

# Health Matters

WINTER  
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## 1918 Flu Pandemic

By: Mary Anderson RN, BSN, Public Health Nurse

As we enter into this flu season, we can be thankful for the flu shot. Those who lived during the 1918 flu pandemic were not so fortunate as to have vaccines available. This pandemic has been described as the greatest medical holocaust in history. It began in January 1918 and ended in December 1920.

It is said that the H1N1 flu A strain killed more people in 24 weeks than the AIDS virus killed in 24 years and caused more deaths in 1 year than the Black Death Plague caused in an entire century. It is estimated that 1/3 of the world's population – nearly 500 million persons were infected. In the United States 675,000 are believed to have died and 50 million deaths occurred worldwide. Coffins were brought in by trainloads, and when the coffins ran out, plain boxes were used to bury the infected.

The first wave of flu began in March of 1918 and spread throughout the United States, Europe and Asia over a 6 month period. A second, or fall wave, spread across the

globe from September to November and was highly fatal.

Origins of the pandemic widely vary. Some scholars believe it began in East Asia. Virologist John Oxford feels confident the troop staging and hospital camp in Etaples, France was the center of the outbreak because the virus, harbored in birds, mutated to pigs that were kept near the front lines during World War I. Another hypothesis states that the virus strain originated at Fort Riley, Kansas, where viruses in poultry and swine (which the fort bred for food) spread to soldiers who were then sent from Fort Riley around the world, spreading the disease as they went. News reports from Britain, the United States, France and Germany were minimal regarding the flu in order to maintain morale during the war. Neutral Spain reported the crisis which made many believe the country suffered the most thus the pandemic was named "Spanish Flu".

The CDC website has personal stories of the flu

which were passed down to the next generation.

*Martha Risner Clark from Kentucky was 4 years old at the time. Martha remembers that she ached all over and the pain was like a dagger; "it went all over me." She bled from the nose and mouth and the cough was constant.*

*Jeanne Shinnick was 7 or 8 years old and sick at home. She wasn't the only one; there was a vicious sickness sweeping through her small town outside Philadelphia. She described standing on the porch and staring at the neighbors across the street. They were dead. Their bodies were lying in the front yard. Then she saw bodies in front of other houses and even in the street.*

What can we learn from this? Do not take influenza lightly. You can die from the flu and complications from the flu. Symptoms include fever, headache, cough and extreme fatigue. You can be out of school or work for weeks. Flu shots are available. Why take a chance?

Source: Centers for Disease Control and Prevention

***It is Flu Season!  
Flu vaccines  
(both regular and  
the high dose  
recommended for  
those over 65) are  
available during  
clinic hours  
Monday-  
Thursday 7:30  
am to 4:00 pm***



***Bring your insurance card! We now accept most major insurances.***

## 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 your support by taking advantage of the services we offer to make Logan County healthier.

During my last correspondence, I explained how the department is keeping up with the public health demands despite a lack of a budget. We are somewhat fortunate that the State of Illinois passed a temporary stopgap budget through December; however, it remains to be seen whether a permanent budget will carry us through this state fiscal year which runs through June 2017. Regardless of the outcome, the department will make any necessary adjustments.

With the funding instability that persists, the department will continue to operate at 80-90% of normal operating hours. It is our intent to revert to regular five day per week operations once funding stabilizes. Regardless, the department proudly maintains operation of all primary programs such as WIC, immunization clinic, dental, home health, environmental health and HealthWorks. In addition, the department will continue to serve as a critical partner with other responders to keep Logan County prepared for emergencies.

As you may be aware, LCDPH and Southern Illinois University (SIU) School of Family Medicine are working on plans to bring an SIU operated health care clinic to LCDPH. SIU operates a Federally Qualified Health Center and the clinic will help assure thousands of

residents will have easier access to affordable healthcare. The Abraham Lincoln Memorial Hospital (ALMH) Foundation Board has approved funding for the construction of the clinic. On behalf of our agency and SIU, I would like to extend our gratitude to the ALMH Foundation Board for their generosity in making this project possible. In addition to primary care, SIU will maintain operation of the LCDPH dental clinic so over 5,000 residents can continue to have access to quality, affordable dental care.

SIU will move forward with the project once the federal government approves their grant to move off site to LCDPH. Originally the grant was to be awarded by mid September; however, this has been delayed until at least December of 2016. At this time, we are anxiously awaiting for the outcome. If the grant is awarded, construction of the new clinic should begin in early 2017. Regardless of the outcome, SIU has stated their commitment to bring their services to LCDPH and to the community.

On another note, our home health agency, Home Care of Central Illinois again in 2016 was awarded the Fazzi Patient Satisfaction Award of Distinction for service provided in calendar year 2015. Fazzi and Associates is a national home health consulting firm and the award is presented to home health organizations demonstrating superior performance in patient satisfaction. I'm proud to say this is the third Fazzi award presented to LCDPH Home Care of Central Illinois over the past four years! The credit goes to Melodye Crabtree (Home Health Supervisor) and her staff for the outstanding service they provide to

their clients and the community. Home Care of Central Illinois is a quality program and we urge individuals in need of home health services to take advantage of what your county health department has to offer.

As a reminder, flu season is here, so be sure to get vaccinated. LCDPH offers the flu vaccine in both regular and high dose and all major insurance is accepted. We will bill your insurance directly so all you need to bring is your insurance card.

As always, thank you for making an investment in your community by taking advantage of the array of public health services LCDPH has to offer. For more information regarding what LCDPH offers, feel free to visit our new website at [WWW.LCDPH.ORG](http://WWW.LCDPH.ORG). We are committed to our goal to prevent disease, promote healthy living and to protect the community.

Best Regards,

Don Cavi, MS, LEHP  
Public Health Administrator



## Holiday Tips from Environmental Health

The holidays are typically a time for family and friends to get together and enjoy meals. Don't forget to follow these helpful food safety tips provided by the Illinois Department of Public Health (IDPH) to ensure that you are properly preparing and handling food.

- Keep hot food hot and cold food cold.
- Keep everything in the kitchen clean.
- Wash hands frequently.
- Refrigerate cooked foods that are not served immediately. If food is left unrefrigerated longer than two hours, the chance of bacterial growth increases.

### PREVENT BACTERIA FROM GETTING INTO FOOD

- Hands should always be thoroughly washed with soap and warm water before handling food.
- Towels and wash cloths should be kept clean. Sponges are known for harboring bacteria, so eliminate or limit their use in the kitchen.
- Counter tops and utensils should be washed, rinsed, and sanitized between each step in food preparation to prevent cross-contamination between contaminated food items such as raw meat and ready to eat foods.

### PROPER THAWING AND COOKING

•Many warm-blooded animals, turkeys and other poultry often harbor Salmonella and other organisms that can cause food-related illness. Purchased and packaged meats, too, can be contaminated with these organisms. Proper thawing and cooking are important to avoid these illnesses. The following precautions should be taken:

- Store all raw meat products on the bottom shelf or separate from other food products in your refrigerator especially during the thawing process. This will help keep raw meat juices from contaminating other foods.

- Start early and thaw turkey in a refrigerator or in a place where the air temperature is no higher than 40° F. A 20-pound turkey will take about three days to thaw completely in a refrigerator.

- Do not begin cooking a turkey until it has completely thawed.

- It is safer and preferred that stuffing be cooked separately. However, if you do stuff the bird, do so just before cooking it. Stuff it loosely so the stuffing cooks thoroughly. Remember to wash hands before stuffing the bird.

- Use a meat thermometer to check the temperature. Insert the thermometer into the thickest part of the meat, avoiding fat and bone. For poultry, insert it into the thick part of the thigh next to the body.

- Wash and rinse the thermometer between uses to prevent possible contamination.

- Cook meat and poultry completely without interrupting the cooking process; an interruption could allow bacteria to grow.

### LEFTOVERS

- After the meal, immediately refrigerate leftovers such as meat, dressing, gravy or soups in small shallow containers.

- Do not allow foods to sit several hours at room temperature as this will provide time for the growth of disease-causing bacteria. Refrigerate stuffing and other items separately from the bird.

- Do not cool leftovers on the

kitchen counter. Divide them into smaller portions so they will cool more quickly and put them in the refrigerator as soon as possible.

- Serve leftovers either very cold (directly from the refrigerator) or very hot (heated to 165° F or higher).

- Cover leftovers to reheat. This helps maintain moisture and ensures that meat is heated thoroughly.

- Eat refrigerated turkey within three to four days and stuffing and gravy within one to two days.

- When made with raw products, there are some foods that should be avoided altogether. These include oysters and egg drinks, mousse or bread pudding, unless made with pasteurized eggs or an egg substitute.

- Young children, the elderly, pregnant women and those who are ill or whose immune systems are compromised should not eat raw or undercooked animal products or raw oysters unless they have consulted their physician.

Source: Illinois Department of Public Health





# Public Health

Prevent · Promote · Protect

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## Parents Matter.

*By: Nadia Klekamp, Community Prevention Communications Specialist  
Chestnut Health Systems*

**Be sure your child knows your expectations and desires for them to stay drug and alcohol free.** Be clear and consistent: Don't assume that your child knows how you feel about underage drinking. Take an active role in shaping his/her ideas about alcohol and other drug use.

**Know where you stand!** Make sure you know the harmful effects of alcohol on youth. Have all the adults in your house talk it over in advance and ensure that you are on the same page.

**Be Clear.** Research shows that most children respond best to clear rules and consequences. Tell your child where you stand on underage drinking. Remind them of your expectations and desires for them to stay alcohol-free until they are 21.

**Establish Family Rules and Expectations** Establish a *no alcohol use* rule for your child. Work with your child to establish a fair contract and then talk through the consequences for breaking these rules.

Learn more at [samsha.gov/underage-drinking](http://samsha.gov/underage-drinking)  
[Chestnut.org/prevention](http://Chestnut.org/prevention)  
[Healthycommunitiespartnership.org](http://Healthycommunitiespartnership.org)

