

# Public Health Newsletter

MARION COUNTY



## Marion County Public Health

### Skin Cancer Awareness Month

May is Skin Cancer Awareness Month, a great time to focus on prevention and early detection of the most common cancer in the U.S.

#### Know your risk:

Anyone can get skin cancer, but risk increases with fair skin, history of sunburns, tanning bed use, and prolonged sun exposure.

#### Protect your skin:

- Use a broad-spectrum sunscreen (SPF 30 or higher) every day
- Wear protective clothing, hats, and sunglasses
- Seek shade, especially between 10 a.m. and 4 p.m.
- Avoid indoor tanning

#### Check your skin:

Look for new or changing spots. Follow the ABCDEs of melanoma:

- **A**symmetry
- **B**order irregularity
- **C**olor changes
- **D**iameter larger than a pencil eraser
- **E**volving over time

Early detection saves lives. If you notice anything unusual, talk to a healthcare provider.

**NATIONAL  
STOP THE BLEED DAY  
IS MAY 21**



Severe bleeding can become life-threatening in minutes, but anyone can help save a life. National Stop the Bleed Day raises awareness about how to respond in an emergency and control bleeding until first responders arrive. Simple actions like applying pressure, packing a wound, or using a tourniquet can make a critical difference.

Consider taking a Stop the Bleed training to learn these lifesaving skills and be prepared to act when it matters most.

#### Marion County Programs/Services

- Care for Yourself
- Communicable Disease Follow up
- Environmental Health
- Foot Care Clinics
- General Assistance
- Immunizations
- Preparedness (Emergency Response)
- Private Well Grants
- Senior Meals
- Tobacco Cessation

#### Community Education

- CPR/First Aid Classes
- Dementia Friends Sessions
- Narcan Training
- Stop the Bleed Course



# Spring Septic Tips and Requirements

Spring is a great time to check on your septic system. Rain and thawing ground can affect performance, so a little maintenance now can prevent bigger problems later.



## Keep these tips in mind:

- Inspection & Maintenance:
  - Watch for wet spots, odors, or extra green grass over the system.
- Preventing Overload:
  - Reduce water use and keep gutters/sump pumps away from the drain field.
- Time of Transfer Law:
  - Iowa requires a certified inspection before property sale or transfer.
- At-Grade Systems:
  - Delay installation if soil is too wet.
- Permitting:
  - Permits are required for new systems or major repairs.

## Employee Spotlight



**Melissa Woodhouse**

With a decade of experience in public health, our EH Field Assistant, Melissa Woodhouse, brings dedication and a strong connection to the community. She enjoys spending time outdoors while working closely with contractors and local residents.

Looking ahead, she is focused on strengthening Environmental Health processes by developing clear protocols to ensure smoother workflows across the department.

Melissa is excited to serve Marion County and reconnect with the community in this role while building relationships that support a healthier Marion County.

## UPCOMING EVENTS

Tuesday, May 19, 2026 @ 5:00pm: Board of Health Meeting  
Marion County Public Health Training Room

Marion County Public Health Department  
2003 North Lincoln Street  
Knoxville, Iowa 50138  
P: (641) 828-2238 F: (641) 842-3442  
Email: [publichealth@marioncountyiowa.gov](mailto:publichealth@marioncountyiowa.gov)  
Website: [www.marionph.org](http://www.marionph.org)  
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