



Health Matters

Logan County Department of Public Health

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A Word from the Administrator

by Don Cavi

On behalf of all the staff at Logan County Department of Public Health (LCDPH), I wish you greetings and hopes that your 2018 is off to a great start! Recently, the health department has weathered a budget impasse, welcomed SIU Center for Family Medicine into the community and, created new partnerships. Thankfully we are getting back on track and the changes at the agency are making comprehensive healthcare services more accessible to everyone.

As you may recall, due to the State of Illinois budget situation, the department was forced to limit Friday's operating hours in October of 2015. Now that the State has a budget, I'm happy to announce that beginning April of 2018, LCDPH will again be operating full-time Monday through Friday 7:30am-4:30pm. Despite the inconvenience the reduced hours may have caused, we appreciate the public's understanding and we look forward to serving the community full-time.

We realize we cannot operate 24 hours a day, therefore please access our website if you have questions. This tool empowers the community to have access to important public health information 24/7 and we encourage everyone to take advantage of this service. If you need a new well or septic system permit, want to open a food establishment, need to submit a nuisance complaint or have an abandoned well on your property, our website provides you the information you need to guide you through the process. I use environmental health topics as examples, however there is a lot of information regarding all our programs including educational resources and the latest regulations to keep you informed. We encourage you to check out our website at www.lcdph.org. If you are seeking a medical or dental provider, our website also contains a link to SIU Center for Family Medicine-Lincoln to get you connected to their primary care and dental services located at LCDPH.

As a community, many are well aware of the major challenges that we are facing. Among the health issues of increasing concern are the opioid epidemic and the continued need for increased access to more comprehensive behavioral health services. Our agency will continue to assist in addressing these and all health issues, but it will take a community-wide effort if we are to make progress. Again we look forward to working with our partners and the community to strive to make Logan County one of the healthiest counties in the state. Thank you for your support and we look forward to a great year moving forward.

Best Regards,

Don Cavi, MS, LEHP
Public Health Administrator

A Word from the Administrator

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WIC TILL 5

- Saves you money on food
- Has caring staff that will provide education about breastfeeding
- Call WIC at 217-735-2317 or go online to www.lcdph.org to find out more

FIT Testing Now Available at LCDPH

by Kara Davis

Colorectal cancer (CRC) is the third most common cancer in men and women and second leading cause of cancer-related deaths in the United States. A person's lifetime risk of developing CRC is 1 in 20. Although CRC is one of the deadliest forms of cancer, it can be cured if caught early or prevented all together.

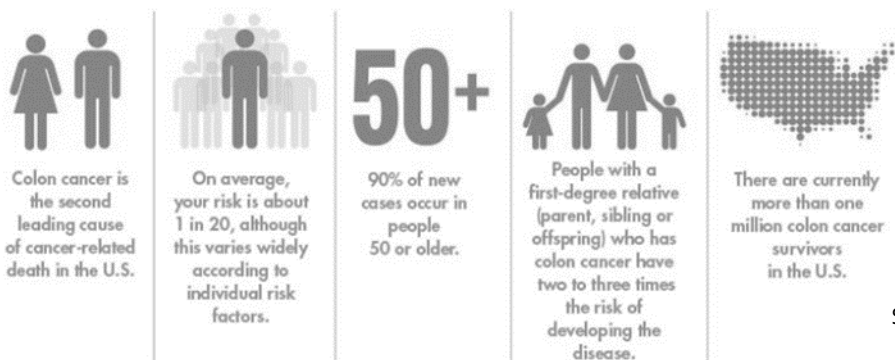
A colonoscopy can detect colorectal cancer early when it is most likely to be curable or prevented. During the process, polyps or growths can be found and removed before potentially becoming cancerous. Unfortunately, for various reasons, a high percentage of at-risk people are resistant to the idea of having a colonoscopy.

As an option for individuals ages 50-75 who are resistant to having a colonoscopy, the Logan County Department of Public Health (LCDPH) is now offering fecal immunochemical test (FIT) screenings that test for hidden blood in the stool which can be an early sign of CRC. This test is a quick and easy take home stool sample kit which is very sensitive to detecting any blood found in the stool. Hidden blood in stool is associated with gastrointestinal disease including CRC. Any type of rectal bleeding is abnormal and should be evaluated.

Although a colonoscopy is the best option available to detect CRC at an early stage, a FIT test remains a sensible alternative. LCDPH can bill these tests to private insurance, Medicaid and Medicare and there will be no cost to the patient if they return the kit to the department along with a sample.

For more information, please contact Kara Davis with LCDPH at 217-735-2317.

Colon Cancer At-A-Glance*



Source: Centers for Disease Control and Prevention; American Cancer Society

*Source: American Cancer Society

Vaccination Series: Rotavirus

by Mary Anderson



Children are most likely to get rotavirus disease in the winter and spring (December through June).

Protect your child with Rotavirus Vaccine

As we continue the series on vaccine preventable diseases, this issue will focus on rotavirus and the vaccine that prevents this illness. Rotavirus is the most common cause of diarrheal illness among infants and young children. Nearly every child in the world is infected with rotavirus at least once by the age of five. Vomiting and watery diarrhea can last from 3 to 8 days. Additional symptoms may include abdominal discomfort, loss of appetite, fever and dehydration. The most common months for this illness is winter and spring (December through June).

The virus is in the feces (stool) of an infected person. It is spread from an infected person's body through the fecal – oral route. This means it is shed by an infected person and then enters the mouth of someone to cause infection. It takes one to three days to spread from one person to another. Hands, food, toys and water are sources of contamination.

About 9 out of 10 children who receive the vaccine will be protected from severe rotavirus illness. The Centers for Disease Control and Prevention (CDC) recommends routine vaccination of infants with either of the two available brands of vaccine, both of which are given by mouth and not by injection. RotaTaq is given in 3 doses at ages 2, 4, and 6 months of age. Rotarix is given in 2 doses at 2 months and 4 months of age. Children coming to the health department receive the Rotarix brand.

If you have questions about rotavirus vaccine or any of the other vaccines your child receives, contact us at 217-735-2317

Source: Centers for Disease Control and Prevention

Smoke Free Illinois Act: 10 Years Later

by Susan Tracy

January 1, 2018 marked the 10 year anniversary of the Smoke Free Illinois Act, a comprehensive smoke-free law that protects citizens from secondhand smoke and improves community health.

Tobacco use remains the leading cause of preventable death and disease in the United States. Despite progress, there is still work to be done. Every day, 3,200 youth under 18 smoke their first cigarette, and another 2,100 youth and young adults who have been occasional smokers become daily smokers.

There are many ways to reduce smoking rates quickly and dramatically. Among the strategies proven to work are comprehensive smoke-free and tobacco free policies in public places that protect nonsmokers and make smoking the exception rather than the norm. This is the purpose of the Smoke Free Illinois Act.

Smoke Free Illinois Act in a Nutshell

- Smoking in public places, places of employment, and governmental vehicles is prohibited
- No person shall smoke in any place of employment or within 15 feet of any entrance to a public place or place of employment
- "No Smoking" signs shall be clearly and conspicuously posted in each public place and place of employment where smoking is prohibited by the owner, operator, manager, or other person in control of that place
- Smoking in private residences used as a child care, adult day care, or healthcare facility or any other home-based business open to the public is prohibited



FAST FACTS

3,200

youth under 18 smoke their first cigarette every day

Source: U.S. Surgeon General; Illinois Department of Public Health

FAST FACTS

3000

Americans die from foodborne diseases every year



1 in 6

Americans get sick from foodborne diseases every year

Temporary Food Establishments

by Fay Allison

Did you know that the CDC estimates that each year roughly 1 in 6 Americans (or 48 million people) gets sick, 128,000 are hospitalized, and 3,000 die of foodborne diseases? The statistics are staggering. The Logan County Department of Public Health strives to prevent foodborne illness and is counting on your cooperation this summer to help create a safe foodservice environment.

The Illinois Food Service Sanitation Code classifies temporary food service operations as food establishments which must comply with state food sanitation regulations. Logan County has adopted the state code by ordinance and the health department is tasked with the regulatory authority for such temporary food establishments to help protect the public and educate food service workers.

To help achieve compliance, the health department asks that anyone planning to operate a temporary food establishment or prepare food for the public on a temporary basis, regardless of duration, complete and submit application paperwork to the department at least five (5) working days prior to operation.

If you would like additional information regarding temporary food requirements, you can contact the department at 217-735-2317 or log onto our website at www.lcdph.org. The website also contains useful food safety information and printable forms for your convenience.

Source: Centers for Disease Control and Prevention; Illinois Department of Public Health



Public Health
Prevent · Promote · Protect
LOGAN COUNTY

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Hours: Monday-Thursday
7:30am-4:30pm
Friday
7:30am-12:00pm

All public health services end 45 minutes prior to closing

Find us on the web and on Facebook!
www.lcdph.org

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

We now accept all major credit and debit cards!



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Parents Matter

Alcohol is the most commonly used and abused drug among youth in the United States. Talk to your kids about not drinking. More information can be found at www.samhsa.gov/underage-drinking.

