

Health Matters

SUMMER
JUNE 2017

**INSIDE THIS
ISSUE:**

SIU Now Open at	1
A Word from the Administrator	2
Immunization Series: Diphtheria	2
Chasing the Dragon	3
Take Action. Today	3

**Medical and Dental Services
Provided to All:
SIU Center for Family Medicine
Now Open at LCDPH**

SIU Center for Family Medicine has expanded services to Lincoln, IL. SIU Center for Family Medicine-Lincoln is designated as a Federally Qualified Health Center (FQHC). The FQHC designation allows the treatment of more patients, especially the uninsured and underserved patient population. SIU accepts Medicaid, Medicare, and most private insurance. The clinic will see patients regardless of their ability to pay and provide a sliding scale up to 100 percent of the costs.

The goal of SIU-Lincoln is to provide the best possible health care and make you feel that the clinic is your personal health home. The SIU-Lincoln team of providers will establish an ongoing relationship with you and your family to coordinate care for both wellness and illness.

Medical Services:

- ◆ Women’s Health
- ◆ Newborns & Children
- ◆ School & Sports Physicals
- ◆ Adolescent Care
- ◆ Adult & Geriatric Medicine

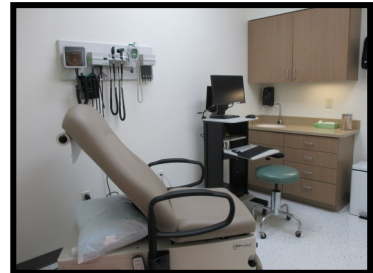
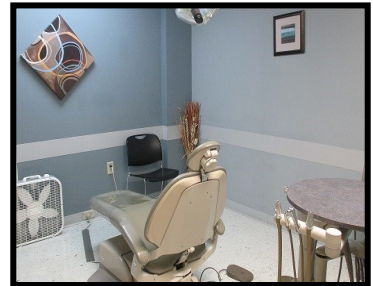
Dental Services:

- ◆ Exams
- ◆ Cleanings
- ◆ Fillings
- ◆ Extractions
- ◆ Dentures

SIU Center for Family Medicine- Lincoln is inside the Logan County Department of Public Health (**109 3rd Street, Lincoln, IL**). SIU-Lincoln is open **Monday-Friday 7:30am-4:30pm**. *Call today to make your appointment!* SIU-Lincoln can be reached at **217-735-2317**.

Connect with SIU on social media:

- ◆ *Facebook:* SIU Center for Family Medicine-Springfield
- ◆ *Twitter:* SIU Medicine @siusom
- ◆ *SJ-R Blog:* SIU Healthy Dose
- ◆ *Pinterest:* SIU School of Medicine Family Medicine
- ◆ #WeCareUMatter



Beat the end of summer rush and schedule your child’s school or sports physical and vaccinations by calling today to make an appointment!
217-735-2317

A Word from the Administrator

Now that winter is behind us and warmer weather is approaching, I'm sure most everyone will be enjoying the outdoors by taking advantage of the many recreational activities Logan County offers. On behalf of the health department, I'd like to wish everyone a healthy and safe summer season!

As I write this letter, the State of Illinois is still without a permanent budget which is old news to most. It's hard to believe that nearly two years have passed since the State has operated with a regular budget! While it's true the State passed a temporary "stopgap," or band aid budget, last year, this did little to resolve the hardships for many agencies. Despite these woes, our department will continue to operate full-time, with the exception of Fridays, when we close at noon. The staff and I are grateful to continue to provide public health services to Logan County and it would not be possible without the support of you, the community.

On the subject of services, Southern Illinois University (SIU) has opened its medical clinic at our site and is now accepting patients. On behalf of the health department, we welcome SIU to the community. I can only urge those in need of a medical home to contact SIU at our main phone number 217-735-2317 to schedule an appointment.

As a reminder, many kids will be in need of school and sports physicals this summer and SIU will be available to provide this service. I have had the privilege of working with their administrators, nurses, and providers, and they are top notch!

On another note, the nation is experiencing an opioid epidemic. Logan County is no exception and heroin and other opioid drug overdoses have been reported in alarming numbers. The Logan County Department of Public Health (LCDPH) has been partnering with the community in the effort to fight the opioid epidemic. Local police officers are joining forces with emergency responders in this effort to

save lives. With monetary assistance from the County and local community groups, LCDPH has trained, and, provided naloxone to local police officers to use when responding to potential overdoses. Naloxone is designed to counteract the effects of opioids such as heroin to save lives.

This program is paying off as police officers in Logan County have saved 7 lives since the month of December! This is just another way public health helps the community and it would not be possible without the support from the County, emergency responders, and the community! As the Healthy Communities Partnership's Opioid Task Force continues to move forward in this fight, I applaud the partnership efforts of all! It just goes to show that the teamwork of many can accomplish far greater than the efforts of one.

Best Regards,
Don Cavi, MS, LEHP
Public Health Administrator



Immunization Series: Tetanus

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

As we continue the series on vaccine preventable diseases, this issue will focus on the "T" in DTaP. At 2, 4, 6 and 15 months, infants receive a DTaP (Diphtheria, Tetanus and acellular Pertussis). A booster is given at 4 to 6 years followed by another booster at ages 11 -12 years of age in the form of Tdap. Adults should get a Td booster every 10 years through out life. Pregnant women receive a Tdap with each pregnancy. Adults who have never received a Tdap should receive one within their lifetime.

Tetanus is an infection caused by a bacterium called *Clostridium tetani* found in the soil, dust and manure. It enters the body through a break in the skin. These breaks can occur by a puncture wound like a dirty nail. Burns and crushing skin injuries are other forms of skin entry. You cannot get tetanus from someone who has it.

In the United States there are about 30 cases a year. These cases occur among people who have never had tetanus shot or have not kept up with their booster shots. Two in ten cases result in death.

The time frame varies from the time you contaminate your skin to the time you start showing symptoms. Generally the incubation period is 3 to 21 days but there have been instances when symptoms of tetanus begin months after the exposure.

One of the first signs of tetanus is "lockjaw". There is an extreme tightening of the jaw muscles which causes problems with swallowing and breathing. Other symptoms include muscle spasms noted mostly in the stomach, painful stiffness that may include the entire body, seizures, fe-

ver, headache, and changes in blood pressure and heart rate. The muscle spasms of the body can become so bad that bones can break!

If you are someone who works in the dirt, like a farmer or a gardener, you should especially pay attention to your tetanus boosters although anyone can pick up tetanus from a dirty puncture wound. Soreness from the vaccine may last for a day or two but the benefits of the vaccine outweigh the discomfort. To receive your vaccination or for more information on vaccines, contact or stop by the Health Department.

Source: CDC

**DON'T WAIT.
VACCINATE!**

Chasing the Dragon: The Life of an Opiate Addict

On April 1, 2017 Healthy Communities Partnership's Opioid Task Force held a free film screening of *Chasing the Dragon* at Lincoln Grand 8 in Lincoln. The event was one of many task force activities but this screening was aimed at creating awareness in Logan County that the problem exists across the country and in our neighborhoods. If you couldn't attend, here is some of what you missed:

Everyone is at risk of opiate addiction—it does not discriminate. The opiate epidemic has spread rapidly due to a false perception that only certain demographics are at risk. Persons of all life circumstances become victims each day.

Opiate addiction can occur quickly, and, in most cases, individuals first become addicted by abusing pain pills. Prescription drugs are very accessible and can rapidly lead to addiction if abused.

A life-consuming routine that revolves around seeking opiates emerges once a person becomes addicted. It is this routine that is best described by

the expression “chasing the dragon.”

Increasing tolerance to opiates can often lead to a more costly and dangerous addiction in terms of quantity, substance type, and method of abuse. It is this dynamic of opiate addiction that can cause individuals to take greater and greater risks as they pursue the unattainable experience of the first high.

Health consequences from opiate abuse are prevalent and severe. Bloodborne pathogens, infections, permanent injury due to overdoses, and other health issues make opiate addiction extremely dangerous.

Withdrawal from opiates is often extremely difficult and represents a significant challenge to breaking the cycle of abuse. Addicted persons often find their pursuit of opiates is no longer for the purpose of getting high but to avoid experiencing the symptoms of withdrawal.

Overdoses are common. The risk of overdose is real and can occur at any point in the cycle of abuse.

Death can be a tragic consequence of opiate abuse. The victims of an opiate overdose resulting in death include not only the deceased but also the family and friends left.

Saying no to abusing opiates—or any drug—is a primary strategy to stay safe. Support each other in making wise choices.

Help is available to those who need it. Opiate addiction is not generally something someone can overcome alone. Visit the Lincoln Police Department at www.lincolnil.gov for a list of local resources (under information/services).

Chasing the Dragon was developed by the Federal Bureau of Investigation and the Drug Enforcement Agency to develop a greater understanding of this crisis to create deeper appreciation about the dangers of opioid addiction. The 50-minute film is available for viewing anytime online at: <https://www.fbi.gov/video-repository/newss-chasing-the-dragon-the-life-of-an-opiate-addict/view>

TAKE ACTION. TODAY.

- ◆ **Talk to your kids and grandkids about alcohol and drugs.** SET EXPECTATIONS EARLY. Have the conversation <https://www.samhsa.gov/underage-drinking> or www.toosmarttostart.samhsa.gov
- ◆ **Call Lincoln/Logan County Crimestoppers 24/7** at 217-732-3200 to leave anonymous and confidential tips. You can earn a cash reward up to \$1000 - leave information on how you can be contacted.
- ◆ **Secure and destroy your prescription drugs** to keep them out of the hands of addicts and potential addicts.
- ◆ **Anonymously report underage drinking parties 24/7** to Drunkstoppers by calling 1-866-479-2857.
- ◆ **Know the signs and symptoms of addiction.** <http://store.samhsa.gov/shin/content/SMA16-4742/SMA16-4742> (page 18)
- ◆ **Find resources at Fbi.gov/ChasingTheDragon**
- ◆ **Join local efforts. Get involved by calling [217-605-5008](tel:217-605-5008).**

Get Involved!

Since the formation of the Logan County Opioid Task Force in February 2016, many activities have been put into motion to help in meeting the objectives of the Task Force. Some of these activities include:

- ◆ Expansion of D.A.R.E.
- ◆ Naloxone for law enforcement
- ◆ MOSAIC
- ◆ Mental Health First Aid
- ◆ Community awareness
- ◆ Resource cards with treatment information
- ◆ Safe Passages
- ◆ Community Collaboration
- ◆ Incinerator for opioid disposal

If you would like more information about any of the above activities or would like to learn more about how you can get involved, call

[217-605-5008](tel:217-605-5008)



Public Health

Prevent · Promote · Protect

Logan County Department of Public Health

109 Third Street
P.O. Box 508

Lincoln, IL 62656-0508

Phone: (217) 735-2317

Fax: (217) 735-1872

Hours: Monday-Thursday

7:30am-4:30pm

Friday

7:30am-12:00pm



We now accept most debit and credit cards!

Contributing Editor:

Susan Tracy

R.N., B.S.N., Health Educator/

Emergency Preparedness

Coordinator

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

PRESORT STANDARD
U.S. POSTAGE PAID
SPRINGFIELD, IL
PERMIT NO. 500

Temporary Food Establishment Safety

By: Ryan Williams

With warmer weather approaching, many groups or organizations will be holding public functions which include the preparing and/or serving of food at temporary food stands.

Temporary food establishment that prepares and/or serves food for public consumption, regardless of whether there is a fee for the food or not, is to be regulated by local health authorities. This does not include family gatherings or potlucks.

Anyone planning to operate a temporary food establishment or prepare food for the public on a temporary basis, regardless of duration, must complete and submit application paperwork to the department at least five working days prior to operation.

Temporary establishments operating for only one day will be asked only to complete and submit an "Application for Temporary Food Establishment Non-Licensed Event" form and checklist. There is no inspection or fee associated with the application and the health department will review this in advance of the event to provide assurance that operators will adhere to proper food

safety measures.

Temporary food establishments operating more than one day must complete an "Application for Temporary Permit" and submit this to the health department prior to the event. There is a graduated fee starting at \$45.00 for a permit to operate a 2-3 multiple-day establishment and the health department will need to conduct an opening inspection at the start of operations.

In addition, it is unlawful to prepare food for public consumption from a private home or non-regulated kitchen in Logan County since home-kitchens are not approved by the Logan County Food Ordinance. If you would like to prepare and/or serve food to the public, and are interested in starting your own food establishment business, you are urged to first contact the health department at 217-735-2317 to seek assistance in assuring you are in compliance with Illinois and Logan County regulations.

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

Most teens first try drugs and alcohol during summer.

Influence your kids, and their friends to make healthy choices this summer.

Preventing Drug and Alcohol Addiction Starts at Home

- Be a good role model.
- Be involved – ask who, what, where, when, and why.
- Spend time together as a family.
- Be consistent, firm, and loving – set boundaries for your teen and stick to them.
- Have honest conversations about the real effects of drug and alcohol use.



Parents Matter.

Find tips at: samhsa.gov/underage-drinking

Funding provided in whole or in part by the Illinois Department of Human Services and SAMHSA.

Chestnut
health systems
chestnut.org/prevention

Abraham Lincoln Memorial Hospital
COMMUNITY HEALTH
COLLABORATIVE