and those who cannot be vaccinated.

All adults should get the influenza (flu) vaccine each year to protect against seasonal flu. Every adult should also get the Td or Tdap vaccine once if they did not receive it as an adolescent to protect against pertussis (whooping cough), and then a Td (tetanus, diphtheria) booster shot every 10 years. In addition, women are also recommended to get the Tdap vaccine each time they are pregnant, preferably at 27 through 36 weeks.

Adults may need other vaccines - such as shingles, pneumococcal, hepatitis, HPV - depending on one's age, occupation, travel, health status, vaccination history, and other risk factors.

For more information or to have one of our nurses check your records, please call our immunization clinic at 641-421-9322.

*\*Vaccines are not just for kids. (2015). Retrieved April 7, 2016, from <http://www.nphic.org/niam-toolkit>*



**SEPTEMBER 20 - Mason City @ Mason City Senior Center**

**SEPTEMBER 25 - Clear Lake @ Zion Lutheran Church**

### **BLOOD PRESSURE CLINICS**

**SEPTEMBER 12 - (8:15-9AM) @ First Citizens Bank HC Movie, Cinema West, 4710 4th St SW, Mason City**

**SEPTEMBER 14 - (10:30-11:30AM) @ Mason City Senior Center, 326 4th St NE, Mason City**

**SEPTEMBER 22 - (8-9AM) @ Swaledale Town Hall, 402 Main St., Swaledale**

## **Super Lice**



Back-to-school means an increase in head lice cases. You should examine your child's head, especially behind the ears and at the nape of the neck, for crawling lice and nits if your child exhibits symptoms of a head lice infestation at least once a week. If crawling lice or nits are found, all household members should be examined for crawling lice and nits every 2-3 days. Persons with live (crawling) lice or nits within ¼ inch or less of the scalp should be treated.

To eliminate head lice successfully, it is very important that all treatment instructions and steps be carefully followed and completed. Both over-the-counter and prescription products are available. You may wish to contact your doctor, pharmacist, or health department for additional information about which product they recommend. Combing the nits out of hair is very important since lice killing shampoo alone will not

## **National Breastfeeding Awareness Month**

Breastfeeding is one of the most effective steps a mother can take to protect the health of her baby. The American Academy of Pediatrics recommends exclusive breastfeeding for about the first 6 months and continued breastfeeding for at least the first year as solid foods are introduced. However, many mothers in the US are not able to meet these recommendations. Data from the 2014 Breastfeeding Report Card shows that in 2011, 79 percent of newborn infants started breastfeeding, 49 percent were still breastfeeding at six months and 27 percent were still breastfeeding at twelve months.



Professional breastfeeding support is an integral part of the system that can help mothers start and continue breastfeeding. Professional breastfeeding experts support breastfeeding when they assist mothers, create and administer breastfeeding programs, and educate other health professionals about breastfeeding.

For more information about proper nutrition for you and your baby, contact our Public Health Dietitian, Katelyn, at 641-421-9342.

\*Breastfeeding Week. (2014). Centers for Disease Control & Prevention. Retrieved April 7, 2016, from [www.cdc.gov/features/breastfeeding-week/index.html](http://www.cdc.gov/features/breastfeeding-week/index.html)

## WELLNESS CORNER

### ***Zero Calorie Sweeteners: Is Stevia a good option?***

If you want to sweeten something, Stevia is the natural and best choice by far.

As obesity has reached epidemic proportions all around the world, people have started turning away from sugar. To replace the sweet flavor, many have turned to artificial sweeteners that are made in a lab. However, there is a natural option available that has become very popular in the past few years and decades. It is called Stevia.



#### **Stevia is a natural, zero calorie sweetener.**

In South America, a shrub called Stevia Rebaudiana has been used as a sweetener and medicinal herb for centuries. Sweeteners derived from the plant are either extracts of the leaves or some of the isolated sweet compounds. The most potent sweet compounds in the Stevia leaf are called Stevioside and Rebaudioside A and they are both many hundred times sweeter than sugar. Stevia tends to have a bitter after taste. Rebaudioside A has the least bitterness and is therefore most popular for commercial Stevia based sweeteners.

#### **Stevia can improve glycemic control in diabetics.**

In diabetic rats, Stevia has beneficial effects on insulin sensitivity and may even help the beta cells of the pancreas release additional insulin. In humans, a cross-study comparing 1g of Stevioside to 1g of Maize Starch showed that the Stevia group had 18% lower blood glucose levels after a meal. Another study comparing sucrose (table sugar), aspartame and Stevia revealed that Stevia reduced both blood glucose and insulin after a meal compared to the other two sweeteners.

#### **Stevia has health benefits in animals.**

Most of the studies on health effects of Stevia were done on rats. In these studies, Stevia had anti-hypertensive, anti-inflammatory, anti-diarrheal, anti-tumor, diuretic and immunomodulatory effects. In rats, Stevioside has also been shown to increase HDL cholesterol, lower oxidized LDL, reduce plaque in the arteries and improve insulin sensitivity.

#### **Stevia appears to be safe in humans.**

Stevia has an outstanding safety profile in both humans and animals. There were some studies done many years ago that showed harmful

eliminate lice. General housekeeping such as vacuuming and washing recently worn clothing and bedding on high heat will kill lice. You can place items not able to be washed such as stuffed animals or clothing in a sealed garbage bag for two weeks.

Children diagnosed with live head lice do not need to be sent home early from school; they can go home at the end of the day and return to class after appropriate treatment has begun. Nits may persist after treatment, but successful treatment should kill crawling lice.

Head lice can be a nuisance but they have not been shown to spread disease. Personal hygiene or cleanliness in the home or school has nothing to do with getting head lice. Head lice will continue to spread and survive as long as they have a warm home (your head) and a frequent meal (blood).

For more information on head lice, call Bethany at 421-9322.

## Student Vaccines



Include checking your children's vaccines in your back to school activities. The Health Department can look up which vaccines your child needs. Call us at 421-9322.

Students need the following:

#### **Kindergarten:**

- Varicella (chicken pox)
- DTaP (diphtheria, tetanus & pertussis)
- Hepatitis B
- IPV (polio)

effects in lab animals, but they used ridiculously high dosages and this probably has no relevance to regular human consumption.

*\*The taste can vary greatly between brands, so you may want to try different brands until you find something that works for you.*

**Have lead hazards in your home?  
Give us a call TODAY to see if you're eligible!**



**Get it fixed for little or NO cost to you!**



**641-421-9300**

- MMR (measles, mumps, rubella)
- Flu vaccine - yearly.

**11 years of age and older** (in addition to the required Kindergarten vaccines):

- Tdap (tetanus, diphtheria & pertussis)- required for all incoming 7th graders.
- Meningococcal disease (ACWY) - required for all 7th graders.
- Human Papillomavirus (HPV)
- Flu vaccine - yearly.

**12th Grade and College:**

- Meningococcal disease (ACWY and MenB) - ACWY vaccine is required for all 12th graders.
- Human Papillomavirus (HPV)
- Flu vaccine - yearly.

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## **Help Us Promote Public Health Services**

**Forward this electronic newsletter to your friends, family, co-workers, and associates.  
Have them click the "Join Our Mailing List" button!**

### **Our Mission Statement:**

The Cerro Gordo County Department of Public Health works to optimize the health of all people in Cerro Gordo County.

### **Our Vision Statement:**

We will be the leader in making Cerro Gordo County the healthiest county in Iowa.

### **Our Value Statement:**

We believe in human dignity, respect for individual choices, promotion for wellness and personal safety, protection of the environment, prevention of disease and access to quality health services.



**22 N. Georgia Ave., Suite 300, Mason City, IA 50401**

**Phone: 641-421-9300 [www.cghealth.com](http://www.cghealth.com)**

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