



# Louisa County Public Health September Newsletter 2024

## September is Suicide Prevention and Awareness Month

If you know someone who is at immediate risk of suicide, call 911 right away. It can be difficult when someone you know expresses thoughts about suicide, but you can show support by doing the following:

- ◆ **Talk.** Your willingness to express your concern for the person in crisis can be the first step in getting that person help.
- ◆ **Listen.** Being an active listener is another way of reminding a person in crisis that they are not alone.
- ◆ **Remain Present.** Your physical and emotional presence in the person's life makes a difference. If you are worried about their safety, get help from a mental health professional immediately.
- ◆ **Call or text 988.** Last year, 988 was activated as a new three-digit dialing code. When someone dials 988, they will be connected to the existing National Suicide Prevention Lifeline. This confidential support line is available 24 hours a day to provide free help to people in suicidal crisis or mental health-related distress.



For additional resources, visit the [Substance Abuse and Mental Health Services Administration's 988 page](#).

### Healthy People, Health Communities

*Let us help you or someone you love take care of their health.*

#### Skilled Nursing Visits

- Medication Management
- Chronic Disease Management
- Diabetes Care
- Wound Care & More

#### Home Care Aide Services

- Personal Care/Bathing

#### Housekeeping Services

- Vacuum/dust/sweep/mop
- Meal preparation
- Laundry/in town errands

#### In office Services

- Blood Pressures/blood draws
- Administer Mental Health Medications

Healthy People, Healthy Communities Services are designed to help our community members with select home/office services at an affordable rate. Our services are partially funded by **Community Foundation of Louisa County** and **Milestones**. We thank them for their generous funding that allows us to continue to offer the following services in Louisa County.



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## FLU SHOTS ARE HERE!!!!

Thursdays 1-4pm—Call for Appointment

Ages 6 months and up

Medicare—BCBS—Medicaid

We will ALSO be carrying the HIGH DOSE Flu Vaccine for anyone over 65 years of age.

# What you need to know about Influenza (Flu)

Influenza (flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. Some people, such as people 65 years and older, young children, and people with certain health conditions, are at higher risk of serious flu complications. There are two main types of influenza (flu) viruses: types A and B. The influenza A and B viruses that routinely spread in people (human influenza viruses) are responsible for seasonal flu epidemics each year.

The best way to reduce the risk of flu and its potentially serious complications is by getting vaccinated each year.

### What is Influenza (Flu)?

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent flu is by getting a flu vaccine each year.

### Flu Symptoms

Flu can cause mild to severe illness, and at times can lead to death. Flu symptoms usually come on suddenly. People who have flu often feel some or all of these signs and symptoms:

- fever\* or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (tiredness)
- some people may have vomiting and diarrhea, though this is more common in children than adults.



\*It's important to note that not everyone with flu will have a fever.

More information is available at [Flu and COVID-19 symptoms](#).