Health Matters

Logan County Department of Public Health

A Word From the Administrator

On behalf of the staff at Logan County Department of Public Health (LCDPH), I would like to extend our greetings. We appreciate serving you in our efforts to "prevent disease, promote wellness, and protect Logan County."

Our mission was truly put to the test over the last three years as LCDPH addressed the pandemic by monitoring COVID-19, by educating the public, and by providing vaccines at 99 of our community mass immunization clinics. To this day, we offer COVID-19 vaccines on Tuesdays (Pfizer) and Thursdays (Moderna) in addition to our full range of immunizations which are available Monday through Friday with no appointments needed! We hope the worst of the pandemic is behind us as we set our sights moving forward.

Other priority challenges in the community in which we will continue to focus our efforts include behavioral health, obesity/chronic illness, and drug abuse prevention. You can learn more about these priorities in our strategic plan which is located on our website homepage at WWW.LCDPH.ORG.

When most people think of public health departments, the first thing that comes to mind is that they are the place that gives vaccines, provides WIC, or inspects local food establishments. Did you know that public health departments actually provide 10 essential services to their communities? These 10 essential services include monitoring population health status, investigating and diagnosing public health problems and hazards, education, strengthening and mobilizing partnerships, creating policies and laws, regulatory activities, and improving access to care for all. Furthermore, local health departments provide workforce development, evaluate programs for continuous quality improvement, and build a strong infrastructure for public health.

The definition of public health is very broad as community partners such as healthcare, schools, nursing homes, law enforcement, fire, emergency management, EMS, and other agencies are all key components for protecting public health while the local public health department tandemly serves at the core. LCDPH appreciates the collaborative efforts of its partners to help improve the public health system!

Finally, the LCDPH fiscal year Annual Report 2022 is available and can be found on our website. The annual report highlights our programs, activities, and fiscal standing. If you would like to know more about LCDPH, this is a great resource! As always, we appreciate the community's support and are always here to serve you.

Best Regards,

Don Cavi, MS, LEHP
Public Health Administrator

LOGAN COUNTY DEPARTMENT OF PUBLIC HEALTH AND SIU CENTER FOR FAMILY MEDICINE PRESENTS

BACK TO SCHOOL CLINICS

May 31st and June 2nd, 2023
1:00PM - 7:00PM

A one-stop shop for your school physical and immunization needs!

109 3rd St.
Lincoln, IL 62656

217-735-2317

NO APPOINTMENT NECESSARY

Logan County Department of Public Health

SIU MEDICINE
CENTER FOR FAMILY MEDICINE | LINCOLN

LCDPH Mission Statement: "To prevent disease, promote wellness, and protect the health of Logan County."

Shingles is a Real Threat

by Kara Davis

According to the Centers for Disease Control (CDC), in the U.S., **one out of every three** people will develop shingles during their lifetime. While anyone who has had chickenpox can get shingles, it most commonly occurs in people over age 60, or with people who have a weakened immune system. Shingles is a painful rash that develops on one side of the face or body. The rash typically consists of blisters that scab over in 7-10 days and the rash will usually clear up within 2-4 weeks. Other symptoms of shingles can include fever, headache, chills, or an upset stomach.

The Logan County Department of Public Health (LCDPH) offers the shingles vaccine which is given as a two-shot series separated by 2 to 6 months. The vaccine works by helping your immune system keep the shingles virus in check. The sooner you get vaccinated, the sooner you will improve your chances of protecting yourself from shingles. The vaccine is not a treatment for shingles and its accompanying symptoms such as nerve pain; however, it is a vaccine to help reduce your risk of getting shingles in the future.

The vaccine is recommended for healthy adults aged 50 and older. You should consider getting the shingles vaccine even if you have had shingles, received the Zoster vaccine live, or are not sure if you had chickenpox. If you recently had shingles and the rash has gone away, you can receive the vaccine at any time to help prevent future occurrences of the disease.

Medicare Part D prescription drug plan, and some private insurance plans, will pay for the vaccine. To be safe, it is recommended to call LCDPH ahead of time to ask about any co-pay.

Source: Centers for Disease Control and Prevention (CDC)

Food Safety
MYTHS AND FACTS

by Leah Rawlings

Myth	Fact
You can't get sick from eating raw cookie dough or batter.	You can get sick! Doughs or batters that contain raw or undercooked eggs and flour may contain, E. Coli, Salmonella or other harmful bacteria. Make sure to cook flour and eggs thoroughly.
It is safe to thaw food on your counter.	It's not safe! Germs multiply quickly at room temperature. Foods can only be safely thawed in a refrigerator, in cold water, or in microwave as part of the cooking process.
You can't get sick from leaving foods out for too long before putting them in fridge.	Yes you can! Harmful germs can grow rapidly in room temperature air. Make sure to not leave perishable items out for more then 2 hours.
You only need to wash your hands after using the restroom.	That is not true! Germs on your hands can be transferred to food making it unsafe. Make sure to always wash your hands before handing food products and switching between tasks.

Sources: Center for Disease Control and Prevention

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Have Your SNAP Benefits Decreased?

by Dana Oltmanns

Are you struggling to buy enough food for your family?

WIC can help!! If you are pregnant or have a child under the age of 5, give WIC a call. WIC offers a wide variety of healthy foods for you and your family - which includes milk, eggs, cheese, yogurt, whole grains, cereal, peanut butter, juice, formula, baby food, and more. Farmers' Market coupons are also available seasonally. WIC also offers nutrition education and tips on ways to use the food you get through the WIC program.

Additionally, WIC provides breastfeeding education & support. Breastfeeding offers so many benefits for a lifetime to both you and your baby!

Being involved in WIC can help you access other services such as Family Case Management (FCM). FCM provides a variety of safety education, safe sleep information, and more. FCM can help you meet any other needs your family might have.

Our goal is to help you raise a healthy, happy family!

Give us a call at 217-735-2317 ext 4.

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Public Health
Prevent · Promote · Protect
LOGAN COUNTY

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Lincoln, IL 62656-0508

Phone: (217) 735-2317
Fax: (217) 735-1872
Email: info@lcdph.org

Hours: Monday-Friday
7:30am-4:30pm

All public health services end 45 minutes prior to closing.

Find us on the web and
on Facebook!

www.lcdph.org

We accept all major health insurances,
including Medicare Part B and D.

We accept all major credit and
debit cards!

VISA   MasterCard   DISCOVER   AMERICAN EXPRESS

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Environmental Health Supervisor &
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Get Ready to Renew Your Medicaid!

Get ready to renew your Medicaid! Medicaid customers have not had to renew their Medicaid coverage since the Covid-19 pandemic began. Medicaid pays for healthcare, like doctor visits, prescription medicine, and urgent emergency services.

Now Illinois is starting renewals again to see if people are still eligible. Everybody's renewal date is different, so it is critical that you get ready to renew.

Don't risk losing your Medicaid! Here is what you need to do:

Click Manage My Case at abe.illinois.gov to:

- Verify your mailing address under "contact us"

- Find your due date (also called redetermination date) in your "benefit details"

Source: Illinois Department of Healthcare and Family Services

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