

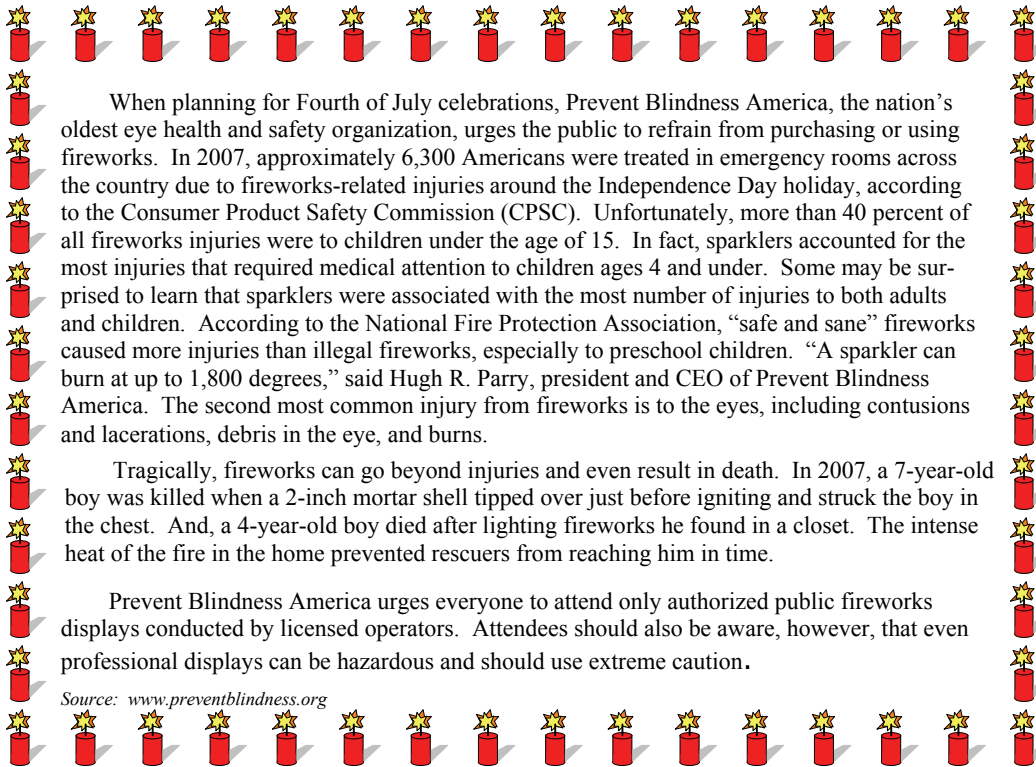
# Health Matters

VOLUME 11 ISSUE 3

SUMMER  
JUNE 2010



## Fireworks Pose Dangerous Risks, Especially to Children



When planning for Fourth of July celebrations, Prevent Blindness America, the nation's oldest eye health and safety organization, urges the public to refrain from purchasing or using fireworks. In 2007, approximately 6,300 Americans were treated in emergency rooms across the country due to fireworks-related injuries around the Independence Day holiday, according to the Consumer Product Safety Commission (CPSC). Unfortunately, more than 40 percent of all fireworks injuries were to children under the age of 15. In fact, sparklers accounted for the most injuries that required medical attention to children ages 4 and under. Some may be surprised to learn that sparklers were associated with the most number of injuries to both adults and children. According to the National Fire Protection Association, "safe and sane" fireworks caused more injuries than illegal fireworks, especially to preschool children. "A sparkler can burn at up to 1,800 degrees," said Hugh R. Parry, president and CEO of Prevent Blindness America. The second most common injury from fireworks is to the eyes, including contusions and lacerations, debris in the eye, and burns.

Tragically, fireworks can go beyond injuries and even result in death. In 2007, a 7-year-old boy was killed when a 2-inch mortar shell tipped over just before igniting and struck the boy in the chest. And, a 4-year-old boy died after lighting fireworks he found in a closet. The intense heat of the fire in the home prevented rescuers from reaching him in time.

Prevent Blindness America urges everyone to attend only authorized public fireworks displays conducted by licensed operators. Attendees should also be aware, however, that even professional displays can be hazardous and should use extreme caution.

Source: [www.preventblindness.org](http://www.preventblindness.org)

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## Now May be the Time When....

### Now may be the time when.....

A person chooses to have elective surgery, such as hip or knee replacement or

Something unexpected happens and you find yourself hospitalized or in need of some nursing, therapy, or personal services care at home.



### That is the time when.....

You call **Home Care of Central Illinois**, a division of the Logan County Department of Public Health.

Home Care of Central Illinois has the highest performance rating of all home health agencies that service Logan County. Our qualified staff can begin your home care within 24-48 hours.

*Home Care of Central Illinois delivers the Right care, at the Right time, Every time!*

Call 217-735-2317 for information or check us out at [www.HomeHealthCompare.gov](http://www.HomeHealthCompare.gov).

### Attention: Parents!!

The Illinois Youth Survey tells us what Logan County youth are thinking about risky behaviors. What are parents thinking? Take the short online survey at: [www.surveymonkey.com/s/ATOD](http://www.surveymonkey.com/s/ATOD).



## Not for Women Only....

By: Mary Anderson, R.N., B.S.N.

Males are now offered the same protection against genital warts that was previously only offered to females. Gardasil, a vaccine effective against human papillomavirus (HPV) types 6, 11, 16, and 18, is now licensed for males.

HPV is the main cause of cervical cancer in women. HPV can also cause other health problems such as genital warts. This common virus is easily spread by skin-to-skin contact during sexual activity with another person. It is possible to have HPV without knowing it, so it is possible to unknowingly spread HPV to another person.

Gardasil is licensed, safe, and effective for males and females ages 9 through 26 years of age. The Health Department offers the series of 3 injections to individuals 9 through 18 years of age who qualify through the Vaccine for Children (VFC) program. Cost per injection is \$16.75 for this age group.

People who have already had sexual contact before getting all 3 doses of the HPV vaccine might still benefit if they were not infected before vaccination with the HPV types included in the vaccine they received. To get the most benefit from HPV vaccine, a person should complete all three doses before sexual activity begins.



## STD Screening Available

By: Michelle Jason, R.N.

There are approximately 19 million new sexually transmitted disease (STD) infections each year—almost half of them among young people age 15 to 24 years, according to the U.S. Centers for Disease Control and Prevention. For 2008, Illinois ranked eighth in the country for the rate of gonorrhea cases, and ninth for the rate of Chlamydia cases. In 2009, Logan County had a 28% Chlamydia rate. Chlamydia and gonorrhea are bacterial infections that can easily be cured with antibiotics. However, most people do not have any symptoms and infections are often undiagnosed and untreated. Without treatment, STD's can cause serious health complications, including infertility among women.

Logan County Department of Public Health provides confidential testing, treatment, and follow up for chlamydia, gonorrhea, and syphilis. The health department clinic offers urine testing as an option to test for gonorrhea and chlamydia. Sexually active males and females ages 25 or younger can be screened. Sexually active males and females ages 26 or older must meet high risk criteria. Appointments are available Monday through Friday, 7:30 am-3:30pm. For more information or to schedule an appointment, please call the health department at 735-2317.

## Heat Wave Safety Tips

By: Shana Bean, B.S., C.H.E.S.

With the summer approaching quickly, hot weather is right around the corner. To protect your health when temperatures are extremely high, remember to keep cool and use common sense. The following tips are important:

- **Slow down:** Strenuous activities should be reduced, eliminated or rescheduled to the coolest time of the day and until you get used to the conditions. Individuals at risk due to medical problems should stay in the coolest available place, not necessarily indoors.
- **Dress for summer:** Loose, lightweight, light-colored clothing reflects heat and sunlight and helps your body maintain normal temperatures.
- **Put less fuel on your inner fires:** Foods that increase metabolic heat production (like proteins) also increase water loss.
- **Drink plenty of water:** Your body needs water to keep cool; so drink plenty, even if you don't feel thirsty. Avoid drinks with sugar, caffeine or alcohol. Persons who (1) have epilepsy or heart, kidney or liver disease, (2) are on fluid restrictive diets, or (3) have a fluid retention problem should consult a physician before increasing their fluid consumption.
- **Spend more time in air-conditioned places:** Air conditioning in homes and other buildings markedly reduces your danger from the heat. If you can not afford an air conditioner, spending some time each day (during hot weather) in an air-conditioned environment provides some protection. Take breaks, heat effects are cumulative.
- **Don't get too much sun:** Sunburn affects your body's ability to cool itself. It also causes pain and damages the skin.

Source: Washington County Office of Consolidated Emergency Management



# SUMMER FOOD SAFETY TIPS

By: Don Cavi, Director of Environmental Health



It's the time of year when many take advantage of the pleasant weather to participate in recreational outdoor activities. Grilling and picnics are popular but can create food safety challenges. Here are some food handling tips for summer to keep you and your family safe.

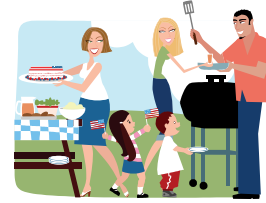
- When purchasing food, make sure meats and produce appear fresh, canned food items are in good condition (free of dents, cracks or bulges), and check the use by dates.
- Immediately prior to handling or preparing food, it is important to wash hands thoroughly. Hands should also be kept clean by washing after such times as handling raw meats, using the restroom, playing with pets and coughing or sneezing. **WASH HANDS FREQUENTLY.**
- Meats should be thawed in the refrigerator, in the microwave in defrost mode or under cold running water. Never defrost meats at room temperature. Marinate meats at refrigeration temperature.
- Meats and poultry should be cooked throughout to a temperature of 165 degrees F to kill most bacteria. Use an accurate meat thermometer to probe the thickest portion of meat.

**ALWAYS ASSUME RAW MEAT CONTAINS BACTERIA.**

- A good rule to follow is to keep cold foods cold and hot foods hot. After preparation, hot food items should be held to a temperature of at least 135 degrees F or greater. Cold foods

from the refrigerator should be held at a temperature of 41 degrees F or below.

- When preparing cold salads, pre-chill all ingredients to keep the entire product cold.
- Avoid cross-contaminating of foods. For example, don't use the same plate that transported raw meat for serving ready to eat foods. Don't use the same knife to cut raw meat and ready-to-eat foods.
- Leftovers should be refrigerated immediately. If portions are large, divide into smaller portions so food can cool more rapidly throughout. If eating leftovers, reheat thoroughly to 165 degrees F.
- Keep stored food items covered to prevent contact with flies and other sources of contamination.
- Keep all surfaces and utensils thoroughly cleaned. Make sure all surfaces are smooth, non-absorbent and free of cracks and hard to reach areas where bacteria can lurk.



For further information, log onto the Logan County Department of Public Health website [www.lcdph.org](http://www.lcdph.org) or the Illinois Department of Public Health website [www.idph.state.il.us](http://www.idph.state.il.us). If you have questions, contact the Logan County Department of Public Health at 217-735-2317.

## Booster Seat Clinic June 11

(During the Rt. 66 Garage Sales)  
**2:00pm – 5:00pm**  
**Christian Child Care**

By: Kim Escobedo, B.S., C.P.S.T.

- ▶▶▶ Until age eight, most children have not developed strong hipbones, and their legs and body are too short to allow the safety belt to fit properly.
- ▶▶▶ The lap portion of the safety belt must fit low and tight across the upper thighs. The shoulder portion of the safety belt should rest over the center of the shoulder and across the chest.

**\*\*\*Booster seats available through a grant from IDOT\*\*\***

**To be able to fit in a safety belt, a child must pass this 5-step test:**

- Be tall enough to sit without slouching,
- Keep his/her back against the vehicle seat back,
- Keep his/her knees completely bent over the edge of the seat,
- Keep his/her feet flat on the floor, and...



Be able to stay comfortably seated this way for the entire trip.

**Never** put the shoulder portion of the safety belt under the child's arm or behind the child's back. This can cause severe internal injuries in a crash. If the safety belt does not fit properly the child should use a belt-positioning booster seat.

**REMEMBER: The Back Seat is Best – up to age 13.**

## Farmers' Markets Return

By: Dana Oltmanns, R.N., B.S.N.

May brings the opening of two farmers' markets to Lincoln. One is at Latham Park and the other at Scully Park. This brings new opportunities for all to try eating healthier by buying the produce grown by our local farmers.

Once again WIC will be giving out farmers' market coupons to our WIC participants. These coupons are in addition to the fruit & veggie vouchers you get in WIC. Recipes are available through the WIC office. Women and children age 1-5 and active on WIC are eligible to receive these coupons. If you need assistance with cooking the produce just ask your WIC staff, the local extension office or the farmer selling it. This is your chance to try something new and make healthy eating a part of your day.



## H.O.P.E. Mobile June 2010

**We're on the Web!  
 Check us out at...  
[www.lcdph.org](http://www.lcdph.org)**

**Health Department  
 Satellite Clinics**

**Christian Village Congregate Building**

- 2nd Monday: 10:00-11:00 a.m.

**Logan Court High-Rise**

- 2nd Wednesday: 10:30-11:30 a.m.

**Friendship Manor/Odd Fellows**

- 2nd Friday: 10:00-11:00 a.m.

	1 Chestnut 9am-11:30am Mt. Pulaski 1pm-3:30pm	2 New Holland 9am-11:30am Atlanta 1pm-3:30 pm	3 Elkhart 9am- 11:30am Middletown 1pm- 3:30 pm	4 <b>Dental only</b> No NP Lincoln-Kickapoo St. 9am-12:00pm 1pm-3:30pm
7 No NP Hartsburg 9am- 11:30am Emden 1pm-3:30pm	8 Chestnut 9am-11:30am Mt. Pulaski 1pm- 3:30pm	9 New Holland 9am- 11:30am Atlanta 1pm-3:30 pm	10 Lincoln-Kickapoo St. 9am-12:00pm 1pm-3:30pm	11 <b>Dental Only</b> No NP Lincoln-Kickapoo St. 9am-12:00pm 1pm-3:30pm
14 <b>Dental Only</b> No NP Lincoln-Kickapoo St. 9am-12:00pm 1pm-3:30pm	15 Chestnut 9am-11:30am Mt. Pulaski 1pm- 3:30pm	16 New Holland 9am-11:30am Atlanta 1pm-3:30pm	17 Elkhart 9am- 11:30am Middletown 1pm- 3:30 pm	18 <b>Dental Only</b> No NP Lincoln-Kickapoo St. 9am-12:00pm 1pm-3:30pm
21 No NP Latham 9am-11:30am	22 Chestnut 9am-11:30am Mt. Pulaski 1pm-3:30pm	23 New Holland 9am- 11:30am Atlanta 1-3:30 pm	24 Lincoln-Kickapoo St. 9am-12:00pm 1-3:30 pm	25 <b>**CLOSED**</b> Maintenance Day
28 <b>Dental Only</b> No NP Lincoln-Kickapoo St. 9am-12:00pm 1pm-3:30pm	29 Chestnut 9-11:30 am Mt. Pulaski 1pm-3:30 pm	30 New Holland 9am- 11:30am Atlanta 1pm-3:30pm		

The H.O.P.E. Mobile schedule is ALWAYS subject to change. Please call 732-5066 to confirm location.



**Public Health**  
 Prevent · Promote · Protect

### Logan County Department of Public Health

109 Third Street, PO Box 508  
 Lincoln, IL 62656-0508  
 Phone: (217) 735-2317  
 Fax: (217) 735-1872  
 Email: [info@lcdph.org](mailto:info@lcdph.org)

Contributing Editors:  
 Marcia Dowling, R.N., B.S.N.

Courtesy of Maternal Child Health/  
 Family Case Management Program

This institution is an equal opportunity provider.  
 Funding provided in whole or in part by the  
 Illinois Department of Human Services.

### Clinic Schedule

Services Available: *Immunizations, Blood Pressure, Pregnancy Tests, TB Skin Testing, Hemoglobin, Glucose Screenings, Foot Care, Blood Lead Screenings, and Medication Set-Up.*

These services are available on a walk-in basis Monday through Friday from 7:30 am to 4:30 pm.

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