Welcome to Siouxland District Health

Siouxland District Health Department (SDHD) is the public health agency for Woodbury County. Public health promotes and protects the health of people and the communities where they live, learn, work, and play by trying to prevent people from getting sick or injured. Public health also promotes wellness by encouraging healthy behaviors.

SDHD's mission statement: "Leading a collaborative effort to build a healthier community through improved access to health services, education and disease prevention."

Vision statement: “A Healthy Community for All”

Quarterly Newsletters:
Read the latest SDHD newsletter and sign up today to receive our quarterly newsletter via email.

CORONAVIRUS (COVID-19) UPDATE

FEBRUARY 17, 2020

A novel (new) coronavirus has been causing an outbreak of illnesses in China and the outbreak is currently expanding to other parts of the world including the United States.

This virus is currently being referred to as “COVID-19”.

As of February 17, 2020, 15 have been confirmed to have the virus in 5 states in the US (Washington, Illinois, California, Arizona, Massachusetts, Wisconsin, Texas). 42 states currently have "persons under investigation" (PUI).

Below is a list of frequently asked questions about COVID-19:
1. What's a coronavirus?
Coronaviruses are a large family of viruses that are common in many different species of animals, including camels, cattle, cats, and bats. Rarely, animal coronaviruses can infect people and then spread between people such as with MERS and SARS. It's important to know that there are coronaviruses other than COVID-19 that are circulating routinely.

2. How is COVID-19 being spread?
Past history with coronavirus tells us that spread to close contacts (approximately 6 feet) usually occurs via respiratory droplets (when a person sneezes or coughs).
Most of the time people spread this virus when they are symptomatic. But there is evidence of at least some spread occurring from people that are not having symptoms.

3. What are the symptoms of COVID-19?
Fever, cough, and shortness of breath are the most common symptoms. Confirmed cases have ranged from very mild or no symptoms to severe or life-threatening symptoms. CDC believes that people develop symptoms between 2-14 days after catching the virus.

4. What can I do to keep from getting it?
There is currently no vaccine to prevent COVID-19. Everyday precautions are the best way to prevent contact with the virus.
- Regular hand washing with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

5. Is it safe to travel to China or other international countries?
CDC has issued a Level 3 travel advisory for China. This means that people should avoid any non-essential travel to China. This is a change from the previous recommendation that specified only Wuhan, China.
For more information on travel recommendations, click here: https://wwwnc.cdc.gov/trav
Welcome to Siouxland District Health

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- 7. What is public health doing to protect everyone?
- People coming to the US from China are being screened at the airports for symptoms of 2019-nCoV.
- The state where these travelers are going will be monitoring them for up to 14 days for symptoms.
- State and local public health will also be working to identify contacts of people that do test positive.


Coronavirus: Update on the outbreak

Siouxland District Board of Health Vacancy

Siouxland District Board of Health currently has one vacancy. This position is an appointed position by the Woodbury County Board of Supervisors for a term of three years. Meetings are held the first Wednesday of the month beginning at 12:00 Noon. Interested individuals should complete the application and submit to the Woodbury County Supervisors Board Office as indicated on the application.

Move Your Way Campaign

Siouxland District Health Department has been selected as one of eight communities from across the nation, to pilot the Move Your Way Campaign SM over the next nine months. The U.S. Department of Health and Human Services created the Move Your Way campaign to promote the second edition of the Physical Activity Guidelines for Americans. It aims to help people understand how much physical activity they need to be healthy and how to fit it into their daily lives.
Welcome to Siouxland District Health

The campaign has videos, fact sheets, posters, and interactive tools in English and Spanish that are free and easy to use and distribute. These materials promote friendly, practical key messages, like “lots of things count as physical activity” and “it all adds up!”

To kick off the campaign - Cone Park WinterFest – Move Your Way 2020, is being held Sunday, Feb 23rd at Cone Park. The free family fun physical activity event will include free tubing, ice skating and more! Special guests at the event include Sioux City Musketeers. The event begins with the River Cade Cardboard Sled Races at 2:00 pm. followed by free tubing, ice skating and more. Event will run until 5:30 p.m.

Move Your Way is a service mark of the Department of Health and Human Services. Used with permission. Participation by Siouxland District Health Department does not imply endorsement by HHS/ODPHP.

Proposed Regulation: Requirements for Tanning Facilities in Woodbury County
Siouxland District Board of Health conducted the first reading of the Regulation 23-3 Minimum Requirements for Tanning Facilities in Woodbury County on January 8, 2020. The next reading for public comment will be held on February 5, 2020 at 12 Noon. Follow this link to access a copy of this proposed regulation.

Get Public Health Information and Updates
Siouxland District Health Department is on Facebook and Twitter @SiouxlandHealth. "Like" or "Follow Us" so you can get timely public health information and updates on disease outbreaks, foodborne illnesses, programs and services, and general health information.