

JONES COUNTY PUBLIC HEALTH

OCTOBER 2022

PUBLIC HEALTH HAPPENINGS

GENERAL HEALTH UPDATES

Pandemic Electronic Benefit Transfer (P-EBT) Program

The Iowa Department of Education and the Iowa Department of Health and Human Services (HSS) Under 6 P-EBT plan for school year 2021-22 was approved. The benefits were set to be distributed to eligible children between September 11-20th, 2022. Plans have not been finalized yet for Summer 2022 and School Year 2022-23 for P-EBT benefits. Information will be released and shared on our social media accounts when those plans are completed.



Not sure if you qualify for SNAP? Visit [Iowa DHS](#) to find qualifications and a required questions document.



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.

Health Literacy Month

During Health Literacy Month, we take time to recognize the importance of making health information easy to understand and the health care system easier to navigate. Experts created new definitions for personal health literacy vs organizational health literacy to emphasize people's ability not just to understand health information, but to use it. (Source: <https://health.gov/news/202010/october-health-literacy-month>)



EVENTS

- Oct 1st: Anamosa Pumpkinfest
- Oct 5th: Healthiest State Walk
- Oct 10th: HACAP Mobile Food Pantry Olin Elementary 3:30-4:30pm
- Oct 11th: HACAP Mobile Food Pantry Onslow City Hall 1-2pm
- Oct 20th: HACAP Mobile Food pantry Anamosa St. Paul's Lutheran Church 3-4pm
- Oct 24th: HACAP Mobile Food Pantry Monticello Fairgrounds 3:30-4:30pm

PROTECT, PREVENT, PROMOTE

SIDS and Safe Sleep

October is Sudden Infant Death Syndrome (SIDS) Awareness Month. SIDS is the leading cause of death among infants between 1 month and 1 year of age. More than 90% of SIDS deaths occur before 6 months of age. (Source: Safetosleep.

nichd.nih.gov). Jones County Public Health, in collaboration with Jones County Community Partnerships for Protecting Children (CPPC) and the Jones County Family Council, has created and implemented a program to provide safe sleep materials to families who cannot afford to purchase a crib or pack and play.

The Safe Sleep Program has the following requirements: Must not already have a crib or pack and play, must be more than 28 weeks pregnant or have an infant under the weight guidelines of the pack and play, must be covered by Medicaid or be at or below 300% of the federal poverty guideline, and must not be involved with a DHS child protection case.



HELP THEM FIGHT FLU

SO THEY CAN DO WHAT THEY DO.

#FIGHT FLU



Flu Season is Here!

It's that time of year again! Runny noses and trying to hold in coughs during tests is the norm during the fall and winter months. There are many ways to fight the flu and other disease. Some actions you can take to protect yourself and others from the flu and stop the spread of germs is to:

- Avoid close contact.
- Stay home when you are sick.
- Cover your mouth and nose when coughing or sneezing.
- Wash your hands often to help protect you from germs.
- Avoid touching your eyes, nose, or mouth.
- Practice other good health habits like cleaning and disinfecting surfaces at home, work, or school and getting plenty of sleep.
- Getting a flu vaccine at your local pharmacy or flu clinic.

Source: www.cdc.gov/flu/prevent/actions-prevent-flu.htm

5-2-1-0 Healthiest State Month

Each year throughout October, schools, communities, workplaces, and more celebrate the 5-2-1-0 Health Choices Count during the Healthiest State Month.

Week 1: Focus on getting 1 hour of physical activity each day.

Week 2: Focus on eating 5 fruits or vegetables each day.

Week 3: Focus on 2 hours or less of screen time each day.

Week 4: Focus on drinking 0 sugary beverages and more water each day.

The annual healthiest state walk will be taking place October 5th at 11:30am for those who want to get their steps in and chat with other community members. We are starting at the Jones County Courthouse in Anamosa under the flags.

Follow Jones County Public Health on Facebook and Twitter for more promotion and education on 5-2-1-0 Health Choices Count throughout the month of October.