

# Coos Health & Wellness

Together, Inspiring Healthier Communities



## **PUBLIC HEALTH WEEK**

### **What is Public Health?**

Do you know what Public Health contributes to our community every day?

Public health ensures that the water you drink and use every day is clean and safe. The fact that you brush your teeth a few times a day to prevent cavities is a Public Health intervention!

When you hop in your car to go places and fasten your seat belt, this is also public health at work preventing avoidable fatalities and heavy trauma if you get into a car accident. When you take your children to school or daycare, you know they will be protected against communicable diseases such as measles and polio because they received their vaccines. This also ensures that the community is protected against these very serious communicable diseases. Hungry? You head to your favorite restaurant to grab something to eat. Did you know that local public health staff inspects and licenses restaurants in Coos County? We also inspect tourist accommodations, swimming pools and spas.

On your way to work, you pass a No Smoking sign and realize that public health has been working to protect you and your family from second hand smoking through the Indoor Clean Air Act.

Have you seen those tsunami signs around town? Some of our work is to ensure that we are ready to handle an emergency, such as a disease outbreak or a natural disaster. Public health also ensures that mothers and babies are well taken care of and have access to good nutrition in pregnancy and postpartum thanks to our nurse home visiting program and WIC.

Support public health, talk to your legislator about the importance of continuing to fund our work to ensure our communities are safe.

If you want to find out more about all we do to prevent diseases, promote health and protect our community on a daily basis, you can check out our latest Annual Report at <http://www.co.coos.or.us/Portals/0/Public%20Health/Annual%20Reports/Annual%20report%20final%202015-16.pdf?ver=2017-02-10-100822-987>.