

JONES COUNTY PUBLIC HEALTH

DECEMBER 2022

PUBLIC HEALTH HAPPENINGS



Respiratory Illness Season

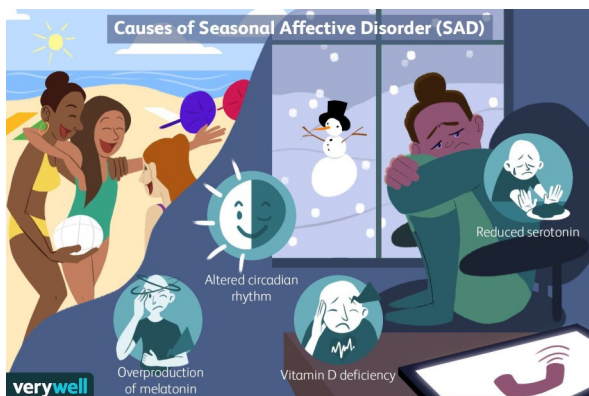
As RSV, Influenza A, Influenza B, Covid-19, etc., are ramping up in the colder months, it is important to take precautions to prevent serious infection and disease. Some respiratory illness prevention strategies: Encourage vaccination of students and staff, information about recommended adult and childhood vaccines, information about influenza vaccines, and information about COVID-19 vaccines.

3 C's: Routinely CLEAN high touch surfaces and encourage hand washing, COVER coughs and sneezes with a tissue or a sleeve, CONTAIN germs by using social distancing, masking, or staying home

Another strategy is to keep your children home when they are sick: Seek Iowa HHS Child Illness and Exclusion Criteria [here](#), and school staff can discuss with parents/guardians whether the sick child:

- Can participate in normal activities
- Needs more care than the staff is able to provide
- Has a significant change in behavior

In outbreak situations, it is reasonable to scale up the level of prevention strategies being used in your facility, i.e. more frequent cleaning, contact tracing, stricter exclusion criteria, and closing rooms or facilities.



Seasonal Affective Disorder (SAD)

Symptoms of SAD may include feeling listless, sad or down most of the day, losing interest in activities you once enjoyed, having low energy and feeling sluggish, having problems with sleeping too much, weight gain, having difficulty concentrating, and feeling hopeless, worthless or guilty. There is no known prevention of the development of SAD, but there are steps you can take to manage symptoms. Treatment can be similar to any other type of depression or anxiety disorder including: medication, therapy, self-care, take vitamin D supplements, eat a healthier diet, and get the recommended amount of physical activity a week. <https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/symptoms-causes/syc-20364651>



Public Health
Prevent. Promote. Protect.

JONES COUNTY PUBLIC HEALTH

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WORKING WITH THE COMMUNITY TO
ENHANCE, PROTECT, AND PROMOTE HEALTH
AND WELL-BEING.

EVENTS

Dec 5th: Points Store 1-4pm

Dec 12th: HACAP food pantry at
Olin Elem. 3:30-4:30pm

Dec 13th: HACAP food pantry at
Onslow City Hall 1-2pm

Dec 13th: Points Store 1-4pm

Dec 15th: HACAP food pantry at
Anamosa St. Paul's Lutheran Church
3-4pm

Dec 20th: Points Store 1-4pm

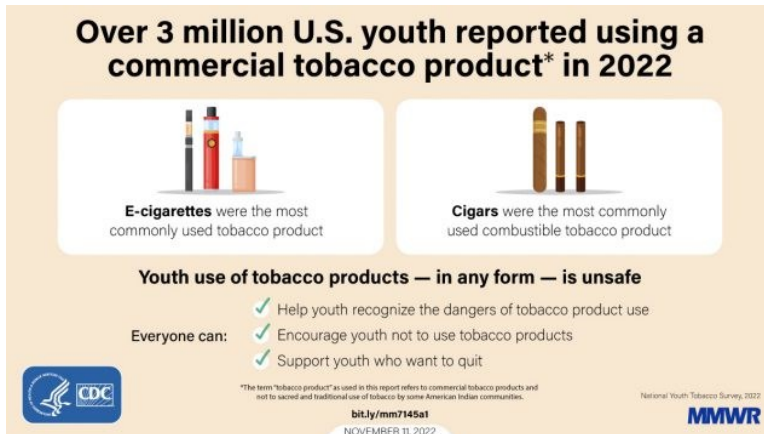
Dec 27th: Points Store 1-4pm

Dec 29th: HACAP food pantry at
Monticello fairgrounds 3:30-4:30pm

PROTECT, PREVENT, PROMOTE

Youth Use of Tobacco Products in 2022

This infographic makes it clear that youth in the U.S. are still using commercial tobacco products at a high rate even in 2022. It is up to us to educate and help students who are using tobacco products. Learn more about youth use of these products [here](#).



Safety When Sledding

Winter is on the way, and with it comes snow. Snow can be fun for kids and even adults to play and have fun in, but it can also be dangerous. Sledding can be fun for kids, but safety needs to be considered while sledding. Young kids (5 and under) should sled with an adult. Kids under 12 should be supervised by an adult at all times. Everyone should sit face-forward on their sled with their feet downhill. Serious head injury can occur if going head-first down a hill. Keep arms and legs in the sled at all times. If your sled won't stop at the bottom or is coming close to traffic, you should roll off of it with your arms tucked to your chest. Walk up the side of the hill to leave room for other sledders to go down safely. Most importantly, have fun! For more information visit <https://kidshealth.org/en/parents/>.

Importance of Hand Washing

Washing hands can keep you healthy by preventing the spread of respiratory and diarrheal infections. Germs can spread from person to person or from surface to person when you:

- Touch your eyes, nose, and mouth
- Touch surfaces or objects that have germs on them
- Prepare or eat foods and drinks with unwashed hands
- Blow your nose, cough, or sneeze into your hands and touch people or objects



Getting trained can save a life.

Naloxone can quickly stop an opioid overdose.

If you think someone may be overdosing:

- Always treat it like an overdose, even if you aren't sure
- Call 911
- Administer naloxone (Narcan), if available
- Try to keep the person awake and breathing
- Lay them on their side to prevent choking
- Stay with them



Learn more or get trained:
319-390-4611 | www.asac.us

