

## Reconnect to Your Health on National Women's Check-Up Day

**C**hances are you've probably taken your child to the pediatrician or reminded your college student to schedule a doctor's appointment recently. But when was the last time you scheduled an appointment for *yourself*? Now is the time! The fourth annual **National Women's Check-Up Day**, Monday, May 15, is a part of National Women's Health Week, coordinated by the U.S. Department of Health and Human Services (HHS).

### Why National Women's Check-Up Day is Important

Moms make sure their families stay healthy throughout the year, so the day after Mother's Day is "her time" to see the doctor. Many of the leading causes of death among women are especially preventable and treatable if the warning signs are caught early.

Remind your mom, as well as the other special women in your life, to make an appointment to get important life-saving screenings.

### Did You Know?

The top three causes of death among women are heart disease, cancer, and stroke. The Office on Women's Health suggests these five ways to help prevent these and other diseases:

1. Getting a regular check-up, at least once a year
2. Being physically active, like taking a walk every day



May 15, 2006  
National Women's Check-Up Day

3. Eating a healthy diet that includes fruits and vegetables
4. Not smoking
5. Following general safety rules, like wearing your seat belt.

### Take Part in the WOMAN Challenge

An exciting part of National Women's Health Week 2006 is the WOMAN Challenge, a national effort to get "Women On the Move Across the Nation."

- The eight-week Challenge starts on Mother's Day, and you can register as an individual or team at [www.womenshealth.gov/whw](http://www.womenshealth.gov/whw). You will receive a free pedometer and walking log to help you meet your walking and movement goals, and prepare to begin your step toward healthier living!

### More About National Women's Health Week

- Download materials for a specific health topic that interests you. The web site offers helpful information on more than 800 different health topics.
- HHS also offers *A Lifetime of Good Health: Your Guide to Staying Healthy*, offered in both English and Spanish. This helpful guide explains what tests and screenings are important based on your age and background.

Order this guide or other health materials by calling 1-800-944-9662 or by visiting <http://www.womenshealth.gov/pub/PG.htm>.

## Pinellas County Health Department

# When You Swim, Swim Healthy!

### Recreational Water Illness Prevention Week: May 22 – 29, 2006

There are close to 50 miles of beautiful beaches, and more than 2,500 commercial pools and spas in Pinellas County. Each year, residents and visitors enjoy going to recreational water venues such as swimming pools, water parks, spas, lakes and beaches. Swimming is the second most popular physical activity in the country (walking is first) and the most popular among children. Unfortunately, recreational water use can also be associated with drowning, injury and the spread of infectious diseases.

**Recreational Water Illness Prevention Week** will take place **May 22 through May 29** - the symbolic start of our annual swimming season.

Recreational Water Illnesses (RWIs) are spread by swallowing, breathing or having contact with contaminated water from swimming venues. The water may become contaminated as a result of poorly-maintained recreational water venues and pools, the presence of chlorine-resistant germs, or runoff-related contamination of lakes, Gulf, Bay or ocean beaches. The most commonly reported RWI is diarrhea caused by pathogens such as *Giardia*, *Cryptosporidium*, *Shigella*, and *E. coli* O157:H7. Other RWIs can cause various symptoms, including skin, ear, eye, respiratory and neurological infections.

The **Pinellas County Health Department** and the U.S. Centers for Disease Control and Prevention (CDC) urge residents and visitors to continue to enjoy the benefits of swimming, but only after adopting healthy swimming behaviors that will protect themselves, their families and fellow swimmers from the spread of illness. Healthy swimming behaviors include:



- Don't swim if you have diarrhea. You can spread germs in the water and make others sick.
- Don't swallow pool water. In fact, avoid getting any water you swim in, in your mouth.
- Practice good hygiene. Wash your hands after using the toilet or changing diapers. Germs on your body can end up in the water.
- Take children on bathroom breaks and change diapers often. Waiting to hear, "I have to go!" may mean that it's too late.
- Change diapers in a bathroom – not at poolside. Germs can spread to surfaces and objects in and around the pool and spread illness.
- Wash your child thoroughly before they go into a swimming pool. Everyone has invisible amounts of fecal matter on their bottoms that end up in the swimming water.

The Pinellas County Health Department's environmental engineering division monitors our Bay and Gulf waters and commercial pools for safe swimming factors. Our Healthy Beaches program monitors 14 beaches in Pinellas County, and samples the water in these locations once a week. To see the bacterial sampling results from area beaches, visit [www.doh.state.fl.us](http://www.doh.state.fl.us). Select "Beach Water Quality" from the drop-down menu, and then click on Pinellas County. An explanation of the sampling results is displayed, along with information on any advisories/warnings issued against swimming at a certain beach location.



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