

# Health Matters



SHARE THE ROAD

## A Word from the Administrator



I hope that everyone enjoyed their summer as we now turn our focus to fall. I hate to see summer pass by for colder weather, but it's comforting to know summer will return again. What keeps me positive this time of year is the anticipation of the approaching holidays, time with family, and football season (for all you football lovers!).

The State has finally passed a permanent budget after two long years! This means agencies statewide will have greater stability to continue to serve their communities. As for public health agencies such as ours, we can again more confidently serve our community by continuing to do the following: monitor disease, provide immunizations and screenings, contribute to research, investigate and serve the community in response to infectious water, food and vector-borne disease outbreaks, provide health education, enforce ordinances, participate in community public health planning, emergency response, and to help link citizens to needed healthcare services. Of course this does not represent all we do, but, I can assure the services your

health department provides makes a significant contribution toward making Logan County a healthier and more complete community.

Despite the passage of a budget, the State still has a host of obstacles to overcome to improve its financial position. We support our leaders in hopes they will promptly and proactively work together to develop a working plan for Illinois without jeopardizing future budgets, not only to get Illinois back on its feet, but to also assure citizens a healthier and better quality of life for the future.

The Southern Illinois University (SIU) Center for Family Medicine clinic in partnership with our agency and the Abraham Lincoln Memorial Hospital has now been serving the community since April and operations for medical and dental services continue to move in a positive direction. We encourage families who are seeking a health home to take advantage of this great opportunity for access to top-rated family medical health care. The clinic has much to offer and welcomes a new physician assistant who recently joined the staff in August. In addition, the SIU clinic

plans to eventually add behavioral health and telemedicine which will enable professional staff access to specialists to help diagnose and treat medical and dental conditions of additional concern. SIU is also in the process of recruiting a full-time medical doctor to serve the clinic as an ongoing family medical physician.

Since it is now fall and the start of flu season, I'd like to remind everyone to stop by the Logan County Department of Public Health to get your flu shot to be protected. For it has been said, "An ounce of prevention is worth a pound of cure." We accept most insurance and bill direct so please be sure to bring your card.

From WIC to Home Health to Environmental Health and everything in between, we're proud to serve the community for nearly 50 years to make available a wide variety of services that the community can depend upon to stay healthy. Thanks again for taking advantage of the services your community health department offers!

Best Regards,  
Don Cavi, MS, LEHP

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## WIC Until Age 5

By: Dana Oltmanns, R.N., B.S.N.

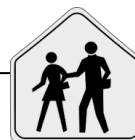
The Women, Infants, and Children (WIC) program not only serves pregnant, breastfeeding and postpartum women, and their infants, it also serves children up to age five. We want to encourage families that have children between the ages of one and four to contact LCDPH WIC if you are not already participating in the program. The WIC income requirements are on our website at [www.lcdph.org](http://www.lcdph.org). You can qualify for WIC even if you are receiving SNAP benefits. We also provide farmers market coupons to those on WIC. We would love to talk to you. Please give us a call at 217-735-2317.

### Five benefits of keeping children in WIC

- ◆ Children have better growth and development
- ◆ WIC promotes healthy weight
- ◆ Children are better prepared for school
- ◆ WIC pays for milk, fresh fruits and vegetables, and other healthy foods
- ◆ Eating better helps children focus and behave better

## Back to School Safety

As summer draws to a close, back-to-school season is in full effect. Remember to safely share the roads with school buses, pedestrians, and bicyclists, and provide children with the necessary knowledge to stay safe at school. Whether children walk, ride their bicycle, or take the bus to school, it is extremely important that they and the motorists around them take proper safety precautions.



SCHOOL



**Remember:** All cell phone use is prohibited in school zones when children are present!



## Public Health Nursing Services at LCDPH

By: Susan Tracy, R.N., B.S.N.

### What is Public Health Nursing?

Public health nursing is defined as the practice of promoting and protecting the health of populations using knowledge from nursing, social, and public health sciences. Public health nursing practice focuses on population health, with the goal of promoting health, and preventing disease and disability.

### How do the Public Health Nurses at LCDPH promote and protect the health of Logan County citizens?

#### ◆ Immunizations



It is hard to fully appreciate how vaccines have revolutionized modern medicine. The long schedule of vaccines may seem like a hassle, and rumors about harmful effects unnerve parents. But, the fact is, vaccines have helped save millions of lives. Just a few generations ago, people lived under the constant threat of deadly infectious diseases, like smallpox, polio, and hepatitis.

Vaccines work through a phenomenon call “herd immunity” or “community immunity.” That is, when a critical portion of a community is immunized against a contagious disease, most members of the community are protected against that disease because there is little opportunity for an outbreak.

#### ⇒ Which immunizations are available at LCDPH?

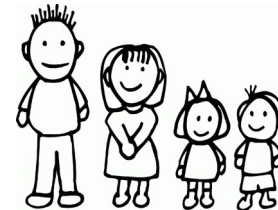
##### Birth through age 18

- Hepatitis B
- Rotavirus
- Diphtheria
- Tetanus
- Pertussis
- Pneumococcal
- Polio
- *Haemophilus influenza* type B
- Measles
- Mumps
- Rubella
- Hepatitis A
- Varicella (Chickenpox)
- Seasonal Influenza
- Meningococcal

##### Adults

- Seasonal Influenza
- Tetanus
- Diphtheria
- Pertussis
- Herpes Zoster (Shingles)
- Pneumococcal
- Meningococcal
- Measles
- Mumps
- Rubella
- Human Papillomavirus
- Varicella (Chickenpox)
- Hepatitis A
- Hepatitis B
- *Haemophilus influenza* type B

Find out more about vaccines at  
<https://www.cdc.gov/vaccines/index.html>



#### ◆ Tuberculosis skin test

#### ◆ Foreign travel consultation

#### ◆ Vitamin B12 injection

#### ◆ Oral medication set-up

#### ◆ Testing and treatment for sexually transmitted infections including Human Immunodeficiency Virus (HIV) and Hepatitis C

#### ◆ Lab services

⇒ Hemoglobin level, blood sugar level, lead level

#### ◆ Chronic health supervision and counseling

⇒ Screening and monitoring high blood pressure, anemia, and diabetes

**LCDPH accepts all major insurance companies, including Medicare Part B and D**



Source: [www.publichealth.org](http://www.publichealth.org)



## Holiday Food Safety

By: Ryan Williams, B.S., R.S.

The holiday season is a time for friends and families to come together and enjoy each other's company. It is also a time of year that sharing food and germs could lead to loved ones becoming ill. It is important to remember food safety during the holidays in order to prevent food borne illness.

Anybody can get food poisoning, but most people don't think about food safety until they or someone they know gets sick after eating contaminated food. Each year, about 1 in 6 Americans (or 48 million people) get sick, 128,000 are hospitalized, and 3,000 die from foodborne diseases.

For most people, symptoms of foodborne illness include vomiting and diarrhea. Young children, pregnant women, adults over 65, and people with weak immune systems are more likely to get food poisoning as well as more severe symptoms. Please seek medical help for the following symptoms: **fever over 101.5°F, bloody stool, frequent vomiting, diarrhea lasting more than 3 days, and**

**signs of dehydration including decrease in urination, dry mouth and throat, and dizziness upon standing.**

Prevent foodborne illness by following these 4 simple steps:

1. **Clean:** wash hands and food-preparation surfaces often. Rinse fresh fruits and vegetables under running water.
2. **Separate:** Keep raw meat, poultry, seafood, and eggs separate from ready to eat foods.
3. **Cook:** Use a food thermometer to ensure that foods are cooked to a safe internal temperature.
4. **Chill:** Keep your refrigerator below 40°F and refrigerate food within 2 hours.

For more information, please visit our website at [www.lcdph.org](http://www.lcdph.org).

Source: [www.cdc.org](http://www.cdc.org)

## Immunization Series: Pertussis

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

As we continue the series on vaccine preventable diseases, this issue will focus on the "P" - pertussis - in DTaP. Pertussis, commonly known as whooping cough, is a bacterium that lives in the nose, mouth and throat. It is highly contagious and is easily spread from one person to another through coughing and sneezing. A person can carry this germ for up to three weeks before the symptoms start. Unfortunately, he is contagious during this three week period. Pertussis affects all age groups.

Symptoms initially resemble a cold - sneezing, runny nose, cough, and low grade temperature. Over the next few days, the cough becomes severe. The cough causes spasms and the affected individual cannot catch his breath. The "whoop" comes from breathing in after the coughing episode. During these coughing attacks, the patient may turn blue and vomit. Most attacks occur at night. Between attacks, he may feel fine. Cough medicine does not help to relieve symptoms. This cough can continue for as long as three months! Complications can include ear infections, loss of appetite and dehydration. Infant deaths have been reported.

Pertussis is treated with antibiotics. Some children need to be hospitalized. Those who have direct contact with the ill person need preventive antibiotics.

Preventative vaccination is the best form of protection. 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 in the form of Tdap. Pregnant women receive a Tdap with each pregnancy. Family members and friends who will have close contact with infants should receive the shot as well. Adults who have never received a Tdap should receive one within their lifetime. Immunization is required for child care and school attendance. LCDPH has all forms of the vaccination, from infant to adult.

Source: [www.idph.state.il.us](http://www.idph.state.il.us)





# Public Health

Prevent · Promote · Protect

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7:30am - 12:00pm

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

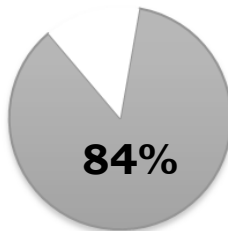
We now accept most debit  
and credit cards!



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84% of Logan County 8<sup>th</sup> graders reported yes when asked if their family has clear rules about alcohol and drug use.\*

\* 2016 Illinois Youth Survey- Logan County data

### Parents Matter.

**Be clear. Be sure your child knows your expectations and desires for them to stay drug and alcohol free.**

Be clear and consistent: don't assume that your children know how you feel about underage drinking. You may take an active role in shaping their ideas about alcohol and other drug use.

**Know where you stand!** Make sure you know the harmful effects of alcohol on youth. Make sure all the adults in your house talk it over in advance, and are on the same page.

**Be Clear.** Research shows that most children respond best to clear rules and consequences. Tell your child where you stand on underage drinking. Remind them of your expectations and desires for them to stay alcohol-free until they are 21.

**Establish Family Rules and Expectations.** Establish a no alcohol use rule for your kids. Work with your child to establish a fair contract and talk through the consequences for breaking these rules.

Learn more at [samsha.gov/underage-drinking](http://samsha.gov/underage-drinking)