

How Public Health Affects Your Daily Life

6:00am

Your Morning Shower

We make sure that you and your family is safe from harmful bacteria that contaminate your household water and the community's water by making sure your septic system is working properly.

6:30am

Your Family Breakfast

By inspecting your local grocery stores, we make sure that the eggs that you cook for your family every morning are handled carefully and safely.

We offer water testing kits , so you can make sure that the water you use to mix the frozen O.J. is safe and clean.

7:20am

Time for School

Schools are required to comply with Missouri Health Departments regulations for food safety. We work with them to make sure that the foods your children are eating at lunch are safe by inspecting cafeterias.

Also, we respond to concerns on disease outbreaks in the community.

7:40am

Dropping Off the Baby at Daycare

County and State risk assessors inspect the daycares for the presence of lead paint and lead hazards. So you can feel comforted by the fact that your daycare is a safe, clean, and lead free from the moment you walk through the door.

8:00am

Time for Work

By using the toolkit that Missouri Health Department provided, your company is implementing policies that eliminate tobacco use on campus, which helps keep you and your co-workers happy and healthy. This tool skit includes "Our Campus is Tobacco Free" signs and also, reminds you to set a date to stop smoking and call the Missouri Tobacco Quit line to speak to a cessation counselor.
1-800-QUIT-NOW

10:00am

Break Time

Your company has signed up to participate in the National Employee Health and Fitness event. For eight weeks employees across Missouri will be walking their way to a healthier lifestyle. You decided participate in the event that your company's Wellness committee has planned for that day.

Physical activities reduce stress, help maintain a healthy weight, and reduce the risk for chronic disease.

11:30am

Flood Warning

You hear on the news that your community has some flood waters rising. We respond by providing immunizations for people exposed to flood water, and after the water recede, we assure that food and water are once again safe by using the active surveillance and response system and appropriate vector control. Our mission is to keep our community safe by preventing the spread of disease caused by the flood water.

12:10pm

Lunch Time

As you and your friends meet for a business lunch, you can feel reassured that what you are about to consume is safe. We inspect, and permit the restaurants you dine in by working with management to help them meet a rigorous sanitation and food handling standards.

1:00pm

Elderly Loved One Becomes Ill

You get that phone call that no one wants to get, that your loved one is ill. Rest assured that senior living facility staff along with public health communicable disease staff interview patients to find the cause of illness. They discovered that it is a common virus that is easily spread in crowds. We work with the facility to make sure that the site is properly cleaned, teach hand washing practices to prevent further contamination, and provide health education to families.

2:00pm

Follow Up Doctor Visits for Diabetes

By following up with your doctor every three months and following the new guidelines published by Missouri Health Department. You have taken control of your disease. These guidelines also 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.

4:20pm

Neighbor Reports a Dead Crow

Your neighbor finds the dead crow in his back yard and was informed that dead crows was a possible indicator of West Nile virus in the community. Using his head, he contacts Missouri Health Department's online reporting form, from there the data is shared with the public health agencies. We share the importance of using insect repellants that contain DEET or Picaridin, which prevent bites to the community.

5:30pm

Family Fun

State Fair is in town but 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 you and your family stops by a couple of food booths to eat, to ease your mind each booth has been inspected by one our staff to ensure that that food is safe to eat.

7:00pm

Son Plays Sports 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.

10:00pm

Evening News Gives Update on Pan Flu

You learn about Missouri Health Department 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.

10:30pm

Time for Bed

You can rest peacefully because while you and your family are sleeping, 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 night, public health is there to promote, prevent and protect the health of everyone in Missouri. ■