



# Health Matters

## Logan County Department of Public Health

### IN THIS ISSUE

## A Word from the Administrator

by Don Cavi

On behalf of the Logan County Department of Public Health (LCDPH), it is with pleasure that we again present our newsletter after a long absence due to the COVID-19 pandemic. We hope to bring our newsletter to you on a consistent basis moving forward!

The last couple of years were not conventional as we have responded and adjusted to the COVID-19 pandemic. If I were to identify a silver lining from the pandemic, it would be the collective teamwork that has further developed within our agency and among our community partners. When the pandemic struck, right from the starting gate, local emergency management, law enforcement, fire, County/City officials, medical partners and others throughout the community banded with public health to provide a top-notch response team! The collaborative partnerships have been a strong asset to Logan County, and we are grateful to our partners for their support. A HUGE thank you also goes to community members who showed their appreciation and support to the department as well as to the volunteers and LCDPH staff for the long hours and weekends worked to respond to the pandemic! With the apparent slow down of COVID-19, our agency will continue to monitor the situation and keep you informed of any further activity.

With COVID-19 recently demanding most our attention, we are challenged with keeping our sites on other public health issues that impact the community. In 2020, our Board of Health approved an agency strategic plan which focuses on key Logan County health issues such as behavioral health, substance use, and chronic disease, including obesity. Our strategic plan is a roadmap to help guide our agency over the next several years as we aim to improve health in these priority areas. You can visit our website at [WWW.LCDPH.ORG](http://WWW.LCDPH.ORG) to view our strategic plan and our annual report.

Lastly, LCDPH celebrated it's 50th anniversary last year! On behalf LCDPH and the Logan County Board of Health, thank you for your support as we continue our dedication to serving you!

Best Regards,

Don Cavi, MS, LEHP  
Public Health Administrator

*LCDPH Mission Statement: "To prevent disease, promote wellness, and protect the health of Logan County."*

*A Word from the Administrator*

Page 1

*Hepatitis A Vaccines*

Page 2

*Community Resources*

Page 2

*Are you pregnant?*

Page 3

*Are you Certified?*

Page 3

*A 3 Year Focus*

Page 4

### 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](http://www.lcdph.org) to find out more

# Hepatitis A Vaccines

by Kari Slager

Hepatitis A is a serious liver disease. According to the CDC, it is spreads through close, personal contact with an infected person or when a person unknowingly ingests the virus from objects, food or drinks that are contaminated by small amounts of stool from an infected person.

Adults with Hepatitis A can have symptoms including fatigue, low appetite, stomach pain, nausea and/or jaundice. Most children do not have any symptoms.

Per the CDC, a person infected with Hepatitis A can transmit the disease to other people even though they do not have any symptoms.

Most people who get sick with Hepatitis A feel sick for several weeks, but usually recover completely and have no serious liver damage. In rare cases of people over 50, it can cause liver failure or death.

Who needs a Hepatitis A vaccine? It is offered to children 12 months of age and older. It may be given at the same time as other vaccines.

The Logan County Department of Public Health (LCDPH) offers the Hepatitis A vaccine which is given as a two-shot series, separated by 6 months. The sooner you get vaccinated, the sooner you will improve your chances of protecting yourself from Hepatitis A. The vaccine is not a treatment for Hepatitis A and its accompanying symptoms; however, it is a vaccine to help you reduce your risk of getting Hepatitis A in the future.

LCDPH accepts most major insurance plans, including Medicare Part D. You may only be responsible for paying your plan’s approved co-pay at the time of service. To be safe, it is recommended to call LCDPH ahead of time to ask about a co-pay that may be required.

LCDPH is open Monday-Friday from 7:30am-4:30pm. All public health services stop at 3:45pm. If you have questions regarding the Hepatitis A vaccine, please call LCDPH at 217-735-2317. For additional information regarding health department services, log onto the LCDPH website at [www.lcdph.org](http://www.lcdph.org).

Source: Centers for Disease Control and Prevention

## Community Resources

**NEW**  
**Logan County**  
*online Resource Directory*  
 & 2-1-1

[www.logancountyresources.org](http://www.logancountyresources.org)

211. Get Connected. Get Help.  
[www.pathcrisis.org](http://www.pathcrisis.org)

**CHESTNUT**  
 HEALTH SYSTEMS™  
[www.chestnut.org/prevention](http://www.chestnut.org/prevention)

**211**  
 Get Connected. Get Help.™

**LIVE UNITED**  
 United Way  
 LOGAN COUNTY, IL

Abraham Lincoln Memorial Hospital  
**COMMUNITY HEALTH**  
 COLLABORATIVE

**Memorial Emotional Support Line**

**Monday – Friday 8 a.m. – 8 p.m.**

This free, confidential hotline is staffed by graduate-level and licensed behavioral health clinicians and is available to anyone experiencing anxiety, depression or other behavioral health concerns.

**217-588-5509**

**Memorial**  
 HEALTH SYSTEM



84-000 07/01/20

# Are you pregnant? Do you have a baby or child under the age of 5?

by Dana Oltmanns

WIC is here for you. Many changes have occurred in the last couple of years!

With the price of groceries going up, now is the time to check out what WIC has to offer in promoting healthy nutrition. You may qualify and not realize it.

Do you have SNAP? You can still be on WIC.

We now have an EBT card for use at the store. No more paper coupons. You can use the self-checkout lanes too. New foods have been added to your options. Fruit and vegetable cash benefit have also increased. WIC provides information about healthy food for your child and delicious recipes, too!

During the summer we have coupons to use at the ALMH Farmers Market!

Did you know that breastmilk offers many healthy advantages over formula? Our Breastfeeding Peer Counselor & WIC staff will help you with breastfeeding your baby.

Currently we offer phone appointments & curbside pickup!

For pregnant women and infants, we also offer a safety and education-oriented program to help families. Family case management is a support program. We give you diapers at each appointment and can help you get other items for your baby.

**LCDPH opened their milk depot for the Milk Bank of the Western Great Lakes on April 30, 2019.**

---

Since opening, our milk depot has:

- Provided breastmilk for infants in neonatal intensive care units.
- Had 19 different donors from Lincoln and surrounding areas.
- Received over 74 gallons of breast milk from those donors!

## FAST FACTS

# 1 in 6

Americans get sick from foodborne diseases every year



Food Establishment inspection reports get updated on our website once a quarter!

Source: Centers for Disease Control and Prevention

# Are you Certified?

by Leah Benner



Did you know that the Illinois Food Service Sanitation Code requires that all food facilities have a Certified Food Protection Manager on site at all times food is prepared or served? This is why you need to ensure you have enough certified workers on staff to achieve compliance and to promote proper food sanitation.

To assist local food establishment needs by providing the ANSI-certified certification course, the Logan County Department of Public Health will be offering the 8-hour Certified Food Protection Manager course which will take place June 28th. Keep an eye out for registration! For more information and registration details, contact the Logan County Department of Public Health at 217-735-2317.

Source: Illinois Department of Public Health



**Public Health**  
Prevent · Promote · Protect  
**LOGAN COUNTY**

109 Third Street  
PO Box 508  
Lincoln, IL 62656-0508

Phone: (217) 735-2317  
Fax: (217) 735-1872  
Email: [info@lcdph.org](mailto:info@lcdph.org)

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](http://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.

Contributing Editor:  
Fay Allison, BS  
Environmental Health Supervisor & Emergency Response Coordinator

## A 3 Year Focus on Obesity, Substance Use and Youth Mental Health

In partnership with Lincoln Memorial Hospital, the 2021 Community Health Needs Assessment is complete. The assessment is conducted every three years in partnership with a variety of service providers, stakeholders and community members to identify our area's highest needs. We utilized research, community surveys and focus groups to ask our community for input.

As a result, three health priorities have been identified to guide strategies to improve local health over the next three years. The 2022-2024 Community Health Implementation Plan for Logan County has been established with 57 local strategies, led by 19 agencies throughout the county to address obesity, substance use and youth mental health.

In this assessment, we recognize that Access to Health, the Social Determinants of Health, and Racial Inequities and Inequalities impact all of the issues we explored.

The community is encouraged to participate in our work to address these priorities. Any individual, business, agency or organization interested in participating in planning coalitions or events are invited to call 217-605-5008 or e-mail [stoltzenburg.angela@mhsil.com](mailto:stoltzenburg.angela@mhsil.com).