



Health Matters

Logan County Department of Public Health

A Word from the Administrator

On behalf of the Logan County Department of Public Health (LCDPH), greetings to all as we wish you the best in 2024!

This year, we are continuing to develop our upcoming Strategic Plan 2025-2030 as we work to complete our goals and objectives from the previous plan. Fiscally, we have met several objectives which should help improve our long-term viability. Our agency is also becoming more trauma responsive, and the Logan County Mental Health Advisory Committee has seen a growth in membership as we seek to address mounting community mental health challenges. Our strategic plan has also guided our agency toward improved and expanded partnerships. We set the bar very high throughout our 2020-2025 Strategic Plan and made steady progress in key areas. Although we still have much to accomplish, we hope to build upon our past successes to gain momentum moving forward. Our Strategic Plan 2020-2025 can be viewed on our website.

To accommodate working schedules, our WIC program now offers evening hours every third Thursday of each month. WIC is also offering a free car seat inspection service to help assure your child is safe upon traveling. Furthermore, WIC is operating a successful depository program to collect and donate breastmilk to hospital neonatal units to help infants who are ill or high risk. Donors are always welcome! LCDPH is also offering CPR classes in addition to a residential sharps container collection program made possible through a grant from the Illinois Environmental Protection Agency. More details regarding the sharps collection program can be found in this newsletter. For more information regarding any department programs and services, you can contact LCDPH.

In April 2024, LCDPH partnered with local schools and a Florida-based organization, "Who we Play For." This organization provides quick and painless electrocardiogram heart screenings on children 10 years of age and up for detection of heart irregularities which could lead to sudden cardiac arrest. Heart abnormalities can unknowingly impact an estimated 1 out of every 300 youth and it is important to detect signs early before it is too late. The screenings are geared toward student athletes, as sports can pose an enhanced risk to those with heart conditions, but even non-athletes were eligible for screening. We thank all the schools and volunteers who participated.

With summer just around the corner, this is a reminder for your children to receive their school immunizations at LCDPH. We encourage families to visit LCDPH earlier to avoid the late summer rush. As always, for your convenience, no appointment is needed, and we bill all insurance direct.

On this newsletter, in our lobby, and on our annual report, you can scan a QR code to answer a survey to help us know how we are doing and how we can better serve you. Your input is always appreciated! Finally, our LCDPH 2023 Annual Report is available in our lobby and on our website at WWW.LCDPH.ORG. We hope you find the report informative as it summarizes our programs, activities, and fiscal status for FY23.

Thank you for your support as we look forward to continuing to serve and protect the community!

Don Cavi, MS, LEHP
Public Health Administrator

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Feedback section with a thumbs up icon, a 'We'd Love to Get YOUR FEEDBACK' button, and a QR code with a 'SCAN' label.

Back to School Immunizations

by Kara A. Davis, Assistant Administrator/Director of Nursing

The Logan County Department of Public Health (LCDPH) would like to remind parents that Illinois law requires students in schools to be immunized against certain vaccine-preventable diseases.

Back to school vaccinations help protect children and families from the spread of infectious diseases. We encourage parents to review their child’s immunization records and requirements and make plans to obtain needed immunizations soon. Vaccines help develop immunity to countless infectious diseases by enabling the body to recognize and fight vaccine-preventable diseases.

The following vaccines are required for children entering preschool and grades K-12: diphtheria, tetanus, pertussis (whooping cough), measles, mumps, rubella, polio, haemophilus influenzae type B (Hib), varicella (chickenpox), pneumococcal, meningitis, and hepatitis B. Students entering college should check with the health services at their college regarding immunization requirements.

To beat the late season rush on back-to-school shots, it is highly encouraged you do not wait until the last minute. No appointment is needed at LCDPH and you will be greeted by our courteous and professional staff.

Information Source: Centers for Disease Control and Prevention (CDC)

Is Your Child Ready for Fall 2024?

<p>Kindergarteners need: →</p>	<ul style="list-style-type: none"> *5 doses DTaP *4 doses Polio *2 doses MMR and Varicella *a lead test *a vision exam *a physical exam *a dental exam
<p>6th graders need: →</p>	<ul style="list-style-type: none"> *Tdap *Meningitis *a physical *a dental exam
<p>12th graders need: →</p>	<ul style="list-style-type: none"> *2nd Meningitis

Logan County Department of Public Health
 has all your back to school vaccinations!
 Monday-Friday, 7:45AM -3:45PM
 No Appointment needed!

Needles and Other Sharps—Safe Disposal

by Kara A. Davis, Assistant Administrator/Director of Nursing

The Logan County Department of Public Health (LCDPH) is currently offering a free residential sharps collection program which is made possible through a grant from the Illinois Environmental Protection Agency. You can stop at LCDPH to pick up your free sharp's container. When the container is filled with used syringes, needles, or lancets, you can return the container to LCDPH and LCDPH will arrange to have the container properly disposed. Upon dropping off the full container, another container can be picked up if supplies are available.

"Sharps" is a medical term for devices with sharp points or edges that can puncture or cut skin. Examples of sharps are needles, syringes, lancets, auto injectors, infusion sets, connection needles/sets. Sharps may be used at home, at work, and while traveling to manage the medical conditions of people or their pets. These medical conditions include allergies, arthritis, cancer, diabetes, hepatitis, HIV/AIDS, infertility, migraines, multiple sclerosis, osteoporosis, blood clotting disorders, and psoriasis.

Safe sharps disposal is important whether you are at home, at work, at school, traveling, or in other public places such as hotels, parks, and restaurants. Never place loose needles and other sharps (those that are not placed in a sharps disposal container) in household or public trash cans or recycling bins, and never flush them down the toilet. This puts trash and sewage workers, janitors, housekeepers, household members, and children at risk of being harmed.

The best way to dispose of sharps or needles is to place them in a sharps disposal container immediately after they have been used. This will reduce the risk of needle sticks, cuts, and punctures from loose sharps. Sharps disposal containers should be kept out of reach of children and pets. When your sharps disposal container is about three-quarters (3/4) full, secure the lid shut and bring it to LCDPH by June 21, 2024, for safe disposal. Also, make sure you are prepared when leaving home by either carrying a small travel-size sharps container or re-capping the needle and disposing of it when you arrive home. Pet owners who use needles to give medicine to their pets should follow the same sharps disposal guidelines used for humans.

If you are accidentally stuck by another person's used needle or other sharp, wash the exposed area right away with water and soap or use a skin disinfectant (antiseptic) such as rubbing alcohol or hand sanitizer. Seek immediate medical attention by calling your physician or local hospital.

Information Source: Illinois Environmental Protection Agency

Unapproved Foods in Licensed Food Establishments

by Maddie Sadler

Can your Aunt Sue make a pot of chili for a Super Bowl party and serve it inside a restaurant to the public? According to the Illinois Food Code, **prohibited foods in food establishments permitted through the local health department include, but are not limited to, potlucks, chili cook-offs, food that individuals prepare at their private residence and bring to a food establishment to share, and food made by Cottage Kitchen Operations.** Simply put, the answer to the above question is "No." This scenario presents a host of potential problems that can occur and lead to foodborne illness.

Potlucks and chili cook offs (unless conducted properly) pose a serious foodborne illness risk to the public as food preparation requires many critical steps in preventing this Time/Temperature Controlled for Safety (TCS) foods from becoming contaminated. In some cases, the food may be cooled and reheated on several occasions which can cause dangerous temperature fluctuations. To complicate things even further, transporting hot food off-site means there is an added risk of the product cooling to a temperature below 135°F. Once TCS foods, like chili, fall in the danger zone, between 41°F - 135°F, harmful bacteria can grow in food to unsafe levels causing illness. The more a TCS food is in and out of this danger zone, the more likely bacteria have the opportunity to grow to dangerous levels. In some cases, bacteria can produce toxins when they multiply, which can also make people sick. Once toxins are produced, even reheating the food to the proper temperature of 165°F will not destroy toxins.

These are just some of the hazards that can occur. Preparation of TCS foods for the public requires a Certified Food Protection Manager (CFPM) to carefully oversee the process. Furthermore, it is important that a kitchen is equipped properly, such as in a food establishment that has been properly permitted through the local health department, to assure food handlers have the necessary means to assure the food is prepared safely. Having foods prepared in a kitchen that is not properly permitted is a recipe for potential foodborne illness disaster. This is why the State of Illinois, and your local health department, prohibit chili cook-offs and other events where food preparation originates in private homes. Chili cook-offs can be done if the food is prepared at a licensed food establishment, under the supervision of a Certified Food Protection Manager. For any questions, you can contact LCDPH's Environmental Health staff at 217-735-2317.

Information Source: Illinois Department of Public Health



Public Health
Prevent · Promote · Protect
LOGAN COUNTY

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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!



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

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When was the Last Time You Tested Your Well Water?

by Fay Allison

If your everyday water source is from a private well, it is recommended to have your water analyzed at least once a year. Wells have the potential to become contaminated at any time. At LCDPH, you can purchase a water collection kit for \$8.00 to sample your water well for testing by the Illinois Department of Public Health laboratory. The test will check for the presence of coliform bacteria and E. coli. If your well is contaminated, LCDPH will provide instructions for how to disinfect the well. If you would like to test your well for other contaminants such as nitrates, chemicals, and pesticides, LCDPH can provide you with contact information for private laboratories which offer a wider variety of tests.

If you have a water well that is no longer in use, Illinois law requires wells to be sealed within 30 days of abandonment in such a manner which is compliant with the Illinois Water Well Construction Code. Abandoned wells can provide a direct route of contamination to groundwater. The National Groundwater Association (NGWA) recently determined that 44 percent of the U.S. population depends on groundwater for its drinking water supply. Groundwater is vital to everyday life, and it is important to keep it safe and protected. Wells must be sealed by either an Illinois licensed well driller or by the well owner. Well owners who choose to seal their well must first complete and submit a sealing request form to LCDPH to be granted permission. This form is available on the health department's website.

For information about water wells, regulations, and groundwater protection, you can contact LCDPH at 217-735-2317 or visit our website at WWW.LCDPH.ORG.

