

# JONES COUNTY PUBLIC HEALTH

SEPTEMBER 2022

# PUBLIC HEALTH HAPPENINGS

## GENERAL HEALTH UPDATES

### National Night Out

The National Night Out hosted by the Anamosa Police Department was a huge success! We had a booth right next to United Way and the face painting station. The kids loved our hand sanitizers and 5-2-1-0 daily fruits and vegetables counting bracelets. There were lots of games for all the kids and plenty of cookout food to go around. All of the kids looked like they were having a blast. A special thank you to the Anamosa Police Department for putting this event on!



### National Suicide Prevention

National Suicide Prevention Week is coming up September 4th-10th. This is a good time to check in on your loved ones and those around you regarding mental health. The Iowa hotline for mental health support can be reached by dialing 988 for your phone. This is a part of the nationwide shift to expand the National Suicide Prevention Lifeline and change the 10 digit number to an easy to remember 3 digit number.



## SAFE SLEEP AND SLEEP IN HEAVENLY PEACE

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.

### Each kit includes:

<i>Pack &amp; Play</i>	<i>Pacifiers</i>
<i>Halo Sleep Sack</i>	<i>Fitted Sheets</i>
<i>Bedtime Book</i>	

If you have children age 3 years and older who need a bed, please contact [Sleep in Heavenly Peace!](#)



**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

- 9/06: Points Store Open 1-4pm
- 9/9: 9/11 Day of Remembrance event 9-10:30am
- 9/12: HACAP Food Pantry: Olin Elementary School 3:30-4:30pm
- 9/13: HACAP Food Pantry: Onslow City Hall 1-2pm
- 9/13: Points Store Open 1-4pm
- 9/15: HACAP Food Pantry: St. Paul's Lutheran Church 3-4pm
- 9/20: Points Store Open 1-4pm
- 9/26: HACAP Food Pantry: Monticello Fairgrounds 3:30-4:30pm

# PROTECT, PREVENT, PROMOTE

**Iowa Total Care** has a new club called Doc's Kids Club for kids to work together to get healthy and stay healthy. Kids who sign up get a free book, an official Doc's Kids Club ID card, and a sticker. Any Iowa resident age 10 and under can join!



**The Jones County Community Food Bank** is in need of food and funds. The items most needed:

- canned tuna, chicken & beef
- Hamburger Helper & Tuna Helper
- pasta and canned pasta sauces
- canned fruit and vegetables
- peanut butter
- pancake mix & pancake syrup

For those able to donate funds, please write checks to the Jones County Community Food Bank.



## National Alcohol and Drug Addiction Recovery Month

September is a month to come together, celebrate individuals in recovery, and offer support to those who are struggling. National Alcohol and Drug Addiction Recovery Month offers a positive message about behavioral health being essential to overall health. The theme for 2022 National Recovery Month is, "Recovery is For Everyone: Every Person, Every Family, Every Community." Every September, Recovery Month works to promote and support new evidence-based interventions for treatment and recovery practices. The goal of this is to promote a strong and proud recovery community and all those who make recovery possible,

Source: <https://rm.facesandvoicesofrecovery.org/>

**Human Papillomavirus** is the most common STI with about 43 million HPV infections in 2018. Some types of HPV can cause health problems including genital warts and different types of cancers such as vulva, vaginal, penis, and anus cancer. There is no way to know who will or won't develop cancer or other health problems from HPV. One way to lower your chances of getting HPV is to get vaccinated. Another way is to routinely get screened for cervical cancer. This is recommended for all women aged 21 to 65 years old to prevent cervical cancer.

Source: [www.cdc.gov/std/hpv/stdfact-hpv.htm](http://www.cdc.gov/std/hpv/stdfact-hpv.htm)

**PRIMARY CARE PROVIDER**

Finding the right PCP for you takes time but improves your well-being in the long run.

A relationship with a PCP can help you detect and manage a wide range of health issues. A PCP can teach you how to lead a healthier lifestyle, provide needed medications, screen for disease and recommend specialists when you need them.

Ask your health insurance company to help you find someone nearby who accepts your insurance.

**Public Health**  
Jones County, Iowa

## In the News:

[Iowa COVID-19 cases, hospitalizations drop to lowest points in over a month](#)

[CDC confirms Nebraska child died of brain-eating amoeba one month after similar case in Iowa](#)

[From the Front Row: Disease prevention and hospital epidemiology with Dr. Karen Brust](#)

[Biden Administration Declares Monkeypox a Public Health Emergency](#)