



Mission: Clean Stream Projects Preserve Water Quality

A watershed is a land area that drains runoff into a nearby stream, creek, river, lake or ocean. Since pure and drinkable water is essential to life on Earth, it's important that we protect these watershed areas from pollution and other contaminants.

Each year, the Division of Environmental Health and Protection partners with Greenway Network, Missouri River Relief, other communities and volunteers of all ages to present **Mission: Clean Stream**. Held this year on Saturday, April 6, the projects remove trash and other debris from local streams and rivers. In addition to cleaning our community's waterways, salvaged metal and other material discovered during these projects are transformed into works of eco-art through the Stream Trash Art program. Among the communities participating in **Mission: Clean Stream** this year are:

- Dardenne Prairie (call 636-561-1718 to register)
- Cottleville (636-498-6565 x203)
- Wentzville/Lake Saint Louis (636-332-9236)
- O'Fallon (636-379-5408)
- St. Charles riverfront (636-949-3237)
- Cora Island (636-498-0772)

Volunteers participating in **Mission: Clean Stream** must register before April 1 to help with staffing. Volunteers are asked to arrive at their work site before 8:30 a.m., and should dress for the weather. As clean-up will be a messy project, please wear old clothing, sturdy shoes and work gloves. Registered volunteers will receive an event T-shirt. In case of inclement weather or high water, the event will be postponed until April 27.

As a part of this year's **Mission: Clean Stream** activities, General Motors' Wentzville plant will host an Earth Day Festival at Gate #4 after the clean-up. Earth Day events will include "green" displays, art projects, kids' activities, information on area eco-friendly projects and free test drives of GM cars. In addition, **Mission: Clean Stream** volunteers are encouraged to attend Earth Day Festivities for a lunch.

The Missouri Department of Natural Resources teams with local entities like the St. Charles County Division of Environmental Health and Protection to enhance water quality in our area. For information, please call (800) 361-4827 or (636) 949-1800.



Area artists have transformed trash collected during Mission: Clean Stream events into beautiful objects like this statue created by Joseph Farmer.

PUBLIC HEALTH CALENDAR

Our staff and regional partners host educational programs and informational meetings to help members of the community live healthier lives. Here's a sample of events offered:

- Mar. 12 - **BJC St. Peters' Helmet Fittings for Children** - Spencer Road Library (Youth Program Room) - 4:30 to 6:30 p.m. - Fittings are free, helmets are \$10.
- Mar. 19 - **Life After Breast Cancer** - education and support for breast cancer survivors - SSM St. Joseph Medical Park in St. Peters (Education Room) - 5:30 p.m. - Please call (636) 498-7923 to register.
- Mar. 21 - "**Basic Food Safety Training**" - Health Department Conference Room - 2 p.m. (Please complete and return the linked application to register.)
- Mar. 22 - **Parenting 101** (infant, child and parental safety) - Health Department Conference Room - 9 a.m. - Please call (636) 949-7400, ext. 6255 to register.
- Mar. 28 - **Emergency Preparedness Academy** - Edward Jones North Campus (130 Edward Jones Blvd. in Maryland Heights) - 8 a.m. - please click on link to register. Cost is \$80 - \$130.



Prevent Pertussis Through Vaccinations

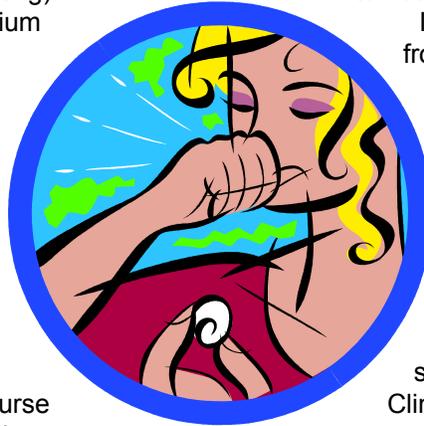
Commonly called “whooping cough,” ***PERTUSSIS*** is a contagious respiratory disease that has been on the rise in school-age children over the past several years.

Recognizable by violent (and long-lasting) coughs, pertussis is caused by the bacterium *Bordetella pertussis*. Most common in children and their caregivers, pertussis is spread through coughing and sneezing by infected individuals. Prior to the onset of the coughing, symptoms similar to that of a “common cold” are displayed, including a runny nose, a low fever, and exhaustion. And, infants with pertussis face a risk of death due to respiratory blockages.

Antibiotics can be used to treat the infection once it develops, but the best course of action is regular vaccination for prevention. The recommended vaccine for infants and young children is called DTaP (which is a combination of vaccines designed to prevent diphtheria, tetanus and pertussis), while pre-teens and teens would receive Tdap (which is a different combination of the same vaccines). Parents should speak with their medical provider about establishing an ongoing vaccination schedule for their children.

Although children may receive a series of vaccines during their development, adults (including parents,

siblings, grandparents and care-givers) should also receive a Tdap booster shot one time after age 19 — especially if they expect to come in close contact with an infant or child — to boost immunity.



In addition to obtaining these vaccinations from your personal doctor, the **St. Charles County Immunization Clinic** offers a number of low- or no-cost vaccinations for children and adults. Located at the Division of Public Health offices (1650 Boone’s Lick Road in St. Charles), the clinic is open during the week (except for Thursday) on an appointment basis. The clinic is open from 8:30 to 11 a.m., and from 1:30 to 4 p.m. For information on the services provided through the Immunization Clinic, please call (636) 949-1857.

HEALTHY RECIPES

Each month, we take a traditional recipe and offer a healthier alternative. This time, we present a fun and tasty family starter that highlights meats and fresh vegetables.

Stuffed Zucchini Boats

Recipe makes six servings. One serving contains 171 calories, seven grams of fat, 110 mg of cholesterol, 207 mg of sodium, 10 grams of carbohydrates and 30 grams of protein.

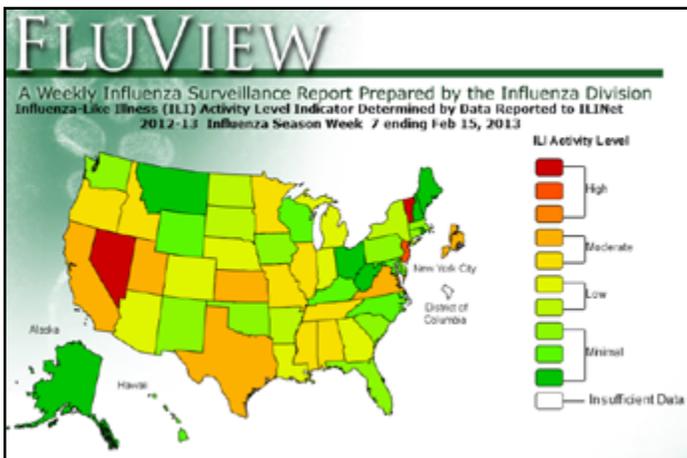
Ingredients

- 3 medium zucchini
- 1 1/2 pound ground turkey breast
- 1 small onion, minced
- 1/2 cup finely diced carrot
- 1/2 cup finely diced red pepper
- 2 tsp fresh basil, minced
- 1 tsp fresh oregano, minced
- 1 egg, beaten
- 1 cup reduced-fat, low-sugar spaghetti sauce (favorite brand)

Steps:

1. Wash and cut zucchini in half (lengthwise) and scoop out inside, leaving a 1-inch shell. Then, cut each zucchini boat in half to make six boats. Mince the scooped out material.
2. Place the hallowed out board in a saucepan and cover with water. Bring water to boil and boil boats for 5 minutes. Drain boats and set aside to cool.
3. Preheat oven to 350 degrees Fahrenheit.
4. In a large skillet, saute the turkey until cooked completely (about 6 minutes). Remove turkey from skillet. Add onion to pan drippings and saute for 5 minutes. Add carrot, red pepper and zucchini. Add basil and oregano. Return turkey to skillet and add beaten egg. Mix well.
5. Fill each zucchini boat with turkey mixture. Place filled boats on a baking sheet and bake for 10 minutes.
6. Warm spaghetti sauce and drizzle 2 tablespoons of sauce over each zucchini boat before serving.

(Recipe courtesy of *Diabetic Meals in 30 Minutes — or Less!* by Robyn Webb)



Helpful Phone Numbers

Division of Public Health (636) 949-7400	WIC (636) 949-7402
Immunizations (636) 949-1857	Recycle Works Central (636) 949-1800
Vital Records (636) 949-7558	Recycle Works West (636) 949-1800
Health Education and STD Clinic (636) 949-7401	Division of Humane Services Pet Adoption Center (636) 949-7387
Division of Environmental Health and Protection (636) 949-1800	Animal Control (636) 949-7347

Plan Ahead to Serve Food at Festivals

Festivals filled with food, fun, and friends are a great way for organizations to celebrate their cause and help to raise funds. However, if your business, church committee, school or other group plans to serve funnel cakes, lemonade, hamburgers and other tasty treats at an event that is open to the public — like a parish carnival, an Independence Day celebration, a food truck, or a curbside barbecue — there is an important step you must not forget: **All food service vendors at public events are required to obtain a Temporary Event Permit, and each vendor is responsible for obtaining their own permit. This is true whether you're selling or giving away the item.**

Before applying for a permit, applicants should determine the following:

- Who will be in charge of the booth? (This person should obtain a Food Safety Certificate.)
- The complete menu — including ingredients, condiments, and beverages.
- The booth structure (whether provided by the event sponsor or the vendor).
- Methods to maintain hot and cold product temperatures (before, during and after preparation).
- The equipment that will be required to prepare the food and drinks, including a hand washing station.
- How foods will be transported and stored?
- Where and how clean-up of preparation equipment will be done?

Food can be prepared in the booth, or at an approved facility, but no food for public consumption may be prepared or stored in a private residence. Food service vehicles, including rental beverage trailers, must meet health standards for temporary event operations.



The Temporary Food Permit fee is \$50, if obtained more than 48 hours prior to the event. Fees are waived for non-profit and civic organizations (excluding social and country clubs) that obtain their permits at least 48 hours prior to the event. For-profit and non-profit entities requiring an expedited permit (applications submitted within 48 hours of the event opening) must pay a fee of \$60. Documentation of tax-exempt status must be submitted with the permit application.

Temporary food permit applications can be found online [HERE](#), or in person at the health department (1650 Boone's Lick Road in St. Charles). Please call (636) 949-1800 for information. Food service inspectors are available to assist applicants Monday through Friday.

Follow us today! @SCCHealth



St. Charles County is on Facebook! Become a fan: www.facebook.com/StCharlesCountyMo

Are You Ready for an Emergency?

Every day, St. Charles County residents are exposed to a variety of potential hazards. Knowledge about such events and how to respond to them provides you with an understanding of what to expect. Once you understand what to prepare for, a plan of action in pre-arranged steps can guide you through all types of emergencies.

To help recognize the various natural disasters that commonly arise in the spring and summer months, Missouri has declared March 3-9 as **Severe Weather Awareness Week**. On Monday, it's advised to speak with your family on the various weather threats we may face and how you would react if these occurred. Tuesday will focus on **TORNADO SAFETY**, with a state-wide tornado drill planned in the morning. Wednesday's activities will focus on flash flood safety, and Thursday will emphasize thunderstorm



safety. The benefits of a NOAA weather radio and staying informed during an emergency are Friday's themes.

Another important part of your emergency plan is the creation of a supply kit that will help sustain you until further help arrives. Missouri's **READY IN 3** suggests that this kit contain supplies to last you, your family and your pets for up to three days. At minimum, a well-stocked emergency kit contains one gallon of water per person, per day, non-perishable food, a manual can-opener, a first aid kit, a battery powered radio, a flashlight, extra batteries, a way to communicate with

friends and family, medicines, and additional comfort or safety items you may need.

To invite a health department representative to speak with your organization about preparing for emergencies, please call (636) 949-7408.

Protect Your Family, Pets From Rabies

According to [St. Charles County's Animal Control Ordinance](#), all dogs and cats must be vaccinated against the rabies virus, and that this vaccination must be registered with the Division of Humane Services. In addition, the vaccinated dogs and cats must display a current St. Charles County tag.

While human cases are rare, rabies is not uncommon in wildlife. The best defense for your pet is regular vaccinations and maintaining control of your animal whenever outdoors. Even "indoor" cats and dogs need to be protected against rabies, because they could have inadvertent contact with wild animals.

RABIES is a dangerous virus found in the saliva of animals that can kill pets or humans. Humans and their pets typically get the rabies virus by being bitten by an infected animal. However, transmission may occur via mucous membranes or aerosol transmission. Symptoms in people include irritability, itching at the infection site, fever, headache, body weakness, difficulty sleeping, confusion, hallucinations and excessive drooling. Animals suffering from rabies often (but not always) exhibit atypical behaviors and display extreme aggression, excessive drooling and seizures.

The CDC estimates that up to 40,000 Americans require rabies treatment, which involves a series of painful shots, so it's best to avoid exposure to affected animals in the first place. Parents should advise their children



to avoid contact with live or dead wild animals, unfamiliar dogs or cats and animals displaying unusual behaviors. If a family member or pet is bitten by another animal, please cleanse the wound immediately with soap and water, seek medical care and alert the Division of Humane Services at (636) 949-7387 or your local law enforcement agency.

If you have questions about rabies vaccination or registration, contact your family veterinarian or the Pet Adoption Center at (636) 949-PETS (7387).



SPRING FORWARD

CHECK FIRE ALARMS
after setting your
clocks ahead
for daylight-saving
on March 10!

Stay Safe When Heading Outdoors

Despite the snow and cold we've experienced in February, the Groundhog did not see his shadow — which means spring is right around the corner. The best way to protect yourself, your family and your pets when heading outdoors to enjoy the return of spring is to adequately prepare before leaving your home. Gaining an understanding of where you're going, what you may encounter and how you'd react when facing danger can ensure a safe and enjoyable trip.

Soaking in the sun provides your body with much needed Vitamin D and refreshes the spirit, but too much exposure can ruin your mood for many days. Use a broad-spectrum sunscreen with an SPF of at least 30 to minimize damage from Ultraviolet radiation. Remember to reapply every two hours and wear protective sunglasses.

In addition to sunscreen, it's important to protect yourself against insects. Use a



repellent with DEET or oil of lemon eucalyptus whenever outdoors. When properly applied according to package instructions, products containing these active ingredients provide reasonably long lasting protection (but they should be reapplied if you're sweating).

Hikers and campers should prepare a simple First Aid kit to treat minor injuries and carry a cellphone with them to respond to larger emergencies. Bandages, antibiotic ointments, splints and other easy-to-obtain care items will allow you to quickly treat a minor injury in the field before seeking additional medical care. Letting someone know of your intended route will enable others to find you if a problem occurs.

There are also many dangerous and potentially venomous plants and animals found in Missouri's wildlife areas. For information on these objects, please visit the Missouri Department of Conservation's website, www.MDC.mo.gov.