



time of day

Missouri's Public Health
System *at a Glance*



The Missouri public health system is in action every day, in every county of the state. It assures our children are immunized, that plans are in place for emergency and disaster management, that infectious diseases are detected and curtailed, that the effects of diseases like diabetes and asthma are reduced, that drinking water quality is monitored, that restaurant food is safe, and attention is given to preventing injuries.

Your health depends on public health.

Missouri Public Health and You

<i>Morning shower.....</i>	<i>1</i>
<i>Family breakfast.....</i>	<i>2</i>
<i>Children off to school.....</i>	<i>3</i>
<i>Dropping the baby off at child care.....</i>	<i>4</i>
<i>Arriving at work.....</i>	<i>5</i>
<i>Time for a break.....</i>	<i>6</i>
<i>Flood warning.....</i>	<i>7</i>
<i>Lunch with friends.....</i>	<i>8</i>
<i>Elderly parent becomes ill.....</i>	<i>9</i>
<i>Follow-up doctor visit for diabetes.....</i>	<i>10</i>
<i>Neighbor reports a dead crow.....</i>	<i>11</i>
<i>Family fun.....</i>	<i>12</i>
<i>Son plays soccer in spite of asthma.....</i>	<i>13</i>
<i>Evening news gives updates on Pan Flu.....</i>	<i>14</i>
<i>Bedtime.....</i>	<i>15</i>

6:00 A.M.

MISSOURI PUBLIC HEALTH AND YOU.....

Morning shower

If your home is not connected to a public sewer, we help you keep your septic system functioning properly. This helps to ensure that harmful bacterial contamination won't threaten your household water, the community's water resources, and the yard your children play in.



Family breakfast

Your breakfast eggs came from a local grocery store, which we regularly inspect for safe food handling practices. You mix your frozen juice with tap water. If you have a private well, we help you maintain it properly and obtain water quality testing.

7:20 A.M.

MISSOURI PUBLIC HEALTH AND YOU.....



Children off to school

Schools work to comply with the state health department regulations for food safety. We work with schools in your community to keep children safe by inspecting cafeterias and responding to concerns about disease outbreaks. We also help schools identify the health care needs of their students, and to provide appropriate services, including preventive dental care.



Dropping the baby off at child care

You arrive at the child care facility with the assurance that the learning environment is safe, sanitary and free of lead hazards. County and state risk assessors, licensed by the state health department, have inspected the facility and tested for the presence of lead paint and lead hazards. We also help many child care facilities improve the nutrition of the meals they serve.

8:00 A.M.

MISSOURI PUBLIC HEALTH AND YOU.....



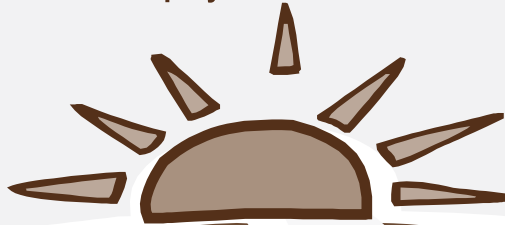
OUR CAMPUS
IS TOBACCO
FREE

Working together
to make our
worksite cleaner
and our lives
healthier

Arriving at work

Your company just implemented workplace policies to eliminate tobacco use on its property with help from a toolkit provided by the state health department. The new “Our Campus is Tobacco Free” signs remind you to set a quit date to stop smoking and call the department’s Missouri Tobacco Quitline to speak to a cessation counselor. Basic counseling and a quit kit offering self-help materials are available to any Missouri resident who uses tobacco. 1-800-QUIT-NOW

National Employee Health and Fitness Day



TAKE the
HIGH ROAD
to **Better
Health**

Time for a break

It's time for a break and today you're participating in the National Employee Health and Fitness Day event for your company. The event takes place at a nearby greenway. Employees throughout Missouri will be walking their way to a healthier life during this same event. You sign up for an 8-week physical activity challenge sponsored by your worksite wellness committee. Physical activity reduces stress, helps maintain a healthy weight and reduces risk for chronic disease.

11:30 A.M.

MISSOURI PUBLIC HEALTH AND YOU.....

Flood warning

You hear a news story about flood waters rising in parts of your community. Public health responds by providing immunizations for people exposed to flood water, and as flood waters recede, assuring safe water and food. By using the active surveillance and response systems and through appropriate vector control, public health prevents the spread of diseases caused by flood waters.



Business lunch with friends

We inspect and in some areas, permit, the restaurant you dine in, working closely with management to help them meet rigorous sanitation and food handling standards. In some areas, inspection results are posted on the Internet for you to review.

1:00 P.M.

MISSOURI PUBLIC HEALTH AND YOU.....



Elderly parent suddenly becomes ill

Our team and the public health communicable disease staff inspect the senior living facility and conduct patient interviews to find the cause of illness. The outbreak is identified as a common virus that spreads easily in crowds. We work closely with facility employees to ensure the site is properly cleaned, teach handwashing practices to prevent further contamination, and provide health education to families.



Follow-up doctor visit for diabetes

Since you were diagnosed with diabetes last year, you have been seeing your doctor every three months for follow-up. You've taken control of your disease by following the new guidelines published by the state health department. The guidelines recommend a yearly eye exam, checking your feet at each visit, managing your blood pressure and other measures to prevent and control this chronic disease.

4:20 P.M.

MISSOURI PUBLIC HEALTH AND YOU.....

Neighbor reports a dead crow

Your neighbor finds the bird in his backyard. He's heard that dead crows may indicate the presence of West Nile Virus in the community, so he accesses the state health department's online reporting form, from which data is shared with public health agencies. Our West Nile Virus materials promote the importance of using insect repellants that contain DEET or Picaridin, which help prevent bites.



Family fun

Home just in time to take the kids to the state fair! Before visiting the petting zoo, you review one of our handouts on how to prevent exposure to harmful bacteria, and you make sure your family washes their hands after visiting the animals. Later, your family stops to eat at two of the food booths. Each has been inspected by our staff to ensure the food is safe for you to eat.



7:00 P.M.

MISSOURI PUBLIC HEALTH AND YOU.....



Son plays soccer in spite of asthma

The School Health Program in the state health department offers grants to assist in providing nurses to schools in your community. These nurses educate parents and children about asthma. With proper education, avoidance of triggers, and correct instruction on taking medication, these children miss less school, are more attentive in class and able to participate in sports.



Evening news gives updates on Pan Flu

You learn about the state health department's Ready In 3 plan for Pandemic Influenza. The department will partner with public health, as well as hospitals, health care providers, law enforcement, and state and local government agencies to assure systems are in place to protect the health of all Missourians during a Pandemic Influenza outbreak. You order a community guide from the department's website to plan and be Ready In 3.

10:30 P.M.

MISSOURI PUBLIC HEALTH AND YOU.....

Bedtime

While you sleep, on-duty staff are ready to initiate the state and local response, 24/7, to outbreaks of disease, environmental public health emergencies and natural and man-made disasters. Throughout the day and through the night, public health is there, to promote, prevent and protect the health of everyone in Missouri.

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AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER

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Public Health
Prevent. Promote. Protect.