

PUBLIC HEALTH CONNECTION



Mental Health & COVID-19

May is Mental Health month and helps us to reflect on the toll a widespread, long-term emergency such as COVID-19 can have on individuals and children. Many may be feeling stressed and anxious during times like this. We hope these tips can help you deal with those feelings:

- Talking to people you trust can help. Video chat can even be an option!
- It might be tempting to turn to tobacco, alcohol or other drugs to deal with your emotions. Those are just temporary fixes that will make the situation worse.
- Limit worry by decreasing time you watch or listen to media coverage. When you need information, get your facts from credible sources.
- Maintain a healthy lifestyle — including proper diet, sleep and exercise. Going for a walk, run, bike ride, etc. are all OK as long as you practice social distancing.
- Draw on skills you have used before to handle stress. Maybe you have found that yoga, meditation or music have helped in the past.

It is important to know that children might respond to stress in different ways, such as being more clingy, anxious, withdrawing, angry or agitated. Respond to your children's reactions in a supportive way, listen to their concerns and give them extra love and attention.

- Provide facts about what has happened, explain what is going on now and give them clear, age-appropriate information about how to reduce their risk of being infected.
- Make opportunities for the child to play and relax.
- Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for playing and relaxing.

You are not alone! If you or your family member continue to feel overwhelmed, reach out to local mental health services or contact [Your Life Iowa](#). Stay well!



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 Board of Health Meeting, Scott County Administrative Center, via electronic method at 12:00 PM, Thursday, May 21, 2020.*
- *SCHD will be closed Monday, May 25, 2020 in observation of Memorial Day.*

Links

- **Your Life Iowa:**
Call 855-581-8111 or text 855-895-8398 or visit <https://yourlifeiowa.org/>
- **Quad Cities Behavioral Health Coalition:**
<https://www.facebook.com/QCBHC/>
- **Oral health resources:**
 - <https://www.ada.org/en>
 - <https://www.mouthhealthy.org/en/az-topics/c/cold-and-flu-season>

ORAL HEALTH & COVID-19

Oral Care is Important During Illness

The last thing you want to do when you are sick is worry about your oral care. However, it is very important for your overall health to continue with your daily oral hygiene. Your mouth is an excellent breeding ground for bacteria and other microbes. Those little *bugs* need to be brushed away to keep you from breathing them into your lungs, which can cause pneumonia. Here are some oral hygiene tips to follow when you are under the weather:

- Brush your teeth and gums at least twice per day
- Do not share your toothbrush with anyone
- Drink lots of water
- Use sugar free cough drops
- After vomiting, do not brush right away, rather swish and spit with water
- Change your toothbrush regularly



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