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# Business & health

ADDRESSING PUBLIC HEALTH IN THE WORKPLACE

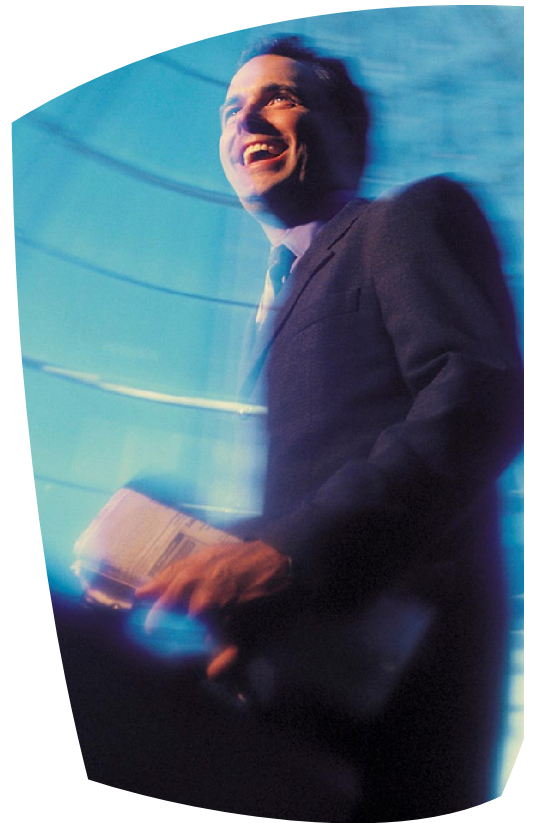
## It's Time To Get Prepared

It's tornado season. This is a reminder that when disaster strikes, you may not have a lot of time to respond. A tornado or storm may confine your family at home and cut off basic services such as gas, water and electricity. Would you be ready? What about a local hazardous material spill and you are told to evacuate immediately? Again, would you be ready? After a disaster, local relief workers will do everything they can but may not be able to reach everyone immediately. Are you and your family ready if help can not reach you in hours? What about if it is days before assistance can reach you? Would you be ready?

There is a guide produced by the Missouri Department of Health and Senior Services called *Ready in 3*. It discusses the three steps for you and

your family to prepare in case of a community emergency. The first step is to plan for your family. Know what to do in case you have to evacuate and know how to be ready in case you are told to shelter-in-place. The second step in preparedness is making an emergency kit for your family. Include water (one gallon per-person, per-day) food (at least a 3-day supply), first-aid kit, flashlight, battery-powered radio and other items. The third step in preparing is if there is an emergency, listen for information about what to do and where to go. Be comforted in knowing that city, county and state officials have developed emergency plans. It will be important for you and your family's safety to follow their instructions and advice.

Please contact Jacklyn Graber, RN at 325-7192 for more information.

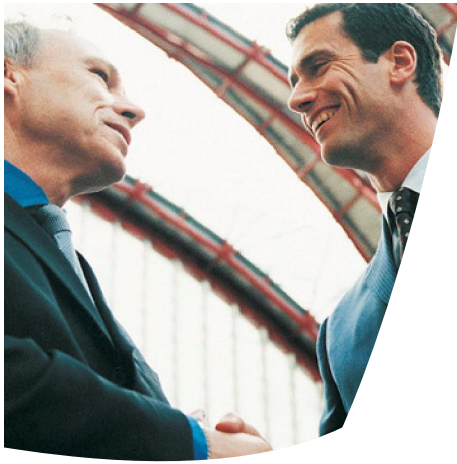


## Training & Education

The Communicable Disease & Emergency Preparedness staff have developed many courses for those in the community, including businesses, child care providers, churches, etc.

If there is something you would like assistance with, please feel free to contact the Health Department to arrange for a topic of your choice.

In addition to face to face presentations there are many brochures, fact sheets, or other educational materials available for distribution. Please contact Bridgette Casey at 325-7181 for more information.



## Smoking Cessation

Freedom from Smoking is a stop smoking course lasting 8 weeks. The classes will teach step-by-step methods for quitting and making behavior changes. The first session focuses on getting ready to quit and setting an actual quit date. Additional classes focus on quitting with winning strategies, stress management, weight control, and relapse prevention.

### Upcoming Schedule:

Tuesday, March 11, 2008– April 29, 2008

Tuesday, May 6, 2008– June 24, 2008

The class will be held at the Truman Memorial Building and will run from 5:30- 6:30 p.m.

For  
Women  
Only:

Centerpoint Medical Center is sponsoring a Freedom from Smoking class to women. The class is located in the Lower Level Conference room.

Friday, March 14 to May 2, 2008

11:00am to 12:00pm

To Register for the Women's Only Class: call 698-7008

INDEPENDENCE  
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DEPARTMENT

**Public Health**  
Prevent. Promote. Protect.

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