



## Got Shots?

### *St. Charles County begins new Adult Immunization Program*

We all know that children need vaccinations to protect them from disease, and they need routine booster shots to maintain that protection. But did you know adults also need to get routine shots? To help busy residents protect their health, the St. Charles County Department of Community Health and the Environment has developed a new Adult Immunization Program, or AIP.

"The vaccinations you received as a child may not protect you as an adult," said Gil Copley, director of the St. Charles County health department. "Immunity to vaccine-preventable diseases can fade over time. In addition, researchers develop new vaccines to guard against disease. AIP offers an easy, low-cost way for St. Charles County adults to get vaccinated and keep healthy."

Vaccines are safe and effective. For example, a study reported in the Journal of the American Medical Association found that unvaccinated people were 35 times more likely to get measles than vaccinated people, and were much more likely to develop severe complications from the disease.



**Vaccination is one of the best ways to maintain good health. The St. Charles County Adult Immunization Program can help busy residents in this task by providing an easy, low-cost alternative to traditional health care providers.**

The Adult Immunization Program currently offers vaccinations to protect against the following:

- Measles/Mumps/Rubella (MMR)
- Tetanus/Diphtheria (Td)
- Tetanus/Diphtheria/Pertussis (Tdap)
- Varicella (chickenpox)
- Polio
- Bacterial Meningitis
- Hepatitis A and B

Other vaccines may be offered in the future.

And of course, the Department of Community Health and the Environment continues to offer routine immunizations for

school children. For the latest information on required vaccinations for school, visit the [Missouri Department of Health and Senior Services Immunizations](#) page.

While walk-ins are accepted at the St. Charles County immunization clinic, residents are encouraged to make an appointment. Call (636) 949-1857 to book a time. Clinic hours are Monday, Tuesday, Wednesday, and Friday from 8:30 to 11 a.m. and 1:30 to 4 p.m. On Tuesdays, afternoon clinic hours are extended to 5:30 p.m., and to 7 p.m. on the second Tuesday of the month.

## From the Director



Gil Copley

After devoting substantial department resources to working with health care providers and the public in order to provide 2009 H1N1 (swine flu) vaccination to as many people as possible, we awaited the arrival of the seasonal flu. Historically, we expect seasonal flu to infect significant numbers of people from late October through the end of February. Seasonal influenza and its complications annually cause the death of 35,000 to 40,000 people in the United States. Seasonal influenza also is more likely to affect adults and the elderly, with the elderly being at highest risk for complications and death.

The 2009 H1N1 influenza which appeared and peaked in April-May 2009 and again in September-October 2009 more often affects younger age groups, from infants to adults in their 40's. The number of adults over 60 reported with influenza during the two peaks of 2009 H1N1 activity was very small.

*To continue reading this article, click on [From the Director](#)*



# Mission: Clean Stream

On Saturday, March 27, volunteers will gather to clean up streams and lakes in St. Charles County in Mission: Clean Stream 2010. This is the eighth year for the event, which was previously known as Operation Clean Stream. In last year's clean-up, about 600 volunteers pulled more than 28,000 pounds of trash from waterways in the county.

Once again the Stream Trash ART (START) project will run in conjunction with the stream cleaning. This project, created by Greenway Network project director Ralph Rollins, salvages metal pulled from the streams and uses it to create new works of art. Local artists will be working at some of the lunch sites to create works of art from materials found that day. Look for local works to be on display in your community in the weeks ahead.

Families, organizations, and individuals are all encouraged to take part in Mission: Clean Stream 2010. To register for the event, contact your nearest community:

- Cottleville (636) 498-6565 x203  
Meet at City Hall
- Dardenne Prairie (636) 561-1718  
Meet at Barat Haven Trailhead
- O'Fallon (636) 379-5408  
Meet at Civic Park
- St. Charles (636) 949-3237  
Meet at Fountain Lakes Park
- Wentzville/Lake Saint Louis (636) 332-9236  
Meet at Quail Ridge Park Group Picnic Area

The day will begin at 8:30 with check-in at one of the five locations listed above. Participants should dress for the weather, wear sturdy shoes or boots, and bring gloves. Breakfast or lunch will be provided depending on location. In case of bad weather, the event will be rescheduled for Saturday, April 10.

Participants who register by March 13 will receive a free T-shirt. Space is limited, so register today! For more information, log on to [www.GreenwayNetwork.org](http://www.GreenwayNetwork.org).



Cleaning up St. Charles County in Mission: Clean Stream is a family affair, as illustrated by this father-daughter pair from the 2009 effort.

## Eating Healthy: Portions vs. Servings

*Adapted from National Institutes of Health*



Controlling your weight calls for more than just choosing a healthy variety of foods. It also calls for looking at how much and how often you eat.

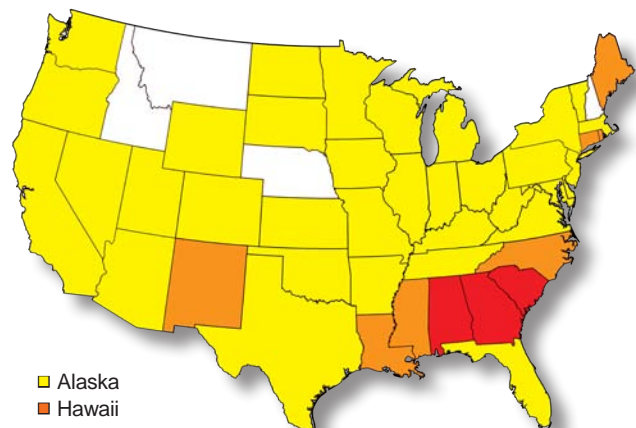
A "portion" is how much food you choose to eat at one time, whether in a restaurant, from a package, or in your own kitchen. A "serving" size is the amount of food listed on a product's Nutrition Facts. Sometimes, the portion size and serving size match; sometimes they do not. Keep in mind that the serving size on the Nutrition Facts is not a recommended amount of food to eat. It is a quick way of letting you know the calories and nutrients in a certain amount of food.

The portion size that you are used to eating may be equal to two or three standard servings. For example, take a look at the Nutrition Facts for macaroni and cheese. The serving size is 1 cup, but the package actually has 2 cups of product. If you eat the entire package, you are eating two servings of macaroni and cheese - and double the calories, fat, and other nutrients in a standard serving. To see how many servings a package has, check the "servings per container" listed on its Nutrition Facts. You may be surprised to find that small containers often have more than one serving inside.



## H1N1 Flu Update

CDC report for the week ending February 20, 2010.  
Follow [this link](#) for the latest map.



□ No Activity/No Report    ■ Sporadic    ■ Local    ■ Regional    ■ Widespread