

Public Health Newsletter



Marion County Public Health

Measles Information & MMR Vaccine

Iowa Health and Human Services (Iowa HHS) and local public health agencies are responding to an ongoing measles outbreak in southern Iowa.

With measles currently circulating in Iowa, now is a good time to check your vaccination status. Call our office to find out if you or your family members are up to date on the MMR vaccine.

Measles is highly contagious, but vaccination is one of the best ways to protect yourself, your family, and those who may be too young or unable to be vaccinated.

Marion County Public Health is offering the MMR vaccine at no cost to everyone, regardless of insurance status.

Measles symptoms appear 7 to 14 days after contact with the virus. Common measles symptoms include:



High fever
(may spike to more than 104°F)



Cough



Runny nose



Red and/or watery eyes



Rash
(breaks out 3-5 days after symptoms begin)

Marion County Programs/Services

- Care for Yourself
- Communicable Disease Follow up
- Environmental Health
- Foot Care Clinics
- General Assistance
- Healthy Hometowns: Combat Cancer
- 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

Monthly Meetings

- Board of Health Meeting
 - 3rd Tuesday @ 5:00pm
- Provider's Meeting
 - 1st Monday @ 9:30am
- Marion County Aging & Disabled Coalition
 - 1st Monday @ 10:30am

September is National Preparedness Month

Are you ready? The Iowa Department of Homeland Security and Emergency Management is encouraging Iowans to take simple, practical steps now to ensure they are ready for emergencies of all kinds.

1. Be Aware
2. Make an Emergency Plan
3. Build an Emergency Kit
4. Get Involved

Visit **ready.iowa.gov** for more resources.



Be Septic Smart!

A septic system is an underground wastewater treatment system that uses a combination of natural processes and proven technology to treat wastewater from household plumbing, including wastewater from toilets, sinks, showers, kitchens, dishwashers, and laundry.

If your home is not connected to a public sewer system, it may use a septic system to treat and dispose of its wastewater.

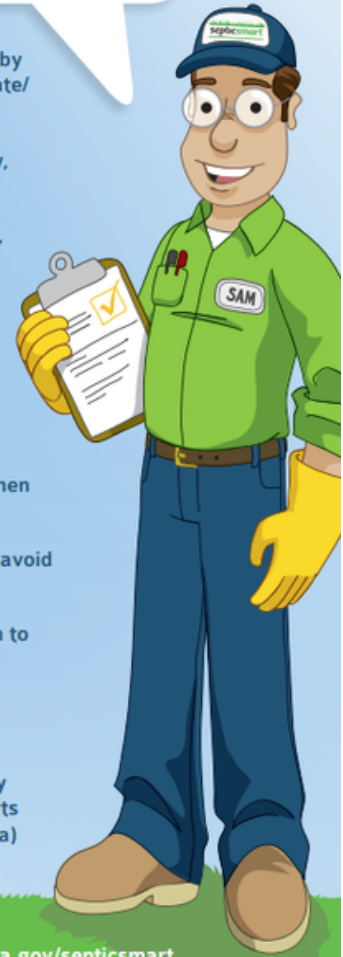
Do's and Don'ts

- PROTECT IT AND INSPECT IT
- THINK AT THE SINK
- DON'T OVERLOAD THE COMMODE
- SHIELD YOUR FIELD
- DON'T STRAIN THE DRAIN



Top 10 Ways to Be a Good Septic Owner

- ✓ Have your system inspected every three years by a qualified professional or according to your state/ local health department's recommendations
- ✓ Have your septic tank pumped, when necessary, generally every three to five years
- ✓ Avoid pouring harsh products (e.g., oils, grease, chemicals, paint, medications) down the drain
- ✓ Discard non-degradable products in the trash (e.g., floss, disposable wipes, cat litter) instead of flushing them
- ✓ Keep cars and heavy vehicles parked away from the drainfield and tank
- ✓ Follow the system manufacturer's directions when using septic tank cleaners and additives
- ✓ Repair leaks and use water efficient fixtures to avoid overloading the system
- ✓ Maintain plants and vegetation near the system to ensure roots do not block drains
- ✓ Use soaps and detergents that are low-suds, biodegradable, and low- or phosphate-free
- ✓ Prevent system freezing during cold weather by inspecting and insulating vulnerable system parts (e.g., the inspection pipe and soil treatment area)



septicSMART
U.S. Environmental Protection Agency

For more SepticSmart tips, visit www.epa.gov/septicSMART
EPA 832-F-16-010 | July 2016



Free In-Home Radon Test Kits for Rural Iowans

Marion County Public Health has free radon test kits for rural Iowans. Stop by our office to pick up your test kit today.

You may qualify for help with mitigation if your home tests high.

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