

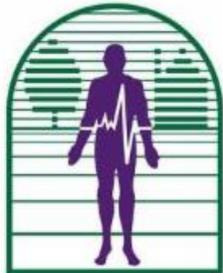
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June 2016



Cerro Gordo County Department of Public Health

Communicator

June is bustin' out all over!

- Rodger and Hammerstein's Carousel, 1956

As in the lyrics of the song, "Because it's June, June, June, June", I think I speak for most of us when I say we are happy summer has arrived!

The kids are enjoying swimming on the hot days, but we'd like to remind you of a few safety tips.

- Please don't swim when you have diarrhea.
- Be careful not to get any pool water in your mouth.
- Remember to shower before swimming and wash your hands after using the restroom or changing diapers.

We also want to offer you a few reminders for your summer grill outs!

- Keep foods out of direct sunlight.
- Cook meats and poultry to correct temperatures.
- Place serving dishes containing cold perishable foods in a large bowl of ice to keep cool.
- Don't serve cooked food on the same platter used to bring the uncooked food to the grill.

Department Quick Links



Visit us on Facebook!



Follow us on Twitter!

- Properly store your leftovers (if it sits out longer than 2 hours, toss it).
- Don't forget to **wash your hands!**

Upcoming Happenings:

- June is Men's Health Month
- June is National Safety Month
- June 13-19: Men's Health Week
- June 19-25: National Lightning Safety Awareness Week
- July 28: World Hepatitis Day

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

Tips to Ward Off Mosquitos

The Cerro Gordo County Department of Public Health would like provide you with tips to protect yourself against mosquito bites and to prevent the mosquito population from growing.



- Wear long-sleeve shirts & pants
- Avoid outdoor activities near dawn & dusk when mosquitoes are most active
- Repair torn door & window screens
- Use mosquito repellents containing at least one of these active ingredients: DEET (at least 35%), picaridin, IR3535, or plant-



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

JUNE 15 - Mason City @ The Manor

JUNE 20 - Mason City @ The Manor

JUNE 22 - Mason City @ Trinity Lutheran Church

based oil of lemon eucalyptus

The threat of being infected with the West Nile virus makes it even more important to follow these tips. Know the symptoms of West Nile in case you become infected with the virus.

- No symptoms in most people. 70-80% of people who become infected with the virus do not develop any symptoms.
- About 1 in 5 people infected will develop a fever with other symptoms such as headache, body aches, joint pains, vomiting, diarrhea, or rash. Most people with this type of West Nile virus disease recover completely, but fatigue and weakness can last for weeks or months.
- Severe symptoms can occur. Less than 1% of people who are infected will develop a serious neurologic illness such as encephalitis or meningitis (inflammation of the brain or surrounding tissues). The symptoms of neurologic illness can include headache, high fever, neck stiffness, disorientation, coma, tremors, seizures, or paralysis. See your doctor if you think you have the symptoms of West Nile infection.

We encourage you to take measures to limit mosquito breeding grounds.

- Empty any containers that can hold water (bird bath, baby pools, dog dish, etc.).
- Remove any old tires on your property.
- Repair all leaky faucets.
- Keep your house gutters clean & in good repair.
- Stock ponds with fish that eat mosquito larvae.
- Fill in potholes & puddles.
- Change water in bird baths, pet bowls & wading pools every 3-4 days.
- In general, remove any standing water that may collect in your yard, at your business, at your church, etc.

For more information on mosquito protection or the Cerro Gordo County mosquito surveillance program, visit our [website](#).

Private Well Owners Wanted!

The Cerro Gordo County Department of Public Health is looking to collect a water sample from private well owners and/or users in the county. We recommend that well owners have their water tested annually for bacteria and nitrates. The Health Department received a grant from Iowa's Grants to Counties program

**JUNE 27 - Clear Lake @
United Methodist Church**

**JULY 6 - Mason City @
Regency Apartments**

**JULY 11 - Clear Lake @ Zion
Lutheran Church**

**JULY 20 - Rockwell @
Rockwell Community Center**

**JULY 25 - Mason City @
Mason City Senior Center**

**JULY 27 - Clear Lake @
Opportunity Village Chappell
Bldg.**

BLOOD PRESSURE CLINICS

**JULY 7 - (10:30-11:30AM) @
Mason City Senior Center**

**JULY 12 - (8:15-9AM) @ First
Citizens Bank HC Movie at
Cinema West**

**JULY 12 - (10:30-11:30AM) @
Ventura Community Center**

**JULY 18 - (11:15AM-Noon) @
Rockwell Community Center**

**JULY 19 - (9:15-10AM) @
Plymouth City Hall**

**JULY 26 - (10:30-11:30AM) @
Clear Lake Senior Center**

6 Routine Screenings for Men's Health

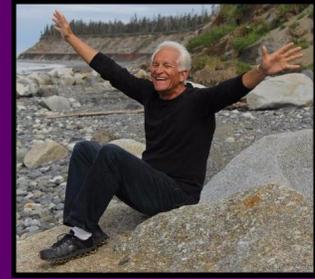
to improve the safety of the local unregulated drinking water in private wells, therefore the test is offered FREE of charge.

The tests will examine the water for contaminants that include bacteria and nitrates that may be harmful to the well user's health. Other testing options are available for other groundwater contaminants (i.e. arsenic). The property owner does not need to be present during the collection of the samples. The Health Department simply needs their permission. The samples will be collected from an outside water source.



"It's very important to stress that underground water sources are shared by more users than just the well that we sample from," said Jenna Willems, Environmental Health Specialist, Cerro Gordo County Department of Public Health. "Testing your water can provide peace of mind if everything comes back safe, or could alert you to ground water infiltration from a neighboring well or an abandoned unplugged well."

Private well owners and/or users are asked to call the Health Department at 641-421-9339 to schedule a time to collect the water samples for testing. For more information visit us [online](#).



When it comes to men and health care, the numbers don't lie: Compared with women, men are 24 percent less likely to visit their doctors in any given year and 22 percent less likely to get their cholesterol checked. They're also less willing to be screened for cancer, despite the fact that their cancer mortality rates are higher.

The problem is by skipping these routine tests for men's health can often be a matter of life and death. Screenings are important because they help catch disease early.

Fortunately, most men's health screenings are simple and quick and can be given in your regular physician's office.

Here are six to add to your preventive care plan now:

Blood Pressure Test

A blood pressure screening is one of the easiest, most painless things you can do for your health. It's so simple, in fact, that there's just no excuse not to do it. You often don't even need to go to the doctor - many pharmacies have machines that can check your blood pressure right there in the store. Or if

National Lightning Safety Awareness Week - June 19-25

Lightning is one of the most erratic and unpredictable characteristics of a thunderstorm. Because of this, no one can guarantee an individual or group absolute protection from lightning. However, knowing and following proven lightning safety guidelines can greatly reduce the risk of injury or death.



Most lightning victims are not struck during the worst of a thunderstorm but rather before or after the storm reaches its greatest intensity. This is because many people are unaware that lightning can strike as far as 25 miles away from its parent thunderstorm, much farther out from the area of rainfall within the storm!

Therefore, if you can hear thunder, you are within striking distance. Seek safe shelter immediately. Remember this lightning safety rule: WHEN THUNDER ROARS, GO INDOORS...and stay there until 30 minutes after the last clap of thunder. Do not wait for the rain to start

before you decide to seek shelter, and do not leave shelter just because the rain has ended.

The best way to protect yourself and your family from the dangers of thunderstorms is to be prepared. If you have outdoor plans, be sure to familiarize yourself with the latest weather forecast before heading out. Consider taking a portable NOAA Weather Radio or AM/FM radio with you. Upon arriving on-site, determine where you will seek shelter in the event of a thunderstorm and how long it would take to reach that shelter. A sturdy, enclosed structure with plumbing and electrical wiring is safest, but if one is not available most enclosed metal vehicles are safe alternatives.

During your outdoor activities, keep an eye to the sky for developing thunderstorms. If thunder is heard, if lightning is seen, or even if thunderclouds are developing, get to your place of shelter without delay!

**Lightening Safety Awareness Week. Retrieved April 14, 2016, from <http://www.weather.gov/iln/lightningsafetyweek>*

Grilling Food Safety 101

Do you have guidelines for buying meat and poultry? What's the best way to handle them safely?

- At the store, choose packages that are not torn. Make sure they feel cold. If possible, put them in a plastic bag so leaking juices won't drip on other foods.
- Make fresh meats the last items to go into your shopping cart. Be sure to separate raw meat from ready-cooked items in your cart.
- Have the cashier bag raw meat separately from other items, and plan to drive directly home from the grocery store. You may want to take a cooler with ice for perishables.



How should I store fresh (raw) meats at home?

Refrigerate or freeze fresh meats and poultry as soon as possible after purchase. This preserves freshness and slows the growth of bacteria. They can be refrigerated or frozen in the original packaging if you plan to use them soon.

- If refrigerated, keep at 40 °F or below and use ground meats and poultry within one or two days; and beef, veal, pork and lamb steaks, roasts and chops within five days.
- For longer freezer storage, wrap in heavy duty plastic wrap, aluminum foil, freezer paper, or plastic bags made for freezing. Meat and poultry will be safe indefinitely if kept frozen at 0 °F, but will lose quality over time. Refrigerator and Freezer Storage Chart

you're a county resident 55+, you are encouraged to attend one of our [blood pressure clinics!](#)

Cholesterol Test

A cholesterol check is also simple and vital to overall heart health as you age. Measured with a simple blood test, cholesterol screenings for men's health are recommended every five years.

Prostate Cancer Screening

Prostate cancer screening has been the subject of some controversy recently, in part because of concern over the possibility of false positives and overtreatment, but many experts say men should still be tested. The primary method of screening is the PSA (prostate specific antigen) test, which measures the level of PSA in your blood. Optimal levels are usually considered to be under 4 ng/mL (nanograms per milliliter). Discuss with your doctor whether PSA testing is right for you. Another screening option is the digital rectal exam, during which the doctor physically checks your rectum for signs of cancer.

Colon Cancer Screening

Colorectal cancer is the second leading cause of cancer deaths in the United States. According to the American Cancer Society, 103,170 new cases of colon cancer will be diagnosed this year alone - more than half of which will be in men. Because of this, current

- Never leave raw meat, poultry, or any perishable food out at room temperature for more than two hours (one hour at 90 °F and above).

Is It Done Yet? How can I tell when my meats are safely cooked?

Meat and poultry should be cooked to a safe temperature to destroy harmful bacteria that may be present. Color of meat and poultry is not a good indicator of safety. Use a food thermometer to make sure meats have reached a safe minimum internal temperature. Safe Cooking Temperatures

- **NEVER** partially grill meat or poultry and finish cooking later.
- Keep Hot Food Hot! After cooking meat and poultry on the grill, keep it hot until served - at 140 °F or warmer. Keep cooked meats hot by setting them to the side of the grill rack, not directly over the coals where they could overcook. If you are at home, the cooked meat can be kept hot in an oven set at approximately 200 °F, in a chafing dish or slow cooker, or on a warming tray.

I worry about my father-in-law forgetting to take a clean plate to the grill for cooked meat and poultry. Is it safe to use the same plate for raw and cooked meats?

No, to prevent food borne illness, don't use the same platter and utensils for raw and cooked meat and poultry. Harmful bacteria present in raw meat and their juices can contaminate safely cooked food. You can either use a clean plate for the cooked meat or wash the one that held the raw meat.

Can I refrigerate or freeze leftover cooked meat and poultry?

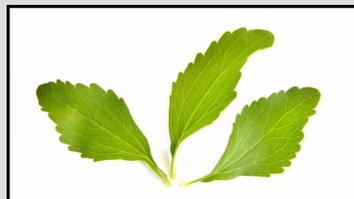
Yes, if you refrigerated them promptly after cooking (within two hours; one hour if the temperature is above 90 °F), they can be safely refrigerated for about three or four days. If frozen, they should keep good quality for about four months.

*Van, Diane. *Grilling Food Safety 101*. (2012). Retrieved April 14, 2016, from <http://www.foodsafety.gov/blog/grillingsafety.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. It's called Stevia.

guidelines say that men should start getting checked at age 50. There are several testing options for colon cancer. A colonoscopy involves checking the entire colon. A flexible sigmoidoscopy is similar but checks just the lower third of the colon. A CT colonography is a less invasive test that examines the colon using computerized tomography, or a CT scan. And a double-contrast barium enema involves filling the colon with a contrasting substance that will help doctors see problems on an X-ray.

Skin Cancer Check

Men are actually two to three times more likely to get nonmelanoma basal cell and squamous cell skin cancers than women are, and their risk increases as lifetime exposure to sun accumulates. About every three months, men should do a self-examination for new or changing skin lesions. Also be sure to ask your doctor to check your skin, head to toe, during your yearly physical as part of regular preventive care.

Diabetes Test

One-third of Americans with diabetes don't know they have it. Uncontrolled diabetes can lead to heart disease and stroke, kidney disease, blindness from damage to the blood vessels of the retina, nerve damage, and impotence.

Don't let fear keep you from these important checks.

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

When diseases are picked up early, they are easier to treat and respond better to treatment.

*Myers, Wyatt. *6 Routine Screenings for Men's Health*. (2013). Retrieved April 14, 2016, from www.everydayhealth.com/mens-health/routine-screenings-for-mens-health.aspx

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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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