



Health Matters

LCDPH would like to take the opportunity to thank the community for supporting Home Care of Central Illinois for over 30 years. Thank you to the staff for your hard work, dedication and award-winning service!

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A Word From the Administrator

On behalf of the Logan County Department of Public Health (LCDPH), I would like to wish all a very pleasant, peaceful and happy holiday season and hopes for a great new year! I always enjoy this time of year because it brings me closer to family and friends and it serves as a reminder of how giving of ourselves and serving others is much more important than receiving. We truly wish you all the best!

As I write this article, influenza season is now in full swing and will continue through spring. Therefore, it is never too late to get your influenza (flu) shot. I would like to take this opportunity to remind everyone that the vaccine is available at the health department in both regular and high doses. In addition, we offer a wide array of other vaccines including ones for prevention of pneumonia and shingles, just to name a couple. Speaking of shingles, did you know it is estimated that one out of every 3 people will develop shingles in their lifetime? If you have had chicken pox and are a baby boomer (born between the years 1945-1965), it is worth considering having a shingles vaccine. The health department accepts all major insurance and will bill your carrier directly.

It is that time of year when medical offices see more patients due to influenza and other ailments. In Logan County and surrounding areas, there are thousands of people who do not have access to proper medical care or lack a medical home for their family. Southern Illinois University (SIU) Center for Family Medicine at LCDPH is now accepting patients and they are devoted to meeting a variety of family medical needs from pediatric to geriatric. SIU accepts Medicaid, Medicare, and most private insurance and they will provide access to care regardless of insurance status or ability to pay. Logan County is fortunate to have access to all the services SIU provides, including dental, and I encourage everyone to take advantage of this opportunity. SIU will be welcoming Dr. Peter Miller who will be coming to the clinic in January and he will be joined by Julia Sames, Physician Assistant. We would like to welcome them both to the community.

On a final note, our home health program, Home Care of Central Illinois, will unfortunately be discontinuing services after nearly 35 years. Newer industry regulatory constraints coupled with increased competition from larger agencies have

made it less economically feasible for the agency to sustain the home health program. This program has truly been an asset to the agency and to the local community which makes it that much harder to discontinue the program. I would like to thank all the home health staff, past and present, who worked so hard to build an excellent reputation and for making Home Care of Central Illinois a quality, award-winning program. You represented the agency well and will never be forgotten.

Fortunately, other home health agencies are available to local residents to enable continued access for services. Home Care of Central Illinois is no longer accepting new patients and the final day of operation is December 31st. Despite the closure of our home health division, no other health department services will be affected.

Thanks again for your support in taking advantage of all the great services LCDPH has to offer to promote a healthier community.

Best Regards,

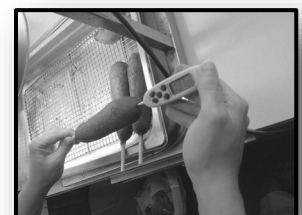
Don Cavi, MS, LEHP
Public Health Administrator



Looking for a way to volunteer your skills to support our community?

The **Logan County Medical Reserve Corps** provides opportunities for both medical and non-medical volunteers to support public health initiatives and respond to local emergencies. Please call **217-735-2317** to find out more!

Be sure to review food inspection scores on our website at www.lcdph.org



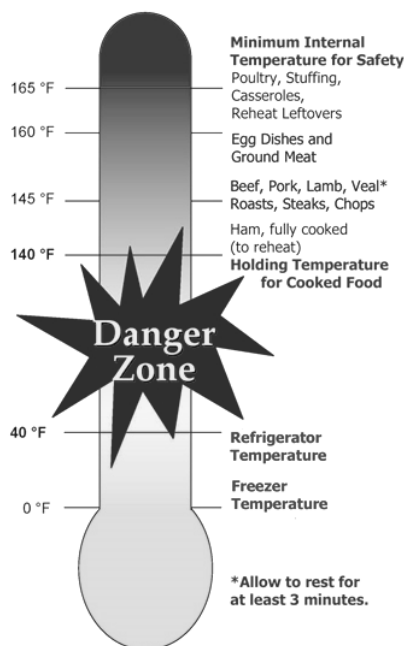
Tips for Safe Holiday Gatherings

Parties, family dinners, and other gatherings where large amounts of food are served abound this holiday season, but don't let bacteria bring food poisoning to the party!

Before the party even gets started, make sure that food is thawed and cooked properly. 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. Food is safely cooked when it reaches a high enough internal temperature to kill harmful bacteria.

- 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 your hands before stuffing the bird.
- Be sure meat and poultry reach the temperature indicated in the graphic next to this article to make sure they are cooked thoroughly.
- 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.
- Once the meal has ended, it is important to remember to not leave the food sitting out for a long period of time. Keeping food out of the "danger zone" (between 41°F and 135°F) minimizes the potential for bacteria to grow.
- 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 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.

Source: Illinois Department of Public Health,
Food & Drug Administration



Environmental Health 24/7

Just a reminder that you can access information on our website, www.LCDPH.org, 24/7. The Environmental Health section can provide you with forms and applications, as well as educational material. Whether you are looking to host a one-day food event, or open a new restaurant, you can find the printable applications online. You can also find boil order instructions, food safety tips, and the most recent Logan County food inspection scores in the food section. If you are a contractor looking for septic and well information, all applications and forms can be found here. Information pertaining to the care of your septic system and water well is available for homeowners. Please visit the website for information on our numerous other programs. If you have any questions you can reach us at the office at (217) 735-2317.

It's Time to Prepare for Winter!

Each year, Illinois averages at least five major winter storms. The best time to prepare for snow, cold and ice is before they hit.

Make your winter weather survival kit now!

- Cell phone and charger
- Blankets/sleeping bags
- Flashlight with extra batteries
- First aid kit
- High calorie, non-perishable food
- Water
- Extra clothing
- Small can and water proof matches to melt snow for drinking
- Sack of sand or cat litter
- Shovel
- Windshield scraper and brush
- Tool kit
- Tow rope
- Booster cables
- Compass and road map

Before a Winter Storm or Extreme Cold:

- Learn the terms related to winter and extreme cold.
- Know the names of the counties in which you live, work and travel.
- Learn how to protect your family's health during the winter months.
- Gather emergency supplies for work and home.
- Winterize your home by insulating walls, attics and weatherizing doors and windows.
- Take steps to prevent frozen pipes.
- Have emergency heating equipment and ample fuel at your house. *Never use an outdoor grill to heat your house.*
- Prepared your vehicle for the winter by having it serviced by a reputable dealer, garage or mechanic.

Source: Illinois Emergency Management Agency

Nutrition supplement program for pregnant or breastfeeding women and their infants and children up to age five.



Breastfeeding moms benefit from WIC!

There is no better food than breast milk for a baby's first year of life. WIC recognizes breastfeeding as the normal method of infant feeding.

- Breastfeeding moms are on WIC longer than moms who do not breastfeed.
- Exclusively breastfed infants and moms receive more food.
- Trained breastfeeding peer counselors help moms and babies with breastfeeding.



WIC may be able to help you if you...

- Are pregnant or breastfeeding.
- Have an infant or children up to age 5.
- Are working with limited income or have no income.
- Want to improve your family's health with good nutrition.

What Does a Breastfeeding Peer Counselor Do?

- Listens
- Contacts you during your pregnancy to answer your infant feeding questions and helps you prepare for a new baby.
- Answers any questions or concerns you might have after your baby is born.
- Shows you how to get more help from other healthcare professionals if needed.
- Provides facts and information about preparing for breastfeeding.

Are You Eligible for WIC?

Three factors must be met:

Category—You must be:

- A pregnant woman or breastfeeding up to one year.
- A new mother, up to six months after giving birth.
- A parent, guardian, or caretaker who has an infant or child younger than 5.

Income

- Your annual household income must be within WIC guidelines.
- You may have a job and still meet these guidelines.

Medical or Nutrition Health Risk

- A screening by a WIC Certifying Health Professional must find that you have a medical or nutritional health risk such as low iron, low weight gain during pregnancy, or a diet that needs improvement.



Source: Illinois Department of Human Services

Please visit our website at www.lcdph.org to learn more about the WIC program provided at LCDPH.

DON'T WRECK THE HOLIDAYS.

December is National Impaired Driving Prevention Month

In an average year, 30 million Americans drive drunk, and 10 million Americans drive impaired by illicit drugs. December seems particularly suited to this observation because traffic fatalities that involve impaired drivers increase significantly during the Christmas and New Year's holiday periods.

- *Parents and caregivers:* make a new or renewed commitment to never cater a party to underage drinking.
- If someone you know is drinking, do not let that person get behind the wheel.
- If you see an impaired driver on the road, contact law enforcement. Your actions may save someone's life, and inaction could cost a life.

By talking about the risks and setting clear expectations, parents and other caregivers can help their children stay safe, sober and focused on the road.



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*

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Facebook!

www.lcdph.org

We now accept most major
credit and debit cards!



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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.

Immunization Series: *Haemophilus influenza* type b (Hib)

Haemophilus influenzae type b (Hib) disease is a serious disease caused by bacteria. Even though the bacteria has "influenza" in its name, Hib doesn't cause people to get the flu. This condition usually affects children under 5 years old. It can also affect adults who, because of a lowered immune system, are prone to infection.

Hib spreads through mucus or saliva. Most infections happen when someone who has the Hib bacteria in his or her nose or throat sneezes or coughs around a person who hasn't been fully vaccinated. People who have Hib can transmit the infection to others for as long as the bacteria remain in their systems, even if they aren't sick.

Before the development of the Hib vaccine in the 1980s, Hib disease was the leading cause of bacterial meningitis among children under 5 years old in the United States. About 20,000 children in the United States, under 5 years old, got Hib disease each year and about 3% - 6% of them died. Since the use of Hib vaccine began, the number of cases of invasive Hib disease has decreased by more than 99%.

The vaccine is administered to babies with other vaccines. The typical schedule is the first dose of administration at 2 months of age followed by 4 months of age and 6 months of age. A booster dose is given at 15 months.

Adults with special conditions receive the Hib vaccine. Those individuals include persons with no spleen, have sickle cell disease, before surgery to remove the spleen or following a bone marrow transplant. It is also recommended for people 5 to 18 years old with HIV.

Hib, along with other vaccines, is available at the Logan County Department of Public Health.

Source: Centers for Disease Control and Prevention