

### June Calendar:

- ▶ WIC: 2, 3, 6, 7, 9, 14, 15, 16, 21, 23, 27, 28, 29, 30
- ▶ WILLOW SPRINGS CLINIC: 1
- ▶ MOUNTAIN VIEW CLINIC: 22
  
- ▶ FAMILY PLANNING: 15, 17, 24
- ▶ IMMUNIZATIONS: 8, 20, 28
- ▶ CHOLESTEROL SCREENINGS: BY APPT
- ▶ FOOD HANDLERS CLASSES: 13 & 27

- ▶ **HOLIDAY'S (CLOSED):**  
NONE

OVOLUME 107 | O YEAR 11



# Monthly Monitor

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## Cleaning Mold, Mildew & Bacteria

**Mold, mildew and bacteria are common after water damage. If unchecked they can lead to sanitation and health problems. The walls, floors, closets, shelves, contents-every flooded part of your house should be thoroughly washed and disinfected.**

**In most cases, household cleaning products will do the job if you use them correctly. Check the label on the products to see how much to use. Some products shouldn't be used on certain material; the label will tell you that. Apply cleaner and give it time to work before you mop or sponge it up. Follow directions and all safety precautions on the container. After cleaning a room or item, go over it again with a disinfectant to kill the germs and smell left by the floodwaters. You may also need to get rid of mildew, and unwelcome companion to moisture that shows as fuzzy splotches.**

**Walls: Start cleaning a wall at the bottom or where the**

**worst damage was. If you did not have to remove the wallboard or plaster, you may find it the wallboard or plaster won't come clean and you will want to replace it rather than clean it. If you have removed the wallboard or plaster wash the studs and sills and disinfect them.**

**Furniture: Solid wood furniture can usually be repaired and cleaned, but wood veneer often separates and warps. Wood alcohol or turpentine applied with a cotton ball may remove white mildew spots on wood. Cream wood restorers with lanolin will help restore good wooden furniture parts. Upholstered furniture soaks up contaminants from flood waters and should be cleaned only by a professional. This is also true of carpets and bedding. Unless the piece is an antique or especially valuable, upholstered furniture soaked by floodwaters should probably be thrown out.**

**For more information on types of cleaners and disinfectants go to <http://health.mo.gov>**



Green fruits and vegetables contain varying amounts of potent phytochemicals, such as lutein and indoles, as well as varying amounts of vitamins A, C, E and K, beta-carotene and B vitamins. These substances can help lower cancer risk, improve eye health, and keep bones and teeth strong. Vitamin K, perhaps the star of all vitamins found in green vegetables, is important for blood clotting, keeping bones strong, and may help prevent hardening of the arteries, which can cause a heart attack.



## Tick-borne Disease Prevention

Understanding a little about tick behavior can give some clues on how to avoid being bitten. For example, one tried-and-true prevention measure is to walk in the center of trails to avoid overhanging brush and tall grass. This is effective because of the way some ticks seek a host, which is called "questing." A questing tick will perch itself, front legs extended, on the stems of grass, low brush, or on the edges of leaves on the ground. Using this ambush strategy, the tick waits until a suitable host brushes against the vegetation. Ticks do not jump, fall, or fly and are generally found within three feet of the ground.

Carbon dioxide, which is exhaled while breathing, as well as heat and movement serve as stimuli for tick questing behavior. Using an insect repellent that contains DEET on your skin protects you because it interferes with ticks' ability to locate you. Another repellent called permethrin, which is used on clothing, actually kills ticks (as well as mosquitoes and chiggers). Permethrin products are designed to bind with fabric and persist through launderings when used according to label directions.

Once on a host, the tick seeks a place to attach and take a blood meal. Ticks attach on people in many places, but are most frequently found around the head, neck, underarms, and groin. Light-colored clothing helps you spot ticks more easily and tucking or even taping your pant legs into your socks helps slow them down in their quest for your skin. Prompt, careful inspection and removal of ticks is an important method of preventing disease.

If you find an attached tick, it should be removed promptly. The longer it is attached the greater the risk of infection. There are many "old wives tales" about how to remove a tick. However, to reduce the chance of disease transmission correctly using tweezers or commercial tick removal tools is preferred. The key to using tweezers correctly is to position the tips of tweezers around the area where the tick's mouthparts enter the skin. Then use a slow, steady motion when pulling the tick a way from the skin. After removing the tick, disinfect the skin with soap and water, or other available disinfectants.

## Signs and Symptoms of Tick-borne Disease

The signs and symptoms of tick-borne disease vary among individuals and differ according to the infecting agent. In general, a person should consider consulting a health care provider whenever he or she experiences a sudden high fever, severe headache, muscle or joint aches, or nausea, vomiting, or diarrhea. If these symptoms occur following a tick bite, or even after exposure to tick habitat, the health care provider should be informed of this fact.

## FREE WELL WATER TEST KITS

With all of the recent flooding that has occurred the Missouri Department of Health and Senior Services Laboratory in Jefferson City has temporarily waived the \$10 fee for self collected/ submitted well water test kits.

You can pick up the well water test kits at the Health Department. The kits will check for E-Coli and Coli form, two types of bacteria. The test results will be sent directly to you usually within one week of submitting the test.

Wells should be checked about once a year and more frequently if flooding has occurred where you live.

This free test is only if you collect the samples yourself. If you need someone from the health department to collect samples there will be a fee charged.