

# Public Health is All Around You

## Here's how:

### Newborn Screening

Performing screening tests as soon as a baby is born can identify many life-threatening genetic illnesses before any symptoms begin.

### National Security

Preparing for, responding to, and recovering from public health emergencies and disasters such as hurricanes, floods, tornados, wildfires, mass casualty incidents, industrial accidents, acts of terrorism, and epidemics saves lives and minimizes illness and injury.

### Immunizations

Important childhood and adult immunizations, including an annual flu shot, are readily available in health clinics, workplaces, and physicians' offices and protect you and your loved ones from serious illnesses that are vaccine-preventable.

### Mental Well-being

Many effective prevention, treatment, and recovery programs are available to help people with mental health and substance use disorders.

### Clean Water

Drinking water in your home, workplace, school, and community and recreational waters like public swimming pools and beaches are closely monitored and tested for your safety and enjoyment.

### STD Clinics

Sexually transmitted disease (STD) clinics are readily available to provide confidential counselling and testing services to help prevent, diagnose, and treat STDs.

### Food and Nutrition

Foods found in grocery stores and meals served in your favorite restaurant are safe from harmful bacteria and other contaminants and are stored or prepared in a clean environment.

### Physical Fitness and Exercise

Your neighborhood is healthy and safe, giving you the opportunity to take your kids to the playground and enjoy evening walks and other forms of exercise.

### Injury Prevention

Whether at home or out in public, laws and other measures are in place to help prevent injuries like motor vehicle crashes, drowning, poisoning, overdose, and falls.

### Smoke-Free Public Places

Smoke-free laws prohibit smoking at work, restaurants, and schools, and help protect you from secondhand smoke exposure.



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