

## DIRECTORY

### BENEWAH COUNTY

137 N. 8th St., St. Maries, ID 83861  
245-4556



### BONNER COUNTY

1020 Michigan, Sandpoint  
263-5159

+ Environmental Health - 265-6384  
322 Marion, Sandpoint, ID 83864



### BOUNDARY COUNTY

7402 Caribou, Bonners Ferry, ID 83805  
267-5558



### KOOTENAI COUNTY

8500 N. Atlas Rd., Hayden, ID 83835

+ Administration - 415-5110  
+ Environmental Health - 415-5220  
+ Family & Community Health - 415-5270  
+ Health Promotion/WIC - 415-5130  
+ Home Health - 415-5160  
+ Public Health Preparedness - 415-5180



### SHOSHONE COUNTY

114 W. Riverside, Kellogg, ID 83837  
786-7474

+ Institutional Controls Program (ICP)  
783-0707



[www.phd1.idaho.gov](http://www.phd1.idaho.gov)

November 2010

# PANHANDLE HEALTH DISTRICT



## Public Health

Serving  
Benewah, Bonner, Boundary,  
Kootenai and Shoshone Counties

## S E R V I C E S G U I D E

If you've ever eaten in a restaurant, had lunch at the county fair, taken a drink of cold water, cooled off in a public pool, attended public school, traveled abroad or enrolled your child at a day care center, you have likely benefitted from services provided by Panhandle Health District (PHD).

Panhandle Health District provides more than 40 different programs and services to individuals, families and organizations across North Idaho from restaurant inspections and drinking water safety to health education, senior services, immunizations and disease control and prevention. Panhandle Health District works with a variety of partners to promote and protect the health of our community.

Public health is an essential set of services guaranteed to all citizens. It is a network of local, state and national professionals working together for a safer and healthier community.

The PHD team is made up of nurses, nutritionists, environmental health specialists, educators and many other dedicated professionals with a common goal to deliver vital public health services. PHD protects community health, improves access to quality health care, promotes healthy lifestyles, increases years of healthy life and protects through preparedness.



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

Idaho Public Health Districts

## Environmental, Response & Technology Division

### ENVIRONMENTAL HEALTH

**Childcare Inspections:** Health and safety standards review, food preparation standards, hygienic practices, potential environmental hazards evaluation and complaint investigations. Contact 208-415-5214.

**Food Protection Program:** Food-borne illness prevention through safe food handling education and inspections of food establishments, food vendors and food processing facilities. Contact your local PHD office.

**Indoor Air Quality (Radon):** Resource of information for indoor air contaminants including Radon testing materials and education. Contact your local PHD office.

**Mortgage Surveys:** Individual water and sewage system compliance inspections for lending institutions. Contact your local PHD office.

**Public Water Systems:** Small public drinking water system monitoring and guidance to maintain safe drinking water. Contact 208-415-5208.

**Rathdrum Prairie Aquifer Protection:** A number of water-quality programs encompassed to protect the Rathdrum Prairie Aquifer, including water quality sampling, sewage management agreements, critical materials regulation, non-domestic wastewater, aquifer recharge areas and public awareness. Contact 208-415-5220.

**Shallow Injection Well Inventory:** Inspections to collect data on the installation of shallow injection wells (drywells). Contact 208-415-5220.

**Solid Waste:** Education, compliance, assistance and inspections of landfills to provide protection of human health and the environment. Contact 208-265-6384.

## ENVIRONMENTAL HEALTH cont.

**Subdivision Review:** Monitoring, evaluation and enforcement of sewage disposal regulations on land development in North Idaho. Contact your local PHD office.

**Subsurface Sewage:** Evaluation, inspection and permitting of subsurface sewage disposal systems. Contact your local PHD office.

## CHILD CARE RESOURCE CENTER

**Child Care Resource Center:** Child care provider education and resource/referral to parents seeking quality child care. Contact 208-415-5146.

## PUBLIC HEALTH PREPAREDNESS

Coordination of efforts in response to public health emergencies, including communicable disease outbreaks or acts of bioterrorism. This broad-based effort includes volunteers, emergency response teams, health care workers and local organizations. Contact 208-415-5180.

# Public Health Services Division

## FAMILY AND COMMUNITY HEALTH

**Communicable Disease Information:** Monitoring of reportable diseases, observing trends of community outbreaks and containment of disease spread through intervention. Contact the Infection Control Nurse at 208-415-5270.

**HIV and Sexually Transmitted Infections (STIs):** STIs and HIV/AIDS exams and testing. Appointments required. Confidential services provided on a sliding fee scale. Nurses available to answer questions Monday-Friday, 8 a.m. - 5 p.m. Contact your local PHD office.

**Family Planning:** Confidential services including reproductive health education and counseling; Pap smears; contraception; breast exams; screening and/or treatment and education for sexually transmitted infections; and referral to community resources. Nurses available for questions Monday-Friday. Same day appointments available for family planning services. Services charged on a sliding fee scale. Contact your local PHD office.

**Immunizations:** Child, adult and overseas travel immunizations and flu shots. State-supplied child vaccine fees based on a sliding fee scale. No child will be denied immunizations because of inability to pay. Contact your local PHD office.

**Pregnancy Testing/Services:** Pregnancy testing including education and referral services. Appointments required. Services charged on a sliding fee scale. Contact your local PHD office.

**Resource Nurse (Helping Hands Medical Access):** General health information and referrals available by telephone and by appointment. Vouchers may be available to local physicians for acute health care needs (co-sponsored by United Way of Kootenai County). Contact 208-415-5270.

**Susan G. Komen for the Cure Grant:** Funding for vouchers through PHD for mammograms for eligible women/men who are financially limited and underinsured. Limited diagnostic services available. Contact your local PHD office.

**Women's Health Check:** Health screening including breast exams, Pap smears and, when necessary, free mammograms for women ages 50-64 who qualify financially and have no health insurance. Limited diagnostic procedures are available. Appointments are required. Contact your local PHD office.

**Tuberculosis Program:** Treatment and screening of both latent and active tuberculosis. Skin testing is available by appointment. Medication is provided for the treatment of latent or active tuberculosis free of charge. Contact your local PHD office.

## HEALTH PROMOTION

**Chronic Disease Self-Management Program:** An educational program where the participants are adults experiencing chronic health conditions such as hypertension, arthritis, heart disease, stroke, lung disease and diabetes. The program provides information and teaches practical skills on managing chronic health problems. Call 208-415-5141.

**Dental Health:** Dental education and fluoride "swish" for elementary school children. Dental education and fluoride varnishes for children enrolled in CHIP or Medicaid. Call 208-415-5143.

**Diabetes Education and Prevention:** Health education and community intervention to ease management of diabetes. Call 208-415-5284.

**Fit and Fall Proof™:** Prevention of falls for the elderly through physical fitness. 208-415-5141.

**Tobacco Cessation and Prevention:** Free cessation classes to help individuals to reduce or stop using tobacco, which decreases tobacco-related diseases, disability and death. Call 208-415-5143.

## WOMEN, INFANTS AND CHILDREN (WIC)

**Women, Infants and Children's (WIC) Program:** Food and nutrition education for women, infants and children targeting infants and children to age five and pregnant or breast-feeding women. Contact your local PHD office.

## HOME HEALTH

**Skilled Home Health Services:** Doctor-ordered periodic registered nursing care for people recovering from or living with health problems at home. Accompanying services include therapy, medical social work, nutrition counseling, personal care and frequent contact with the patient's doctor. Services are covered by Medicare, Medicaid, private insurance, VA, Worker's Compensation and others. Contact your local PHD office.

**Senior Companion Program:** Healthy older adults provide free companionship and help with small chores and other activities for frail, homebound seniors living at home. Companions help with grocery shopping, provide transportation to appointments and offer a respite to full-time caregivers. Services are available 8 a.m. to 5 p.m. Companions are screened, trained, supervised and receive frequent continuing education. Contact your local PHD office.

## Institutional Controls Program

**Bunker Hill Superfund Project:** PHD has provided lead health education and the infrastructure for economic development projects since 1973. PHD developed and implemented the Bunker Hill Superfund Site Institutional Controls Program (ICP), a locally enforced set of rules and regulations to ensure the integrity of clean soil and other protective barriers placed over contaminants left throughout the site.

The ICP provides community education, contractor licensing and permitting associated with excavation and grading. The ICP operates a disposal site for contaminated soils and continues to assist lending institutions and prospective buyers with due diligence and disclosure. The ICP was expanded to the Coeur d'Alene Basin in July 2007. Contact 208-783-0707.

## PHD's Mission

*To prevent disease, disability and premature death; to promote healthy lifestyles; and to protect the health and quality of the environment.*