

PUBLIC HEALTH IN YOUR LIFE EVERY DAY.



5:00am – You shower, brush your teeth and drink with water that is clean and safe thanks to public health.

6:30am – You serve up milk, fresh fruit and cereal for the family. You've heard public health messages about the importance of a healthy breakfast.

7:30am – You get in the car and buckle up because you know that, "Seat belts save lives," a public health message you've heard for years.

10:00am – You snack on yogurt and granola, then take a walk. Public health studies show that refueling during the day prevents over-eating later, and that people who exercise regularly live longer and have a better quality of life.

12:30pm – You go out for lunch and select the salad bar. You know the food here is safe to eat because the restaurant received a 100% health rating which is posted on the web. www.WashoeEats.com

1:45pm – You talk with your pregnant sister who just had her six-week checkup. Public health promotes early prenatal care for all women to ensure safe and healthy births.

3:15pm – Sirens outside mean that first responders are heading to an accident. Thanks to public health, emergency medical services are monitored to ensure safe and speedy response.

5:00pm – Heading home you hear a public health message about life-saving immunizations and school requirements. You find and print your children's records from a link on the public health website free of charge by calling (775) 684-5954 and logging onto www.izrecord.nv.gov.

5:45pm – The kids want to ride bikes and you remind them to wear their helmets. Public health promotes bicycle and helmet use to reduce air pollution, increase physical activity, and prevent injury.



6:30pm – You call the family to dinner, but no one sits down until they've washed their hands. Public health teaches the importance of hand washing in protecting against disease and the spread of infection.

7:30pm – On the news health officials report a recall of tainted food. A major food borne illness is prevented.

10:00pm – As the family drifts off to sleep, you rest knowing public health has protected and enhanced your life throughout the day.

The Washoe County Health District protects and enhances the quality of life for all citizens and visitors to Washoe County, Nevada.

PROTECTING AND ENHANCING QUALITY OF LIFE MEANS...

People can make healthy lifestyle choices minimizing chronic disease and increasing years of healthy living.

People can experience a low rate of infectious diseases.

People breathe clean air and drink clean water.

The food from our markets, restaurants and bars is safe to eat.

People have access to health care services.

Our public health system operates optimally even during emergencies.

WASHOE COUNTY HEALTH DISTRICT

ENHANCING QUALITY OF LIFE

1001 East Ninth Street, Reno, NV 89512

Call Us At: **775-328-2400**

Find Us On:

WashoeCounty.US/Health

OurCleanAir.com

GetHealthyWashoe.com



Living Better Because of Public Health!



WASHOE COUNTY HEALTH DISTRICT
ENHANCING QUALITY OF LIFE



Public Health
Prevent. Promote. Protect.

WASHOE COUNTY HEALTH DISTRICT

ENHANCING QUALITY OF LIFE

The Washoe County Health District:

Investigates and stops diseases and other public health threats.

Informs the public about health concerns and how to stay safe.

Prepares for and responds to emergencies and disasters.

Mobilizes partners to address public health challenges.

Links people who need health care with resources.

Enforces laws and regulations that keep people safe.



PROTECTING THE ENVIRONMENT

The Health District protects the environment through regulations, education, and monitoring air quality and environmental clean ups. By approving construction and operating plans, permitting sources of air emissions, conducting solid waste management oversight, and inspecting underground storage tanks, wells, and septic tanks, the Health District minimizes environmental contamination and protects the air we breathe and water we drink.

KEEPING FOOD SAFE

The Health District enforces compliance with laws regulating food establishments by conducting inspections to ensure safe food handling practices and sanitary conditions. Food inspections are accessible to everyone at www.WashoeEats.com.



PROMOTING HEALTH/ PREVENTING DISEASE

The Health District promotes health through programs like WIC which provides pregnant women, mothers, and children healthy foods, education, and referrals to other health and public agencies.

The Sexual Health Program provides vaccinations, screenings, testing, counseling and treatment for sexually transmitted diseases, and education about how to prevent STDs and HIV.



Proactive health education contributes to lower rates of obesity, diabetes, and heart disease. Other programs promote use of alternative transportation like walking, biking and using public transportation, thereby reducing air pollution and improving physical well-being.

Prevention is also practiced every day by protecting children and adults from infectious diseases through immunizations at the Health District and off-site.

When a disease outbreak threatens the community, epidemiologists provide comprehensive services to detect, investigate, and respond to infectious diseases.

The Health District works to prevent diseases transmitted by insects and animals. The Health District provides surveillance, testing and control for mosquitoes carrying West Nile Virus and bats carrying rabies.

PREPARING FOR EMERGENCIES

The Health District protects our community from public health crises by providing direction and response to disease outbreaks, hazardous material accidents, and air pollution episodes. The Health District also provides trainings and exercises to prepare for emergencies, such as bioterrorism and natural disasters.

The Health District oversees Washoe County's Emergency Medical Services (EMS), reviewing regional EMS response to continuously improve service.

