



# SAFEGUARDING Our Community's HEALTH



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**ALERT: Flu is widespread in Tarrant County. Get a flu shot ASAP.**



## Healthy Resolve

Lou Brewer, Director -  
Tarrant County Public Health

Tarrant County Public Health (TCPH) wishes you a happy and healthy new year. One of our resolutions is to provide you with quarterly information about the services that are available from TCPH. Prevention of disease and injury, promotion of health, and protection against infectious diseases are our primary goals.

Besides services like [immunizations](#), [disease surveillance](#) and [restaurant inspections](#), Tarrant County Public Health provides services you may not be aware of, such as:

- [travel health services](#) for residents planning to travel abroad;
- screenings for [sexually transmitted diseases](#);
- [laboratory testing](#) of water and locally-produced milk and dairy products.

Our website has an abundance of [health data](#) anyone can examine for insights into health issues that have affected and are still affecting our community. We also support [TarrantCares](#), a one-stop reference website that can point anyone to any health care provider in Tarrant County for any health service needed.

You may have made some resolutions to eat healthier, exercise more, or stop smoking. Please consider our [Chronic Disease Prevention classes](#) to assist you in accomplishing your goals. In addition, if you are interested in workplace policies for healthier food and exercise opportunities, please refer to our [Obesity Prevention Policy Council](#) information.

Take some time to familiarize yourself with [Public Health](#). If you're looking to improve your health and lifestyle this year, we're here to help.

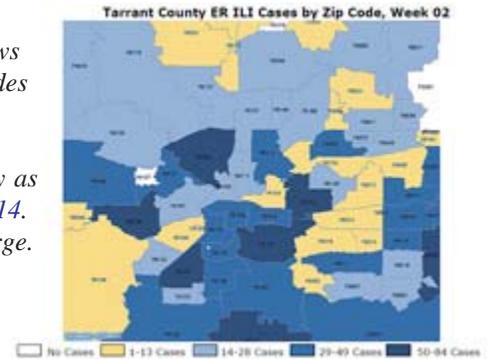
## An OUNCE of PREVENTION

Our hands pick up germs and bacteria all the time. And when we touch our eyes, nose or mouth, those germs/bacteria can get into our bodies and cause us to get sick. [Proper hand washing](#) is important good health.



## Flu in Tarrant County

This map shows which ZIP codes have the most influenza-like illness activity as of Jan. 11, 2014. [Click to enlarge.](#)



## Events

**Jan. 21 – “Learning to Manage Diabetes Through Exercise”** 5-7 p.m., Snow Conference Room;

Dr. Marion J. Brooks Building, Tarrant County Public Health  
1101 S. Main St., Fort Worth 76104

This free class is for individuals interested in learning self-management of diabetes. Taught by a certified diabetes educator. Call 817-454-4978 or email [tcdecemail@yahoo.com](mailto:tcdecemail@yahoo.com) for more information and to register.

[Click here for other events.](#)

## On the Horizon

**Freedom from Smoking** – a step-by-step plan to help participants quit smoking. Call 817-321-4976 or email [smokefree@tarrantcounty.com](mailto:smokefree@tarrantcounty.com) for more information.

## Quote

*“It is health that is the real wealth and not pieces of gold and silver.”*

Mahatma Gandhi

## Did You Know...

The North Texas Regional Laboratory at Tarrant County Public Health tests well water for bacterial and mineral content? [Learn more.](#)

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