

## Your local health department is there for you!

**S**omewhere in your community, there's a place where people work to keep you healthy and safe. It's called a local health department. The work that goes on there is called public health. Your health department helps ensure that you and your family have clean water to drink, safe air to breath, fresh food to eat, ample places to exercise and more.



Photo above by Filadendron, below by CasarsaGuru, courtesy iStockphoto

### Quick facts on public health:

**1** If you're not exactly sure what public health is, you're not alone. Think of it this way: While hospitals mainly treat people who are sick, public health works to help keep you from getting sick in the first place.



**2** Your local health department is a great place to visit for health screenings, like diabetes and blood pressure. They can also test for things like exposure to lead, HIV and STDs.

**3** Women can stay up on their health with free or no-cost breast exams, mammograms, Pap and HPV tests, and more at their health department.

**4** Health departments also offer services like car seat checks, nutrition counseling and parenting classes. From health tips during pregnancy to fall prevention classes for seniors, your health department is there for you your whole life.

**5** Don't forget your pets! Many health departments hold free or low-cost vaccination events for dogs and cats too.



>>To find your local health department, visit [bit.ly/myhealthdepartment](http://bit.ly/myhealthdepartment)