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September 2016



Cerro Gordo County Department of Public Health

Communicator

"September days are here, with summer's best of the weather and autumn's best of cheer." - Helen Hunt Jackson

September offers slightly chillier weather, and gold and caramel colored leaves. Most people seem to love autumn and the yummy flavors it brings!

This month, the Health Department would like to encourage you to get your [flu vaccine](#) early. Influenza is at the peak of activity from September - May. It takes two weeks for your system to respond to the full effect of the flu shot. Get protected early!

Upcoming Happenings:

- September is Healthy Aging Month
- September is National Childhood Obesity Awareness Month
- September is National Food Safety Education Month

Department Quick Links



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- 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 20: Get Ready Day (Preparedness)
- September 22: Falls Prevention Awareness Day
- September 27: National Gay Men's HIV/AIDS Awareness Day
- September 28: National Women's Health and Fitness Day
- September 28: World Rabies Day
- September 29: World Heart Day
- October is National Breast Cancer Awareness Month
- October 5: International Walk to School Day
- October 16-22: International Infection Prevention Week
- October 17-22: National Healthcare Quality Week
- October 17-21: National Health Education Week
- October 23-31: Red Ribbon Week

Like us on Facebook or follow us on Twitter to stay up-to-date on all CGC Department of Public Health information. Make sure to check out the right side of our newsletter, which features our Quick Response (QR) Code. Scan with your smartphone to get directly to our website.

For more information about our services, visit our website at www.cghealth.com.

Take care,



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



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

SEPTEMBER 19 - Mason City @ The Manor

SEPTEMBER 21 - Mason City @ Mason City Senior Center

SEPTEMBER 26 - Swaledale @ United Methodist Church

National Preparedness Month

At home or at work, routines can be disrupted with little or no warning by natural disasters, fires or other catastrophic events. Don't wait for an emergency to think about being prepared.

National Preparedness Month, sponsored each September by the U.S. Department of Homeland Security's Ready Campaign is designed to increase public awareness of emergency preparedness. The campaign urges four basic steps:

1. Make a kit
2. Make a plan
3. Be informed
4. Get involved



With winter weather right around the corner, the potential for heavy snow and power outages is very real. Iowa weather is notorious for being unpredictable, therefore staying up to date on weather warnings and information is vital to your family's safety.

You could be anywhere when disaster strikes, at home, at work, in your car, etc. It's important to be ready, no matter where you are. Here are some things you can do to prepare:

At Work

- Know the evacuation plan. Note designated meeting locations after you evacuate.
- Take note of the exit routes, locations of fire extinguishers and medical kits.
- Keep your own personal supplies in your desk in a pack that you can access quickly.
- Carry important phone numbers in your purse or wallet, to include your out-of-state contact.

At Home

- Water - one gallon per person per day.
- Food - at least a three day supply of non-perishable food and manual can opener.
- Paper cups, plates, paper towels and plastic utensils.
- Infant formula and diapers.
- Pet food and extra water for your pet.
- Personal hygiene items.
- Battery powered radio and NOAA weather radio with extra batteries.
- Flashlight with extra batteries.
- First aid kit, prescription medications and glasses.
- Cell phone with chargers.
- Wrench or pliers to turn off utilities, fire extinguisher.
- Important documents such as copies of insurance policies, identifications and bank account records in waterproof container.

OCTOBER 5 - Mason City @ Wesley United Methodist

OCTOBER 10 - Clear Lake @ Zion Lutheran Church

OCTOBER 24 - Mason City @ Mason City Senior Center

OCTOBER 31 - Clear Lake @ United Methodist Church

BLOOD PRESSURE CLINICS

SEPTEMBER 23 - (8-9AM) @ Swaledale Town Hall (402 Main St., Swaledale)

OCTOBER 11 - (9:15-9AM) @ First Citizens National Bank Heritage Club Movie at Cinema West Theaters (4710 4th St. SW, Mason City)

OCTOBER 11 - (10:30-11:30AM) @ Ventura Community Center (4 N Weimer St., Ventura)

OCTOBER 13 - (10:30-11:30AM) @ Mason City Senior Center (326 4th St. NE, Mason City)

OCTOBER 17 - (11:15-Noon) @ Rockwell Community Center (114 3rd St. N, Rockwell)

OCTOBER 18 - (9:15-10AM) @ Plymouth City Hall (616 Broad St., Plymouth)

OCTOBER 25 - (10:30-11:30AM) @ Clear Lake Senior Center (105 S 4th St, Clear Lake)

National Head Lice Prevention

- Sleeping bag or blanket and a change of clothes for each person.
- Books, games, puzzles or other activities for children.
- Install smoke detectors on every level of your home and near sleeping areas.

In Your Car

- Always keep your gas tank full, fill it when it reaches a half a tank. Especially during the winter months!
- Keep tools, jumper cables and a spare tire in the vehicle at all times.
- Your car will be one of your most important resources after disaster strikes. Your car battery may need to run the radio and heater for extended periods of time. Make sure it is replaced every two to three years.
- Store miscellaneous items such as granola bars, candy bars, trail mix, flashlight, first aid kit, rain gear and extra clothes, blankets, small sack of sand for traction, small shovel, etc.

In addition to stockpiling supplies, talk about the possible hazards in your home and area, draw up a detailed emergency plan. If an emergency occurs while your child is at school and you are at work, where will you meet? Agree on an emergency contact person, like a neighbor, nearby relative, or friend. Write down emergency contact information and have your children carry it with them at all times.

For more information about emergency preparedness, visit our [website](#).

Flu Season is Just Around the Corner!

Everyone 6 months and older should

get an annual flu vaccine. It takes about two weeks after vaccination for your body to develop full protection against the flu. Get vaccinated to protect yourself and your loved ones!

It's fall and often the time that we start seeing people sick with flu. By getting a flu vaccine for yourself and your entire family every season, you can help prevent flu-related illness, missed school, and missed work.



Influenza (flu) is a contagious respiratory disease that infects the nose,

Month



It's that time of year again! The kids are back in school, which means head lice cases increase.

Our department would like to remind parents to spend 15 minutes each week carefully looking for head lice or nits in your child's hair. That is the best way to prevent or to catch a head lice case early on and more easily treat your child.

Below is a link on some tips and FAQ's regarding head lice and what you as a parent should do should your child get head lice.

[Click Here!](#) for more information!

National Gay Men's HIV/AIDS Awareness Day - September 27



Gay, bisexual, and other men who have sex with men

throat, and lungs and can lead to serious complications, hospitalization, or even death. Pneumonia and bronchitis are examples of serious flu-related complications. The flu also can cause certain health conditions, like diabetes, asthma, and heart and lung disease, to become worse. Even healthy people can become sick with the flu and experience serious complications. But even if you are one of the lucky ones who bounces back quickly from a bout with the flu, people around you might not be so lucky. Getting a flu vaccine is the single best way to protect yourself and your family from this serious disease.

Stop by our walk-in clinic today and get your flu vaccine! [Click Here!](#) for more influenza information!

**Flu Season Is Around The Corner. (2015). CDC Online. Retrieved April 7, 2016, from <http://www.cdc.gov/features/flu/index.html>*

WELLNESS CORNER

Healthy Aging Month

This September, we celebrate [Healthy Aging](#) Month and encourage people to rejuvenate and get going on positive measures that can impact the areas of physical, social, financial and mental wellness. First introduced when baby boomers were about to turn 50, initial Healthy Aging concepts were focused on retirement, depression, incontinence and many "aging" diseases. Not today! Today's senior population does not think of themselves as slowing down, aging, or even retiring. Therefore, the 45+ crowd is primed to take charge of their lives, follow their passions, and happily look forward to what's next in life.



To get started on re-inventing yourself to make the next years in your life better than ever, try some of these tips:

- **Be positive in your conversations and your actions every day.** When you catch yourself complaining, check yourself right there and change the conversation to something positive. (Tip: Stop watching the police reports on the local news).
- **Have negative friends who complain all of the time and constantly talk about how awful everything is? Drop them.** As cruel as that may sound, distance yourself from people who do not have a positive outlook on life. They will only depress you and stop you from moving forward. Surround yourself with energetic, happy, positive people of all ages and you will be happier too. (Tip: Smile often. It's contagious and wards off naysayers.)
- **Walk like a vibrant, healthy person.** Come on. You can probably do it. Do you walk slowly because you have just become lazy or, perhaps, have a fear of falling? (Tip: Make a conscious effort to take big strides, walk with your heel first, and wear comfortable shoes.)

(MSM) represent approximately 2% of the United States population, yet are the population most severely affected by HIV. In 2010, young gay and bisexual men (aged 13-24 years) accounted for 72% of new HIV infections among all persons aged 13 to 24, and 30% of new infections among all gay and bisexual men. At the end of 2011, an estimated 500,022 (57%) persons living with an HIV diagnosis in the United States were gay and bisexual men, or gay and bisexual men who also inject drugs.

[Click HERE!](#) for more information, or visit our website to see how we can help you.

**HIV Among Gay and Bisexual Men. (2015). CDC Online. Retrieved April 7, 2016, from <http://www.cdc.gov>*

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- **Stand up straight!** You can knock off the appearance of a few extra years with this trick your mother kept trying to tell you. Look at yourself in the mirror. Are you holding your stomach in, have your shoulders back, chin up? Check out how much better your neck looks! Fix your stance and practice it every day, all day until it is natural. You will look great and feel better. (Tip: Your waistline will look trimmer if you follow this advice.)
- **How's your smile?** Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being. (Tip: Go to the dentist regularly. Nothing says old more than yellowing teeth!)
- **Lonely? Stop brooding and complaining about having no friends or family.** Do something about it now. Pick up the phone, landline, or cell and make a call to do one or more of the following: Volunteer your time, Take a class, Invite someone to meet for lunch, brunch, dinner, or coffee. (Tip: Volunteer at the local public school to stay in touch with younger people and to keep current on trends, take a computer class or a tutorial session at your cell phone store to keep up with technology, choose a new person every week for your dining out.)
- **Start walking not only for your health but to see the neighbors.** Have a dog? You'll be amazed how the dog can be a conversation starter. (Tip: If you don't have time for a dog, go to your local animal shelter and volunteer. You will be thrilled by the puppy love!)
- **Make this month the time to set up your annual physical and other health screenings.** Go to the appointments and then, hopefully, you can stop worrying about ailments for a while.
- **Find your inner artist.** Who says taking music lessons is for young school children? You may have an artist lurking inside you just waiting to be tapped. Have you always wanted to play the piano, violin, or tuba? Have you ever wondered if you could paint a portrait or scenic in oil? What about working in wood? (Tip: Sign up now for fall art or music classes and discover your inner artist!)

Help Us Promote Public Health Services

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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.



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