

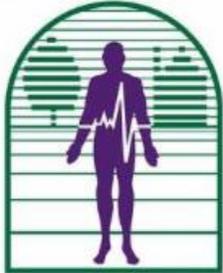
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July 2016



Cerro Gordo County Department of Public Health

Communicator

Baby, you're a firework!

- Katy Perry, 'Firework'

July is here and so is extreme heat! Keep yourself and your family cool with the following tips:



Department Quick Links



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[Follow us on Twitter!](#)

Swimming also becomes a popular activity during hot days such as these. One thing to keep top-of-mind is the risk of unintentional drowning.

Every day, about ten people die from unintentional drowning. Of these, two are children aged 14 or younger. Drowning ranks fifth among the leading causes of unintentional injury death in the United States.

Please, remember to keep a close eye on children and individuals who may not know how to swim. Drowning can happen quickly and QUIETLY anywhere there is water, and even with lifeguards present.

Upcoming Happenings:

- July 28: World Hepatitis Day
- August is National Breastfeeding Month
- August is National Immunization Awareness Month
- August 1-7: World Breastfeeding 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.



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 3 - Mason City @ St. John's Episcopal Church

AUGUST 8- Clear Lake @ Evangelical Free Church

AUGUST 15 - Mason City @

Care For Yourself Program Begins!

The Cerro Gordo County Department of Public Health's Care For Yourself began a new year on July 1, 2016!

The program offers free mammogram and breast screening services to women who meet the following criteria:

- Women ages 40 and older.
- Women of any age who have signs of breast cancer (e.g. breast lump, nipple discharge, breast skin dimpling or retraction).
- Persons without insurance or their insurance provider does not cover the cost of a mammogram.



Early detection of breast cancer is the key to survival. Early detection methods include getting a mammogram yearly, beginning at age 40. Most health insurance carriers now cover the expense of a mammogram with no out-of-pocket costs to the patient. In addition, the Cerro Gordo County Department of Public Health can help women get and pay for these important health screening services through the Care for Yourself program.

If you would like to speak with someone about the Care for Yourself program, call the Cerro Gordo County Department of Public Health at 641-421-9323. If you would like to schedule your annual mammogram, contact your medical provider or call Forest Park Imaging at 641-428-6555.

Learn more about breast cancer detection efforts in Cerro Gordo County on the Cerro Gordo County Department of Public Health [website](#).

Back-to-School Immunizations: It's Time!

It's that time of year again to make sure your children are up-to-date on vaccines before sending them back to school. School-age children, from preschoolers, to middle schoolers, to college students, need vaccines.



What All Parents Need To Know

Making sure that children of all ages receive all their vaccinations on time is one of the most important things you can do as a parent to ensure your children's long-term health as well as the health of friends, classmates, and others in your community.

To keep children in schools healthy, Iowa requires all children going to school to be vaccinated against certain diseases, such as pertussis (whooping cough). If you're unsure of Iowa's school requirements, now is the time to check with your child's doctor, your child's school, or your health department. That way, you can get your child any vaccines they need before the back-to-school rush.

Disease Outbreaks Still Happen

It's true that some vaccine-preventable diseases have become very rare thanks to vaccines. However, cases and outbreaks still happen. This year, the United States is experiencing a record number of measles cases. From January 1 to August 1, 2014, there have been 593 cases of measles reported in the United States. From January 1-June 16, 2014, almost 10,000 cases of whooping cough have been reported to CDC by 50 states and Washington, D.C. These numbers represent a 24% increase compared with the same time period in 2013.

Senior Center

AUGUST 22 - Clear Lake @ United Methodist Church

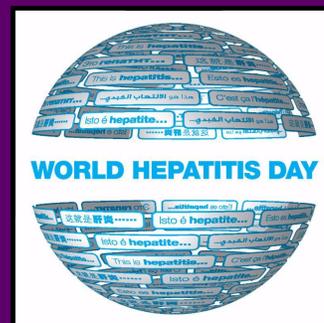
AUGUST 29 - Mason City @ Senior Activity Center

BLOOD PRESSURE CLINICS

AUGUST 9 - (8:15-9:00 AM) Cinema West Mason City (part of First Citizens National Bank Heritage Club Movie)

AUGUST 11 - (10:30 - 11:30 AM) @ Mason City Senior Activity Center

World Hepatitis Day - July 28



Hepatitis A

The hepatitis A virus is spread by ingestion of contaminated food and water, or through direct contact with an infectious person.

Hepatitis B

The hepatitis B virus is spread through contact with the blood or other body fluids of an infected person.

Hepatitis C

Making sure your children stay up to date with vaccinations is the best way to protect your communities and schools from outbreaks that can cause unnecessary illnesses and deaths. Parents who choose not to vaccinate their children increase the risk of disease not only for their own children, but also for other children and adults throughout the entire community. For example, vulnerable newborns too young to have received the maximum protection from the recommended doses of vaccines or people with weakened immune systems, such as some people with cancer and transplant recipients, are also at higher risk of disease.

Vaccines for Your Young Children (Newborns through 6 years old)

Flu vaccines are recommended for kids in preschool and elementary school to help keep them healthy. In fact, all children 6 months and older should get flu vaccines. Getting all of your children vaccinated- as well as other family members and caregivers- can help protect infants younger than 6 months old.

During the early years of life, your children need vaccines to protect them from 14 diseases that can be serious, even life-threatening. Call us today to make sure your child is up to date on those vaccines.

Vaccines for Your Preteens and Teens (7 years old through 18 years old)

Preteens and teens need vaccines, too! As kids get older, they are still at risk for certain diseases. Before heading back to school, three vaccines are routinely recommended for 11-12 year olds-HPV, Tdap, and meningococcal conjugate vaccine-for new and continued protection.

HPV vaccine is important because it can prevent HPV infections that can cause cancer later in life. For other diseases, like whooping cough, the protection from vaccine doses received in childhood fades over time. That's why 11-12 year-olds are required to get the booster shot called Tdap to help protect them from whooping cough, tetanus, and diphtheria by the time they enter 7th grade. Meningococcal conjugate vaccine helps prevent two of the three most common causes of meningococcal disease, which can be very sudden, serious, and even life-threatening.

It's important to know that flu can be serious, even for healthy, young people. Preteens and teens are no exception. So older kids should get at least one flu vaccine (the shot or nasal spray for healthy kids) every year.

It's Not Too Late

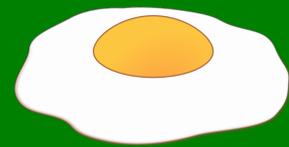
Getting every recommended dose of each vaccine provides children with the best protection possible. If a child misses a shot, it can be

The hepatitis C virus is a bloodborne virus.

[Click Here!](#) for more information on World Hepatitis Day!

Call us at 641-421-9320 to schedule your Hepatitis test TODAY!

All About Eggs



It is estimated that one egg in 20,000 eggs may contain Salmonella, which is a 0.005% contamination rate. Salmonella may be found on the outside of the egg shell before the egg is washed or it may be found inside the egg if the hen was infected.

Eggs are washed and sanitized before they are packed. Egg cartons with the USDA trademark must display a "Julian date", the date the eggs were packed. When purchasing eggs, always buy eggs from a refrigerated case. Choose eggs with clean, uncracked shells, don't buy out of date eggs.

After you purchase eggs, refrigerate raw shell eggs in their cartons on the middle or lower inside shelf, not on the door of the refrigerator. As long as eggs are kept refrigerated at 41 degrees or lower, fresh eggs are safe

difficult to figure out the best way to catch up. Please give your health department or doctor a call and make a plan to get your child caught up. It's not too late!

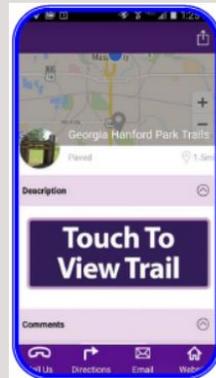
to be consumed for four to five weeks beyond the cartons Julian date.

When cooking eggs, keep in mind, eggs that are left out for more than 2 hours at room temperature should be discarded. Hard boiled eggs can safely be refrigerated for up to one week. Be sure to use pasteurized eggs or egg products when preparing recipes that call for using raw or undercooked eggs. (Caesar salad dressing, eggnog, homemade ice cream, etc.)

Bike & Walk the County With Ease

Looking for a trail near you?

The Health Department enhanced our FREE smartphone app. Along with helping you make healthy choices while dining out, now you can use it to locate a variety of trails to bike, walk or run. The app can be downloaded to Android and Apple devices. Search at the Google Play Store or Apple iTunes by searching Cerro Gordo County Department of Public Health.



Join Our Mailing List!

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.



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