

PUBLIC HEALTH CONNECTION



A New Year, A New You

Know the Risks of Vaping

Most vaping and e-cigarette products, just like other forms of tobacco, contain nicotine. Nicotine reaches the brain and bloodstream quickly, within 10 seconds of use. Nicotine is a dangerous chemical that can cause an increase in blood pressure, heart rate and can contribute to the hardening of arteries, which can cause a heart attack. Other side effects of nicotine can affect hormones, and the gastrointestinal system. There are many other chemicals a person is exposed to when using a vaping device. Some of these chemicals are considered harmful and potentially harmful. However, nicotine is the chemical that makes the products addictive and so hard for some to quit, but it can be done!

A Great Time to Quit

2020 is a great time to quit vaping or any form of tobacco. There are so many resources to help people quit. Talk to your healthcare provider who can help. He/She will talk to you about medications to ease withdrawal symptoms. Besides talking to a health provider, make a plan to quit, get counseling and seek the support from those close to you. If you feel urges coming on, distract yourself by keeping busy, exercising if you can, or find other ways to reduce your stress. Resolve that 2020 will be the year to become healthier and to be done with vaping, e-cigarettes, or tobacco for good.

There is free counseling support to help you quit at Quitlineiowa.org or call them at 1-800-QUIT-NOW to enroll. There are also quit apps for you to download from your phone or the Scott County Health Department can help you find local assistance. You can learn more by calling the Scott County Health Department at 563-326-8618 or email your questions to health@scottcountyiowa.com.



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

- *Scott County Health Department will be closed Wednesday, January 1, 2020 in observance of the New Year's holiday, and Monday, January 20, 2020 in observance of Martin Luther King Day.*

Links

- Iowa Department of Public Health: <http://idph.iowa.gov/radon>
- U.S. Environmental Protection Agency: <https://www.epa.gov/radon>
- EPA: Radon Resources for Individuals and Families: <https://www.epa.gov/radon/radon-resources-individuals-and-families>

Healthy Home? Check for Radon

What is radon?

Radon is a gas that you can't see, smell, or taste, but occurs naturally in the environment. Iowa is considered high risk for radon gas in homes. Radon gas causes cancer; but you can protect yourself, family, and friends from radon in the home with a few short steps. This month is Radon Action Month:

Take Action!

1. **Test your home.** Testing is easy and inexpensive. Learn about how to test (even with your own kit!): <https://www.epa.gov/radon/find-radon-test-kit-or-measurement-and-mitigation-professional>.
2. **Spread the word.** Encourage others to learn about radon and test their homes. Get free information: <https://www.epa.gov/radon/publications-about-radon>.
3. Home has radon? **Reduce the levels in your home.** Find out more here: <https://www.epa.gov/radon/consumers-guide-radon-reduction-how-fix-your-home>.



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