

# PUBLIC HEALTH CONNECTION



## Summer Fun!

### Summer Bucket List

There are a variety of fun summer activities to get families outside to enjoy the warm sunshine. To help keep you on track and avoid missing anything extra special, sit down with your family to make a summer bucket list of activities you want to experience together! Try breaking your summer bucket list into categories to keep you better organized.

- Include outdoor physical activity such as mini-golf, bicycling, hiking, tennis, disc golf, running, etc.
- Make a section specific to water activities such as swimming, kayaking, canoeing, fishing, boating, etc.
- Or you can choose to cool down by visiting the local movie theater or bowling alley!

And don't forget to add other fun things such as visiting the zoo, having a picnic, or catching a fireworks show! Either way, your summer bucket list will help keep you on track to make the most of your summer!

### QC Trails



Whether you're looking for a weekend hike, an afternoon stroll, a new trail to run, a great place for a family bicycle ride, or want to try new adventures like paddling a water trail, go to [www.qctrails.org](http://www.qctrails.org) to search a growing collection

of four-season trails throughout the Quad Cities. The QC Trails website is a free, user-friendly, interactive, and mobile responsive website for multi-purpose trails, parks, and side-paths throughout the Quad Cities. Users can track their physical activity progress in real-time, earn badges for completing different trail challenges, and share experience with friends through social media. Check it out and set up your free account at [www.qctrails.org](http://www.qctrails.org)!



### OUR MISSION:

The Scott County Health Department promotes, protects, and preserves health through leadership, services, education, and partnerships.

### OUR VISION:

Scott County—  
A safe and healthy community.



## SPECIAL EVENTS

*There will not be a Board of Health meeting in August.*

## Links

QC Trails:

<http://www.qctrails.org>

Quad Cities:

<http://www.visitquadcities.com/seasonal/summer>

Humane Society of Scott County:

<http://www.hssc.us/>

## Animal Bites

Did you know that dog bites account for more than 90 percent of animal bites? Men are bitten more frequently by dogs, while women are bitten more often by cats. Children between the ages of five and nine are more likely than other age groups to be bitten by a dog.



### Duty to Report

In the last year, 484 animal bites were reported in Scott County. Iowa law requires that all animal bites be reported to animal control or law enforcement. If possible, get the name and contact information for the animal's owner and find out if the animal's rabies shots are up-to-date. Give a description of the animal, and how and where the incident occurred. Reporting assures that the victim gets proper medical care and the animal is confined for rabies observation.

### Rabies Risk

Any animal bite that breaks the skin can get infected. Cleaning the wound with soap and water decreases the chance for infections including rabies. If the bite is serious, or if you are bitten by a stray or wild animal, get medical help immediately.

### Ten Day Confinement Required

If you were bitten by a healthy cat, dog, or ferret, it can be confined for ten days and watched for signs of rabies. If the animal's rabies vaccination is current it may be confined at the owner's home. Proper confinement means no contact with other animals or humans outside the household. If the animal is unvaccinated, or if its vaccination has expired, confinement must be at a veterinary clinic. As long as the dog, cat, or ferret appears well at the end of the ten days, you are not at risk for rabies. However, if the animal becomes ill during the ten day confinement, it should be checked for rabies by a veterinarian and you should seek medical advice about the need for treatment to prevent rabies. If the animal tests positive for rabies, treatment started right away can prevent a person from developing rabies. However, if a rabies exposure is not treated and a person develops clinical signs of rabies, the disease almost always results in death.

### Prevention Measures

Keep pets' vaccinations up to date. Stay away from strange animals.

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