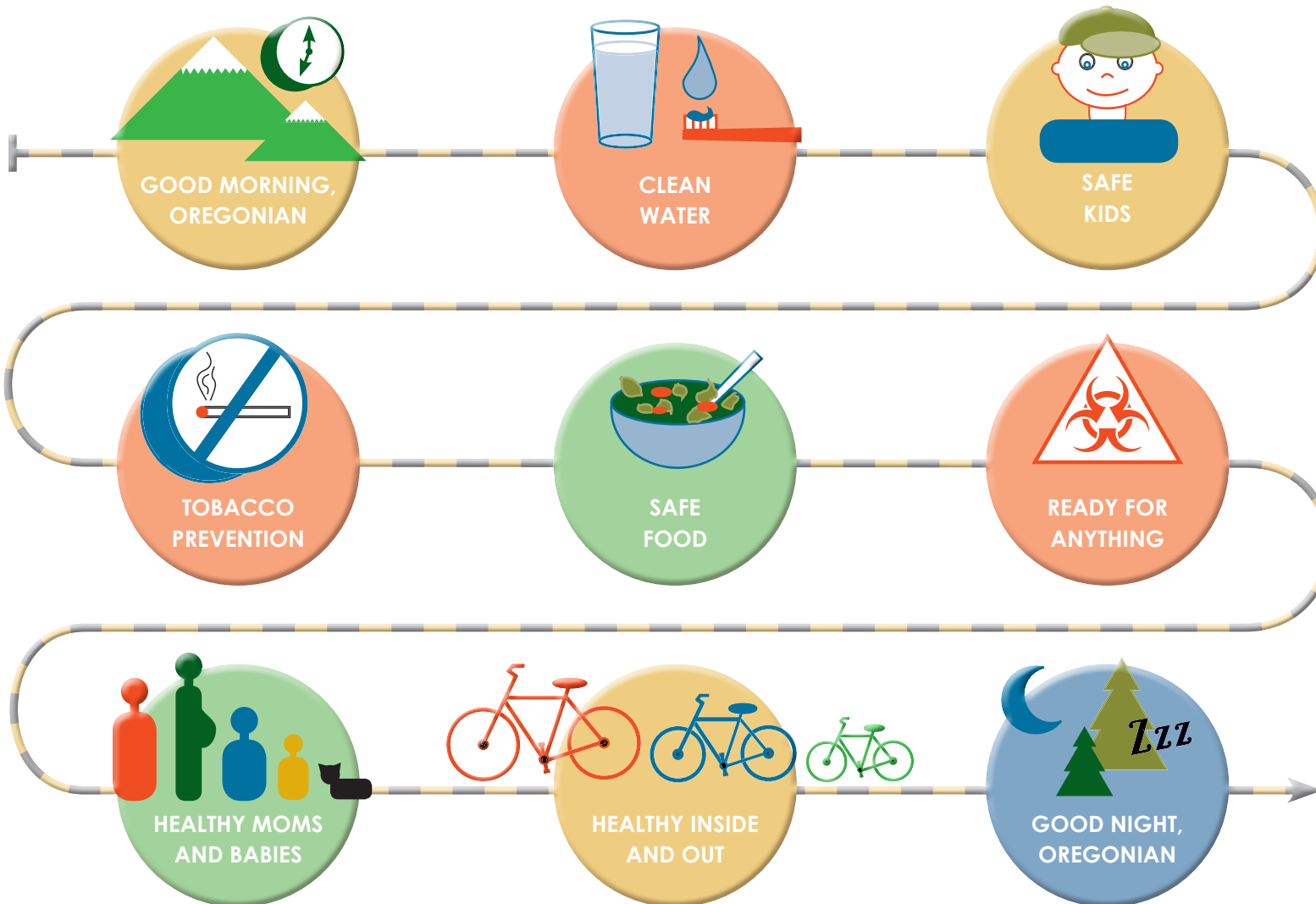




# *A day in the life of* **OREGON PUBLIC HEALTH**



**Coalition of Local Health Officials**

For more information please contact Morgan Cowling, Executive Director - [oregonclho@gmail.com](mailto:oregonclho@gmail.com) | 503-329-6923 | [oregonclho.org](http://oregonclho.org)



**Public Health**  
Prevent. Promote. Protect.

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**GOOD MORNING, OREGONIAN:** It is the morning and your alarm clock buzzes. You get out of bed to begin your day.



**CLEAN WATER:** You head for the shower and then brush your teeth with clean water. Local public health works with communities to assure you have clean and safe drinking water.



**SAFE KIDS:** You take your child to school knowing they will be protected from serious childhood diseases, like measles and polio, because they received their childhood vaccinations. Local public health works with pediatricians, parents, schools and childcare facilities to ensure the community is protected.



**TOBACCO PREVENTION:** You're now off to work, and upon walking into your building you pass a "No Smoking" sign and are grateful that all workplaces in Oregon are smoke-free because of the Indoor Clean Air Act. Local public health works tirelessly to protect children and adults from second-hand smoke, and to create environments that support people who want to quit smoking.



**SAFE FOOD:** During your lunch hour you and a co-worker head to your favorite nearby restaurant, you naturally assume the food is safe to eat. Local public health inspects and licenses restaurants in Oregon.



**READY FOR ANYTHING:** It is the end of your workday, as you are driving home the radio news is reporting on a disease outbreak across the country, thankfully local public health is coordinating with hospitals, schools, and emergency preparedness managers to be prepared.



**HEALTHY MOMS AND BABIES:** You arrive home and greet your family. The phone rings, it is your sister calling. She tells you she just had a Babies First! appointment with a public health nurse home visitor. Your niece is doing well, and the nurse made referrals so your sister could take your niece to her Well Child Care visit and her first dental appointment.



**HEALTHY INSIDE AND OUT:** You go for a bike ride with your family on a local trail. Local public health works with different community partners to create healthy environments for Oregonians to live, work, learn and play in.



**GOODNIGHT, OREGONIAN:** You've had dinner with your family, some time to unwind, and now it is time to get ready for bed. These are just some examples of how local public health has touched your life. You may not always see the work they do, but you are safer and healthier because of it.



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