



Health Matters

Logan County Department of Public Health

IN THIS ISSUE

A Word From the Administrator

Greetings! On behalf of the staff at Logan County Department of Public Health (LCDPH), we hope 2024 finds you well. As always, it is a pleasure to serve the community as we strive to achieve our mission to prevent disease, promote wellness, and protect the health of Logan County.

As 2024 breezes by, it is business as usual for LCDPH as we are again ready to protect the community this flu and respiratory season. Public health departments provide 10 essential services and communicable disease prevention through vaccination is just one of these service areas of expertise. LCDPH offers many convenient advantages as your vaccine provider as no appointments are needed and insurances are billed direct. With a variety of vaccines available, we strive to conveniently meet the needs of the community. This respiratory season, you can again rely on LCDPH as your vaccine provider of choice!

As we approach 2025, we are winding down projects from our current strategic plan 2020-2025 which can be viewed on our website. In it, we created many ambitious goals and met several. Needless to say, the COVID-19 pandemic response made it extra challenging to stay on course. However, the goals we did achieve over the past five years likely would never have been made possible without the use of our strategic plan roadmap.

We are currently developing an agency and community strategic plan for 2025-2030 in which our priorities will focus on improved behavioral health, increased public health promotion and awareness of services, cancer prevention, and workforce development and retention. Behavioral health is a holdover from the previous strategic plan as this issue is of ongoing concern. One such LCDPH community project in the making involves our work with a state-funded program called Treatment Alternatives for Safe Communities (TASC). TASC is introducing a “deflection program” which could vastly improve early intervention of services for many. Such services would include, but are not limited to, behavioral health, counseling, and substance use prevention. Hopefully, this initiative will succeed and there will be more great news to come!

Switching gears, many people take for granted their drinking water which is critical for life. Since a large population in Logan County is rural, thousands of residents rely on wells as their source of water. Our Environmental Health program approves well permits, as well as inspects and samples new wells. LCDPH also provides education to homeowners on how to care for their well. Our website is a great source of information and, in there, you will find a link to www.privatewellclass.org. This is a great self-learning tool which teaches homeowners everything they need to know about their water well.

(Continued on Page 2)

A Word From the Administrator

Page 1

It's Time to Be Protected From the Flu!

Page 2

What Services Does WIC Offer?

Page 3

Should I Get the RSV Vaccine?

Page 3

The Importance of Handwashing

Page 4

WE VALUE YOUR FEEDBACK!

A Word From the Administrator (Continued from Page 1)

This program is a collaboration between the Rural Community Assistance Partnership and the University of Illinois with funding from the U.S. Environmental Protection Agency. The program is managed by the Illinois State Water Survey. You can find this in the Environmental Health section of our website under “potable water.” In this section, you can also learn about the Mahomet Aquifer in northern Logan County and the concerns raised about arsenic.

I hope you will find this newsletter informative. If you have questions about health issues or LCDPH services, we are available at 217-735-2317. If you have questions during non-business hours, you can visit our website which provides you with information 24/7 at WWW.LCDPH.ORG.

Thank you for supporting LCDPH as we are honored to serve the community while protecting your health.

Sincerely,

Don Cavi, MS, LEHP
Public Health Administrator

It's Time to Be Protected From the Flu!

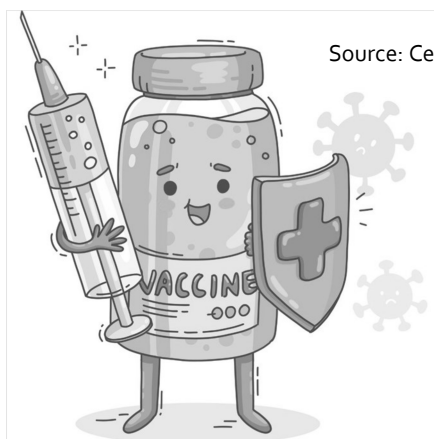
by Kara Davis

It's that time of year, again, for the influenza (flu) virus to be active! The flu season traditionally tends to continue through winter into spring. According to the Centers for Disease Control and Prevention (CDC), annually between 2010 and 2023, the flu resulted in 9.3 million – 41 million illnesses, 100,000 – 710,000 hospitalizations, and 4,100 – 51,000 deaths. The flu virus can cause serious illness and, with flu season in our midst, it is now time to think about getting the protection you and your family will need.

With rare exception, all persons aged 6 months and older are recommended for annual flu vaccination. Vaccination is particularly important for people who are at high risk for serious complications from influenza. This group includes people 65 years and older, people of any age with certain chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women, and young children.

The Logan County Department of Public Health (LCDPH) has the flu vaccine available in both regular and high dose. The high dose is more commonly given to those 65 and older and is covered 100% by Medicare. It is recommended you talk to your doctor about which type is best for you. LCDPH accepts all major insurances. For updates regarding vaccine availability, you can follow our Facebook page or call us at 217-735-2317.

At Logan County Department of Public Health, promoting health and protecting the community from disease is our specialty. Our friendly, professional staff is always eager to serve the entire community.



Source: Centers for Disease Control and Prevention (CDC)

What Services Does WIC Offer?

by Dana Oltmanns

WIC – Women, Infants and Children

WIC focuses on keeping families healthy through improved nutrition. This is a federally funded, supplemental food program for pregnant women, breastfeeding women, infants, and children up to the age of 5. Breastfeeding support, education, and promotion are a main focus in starting infants on the path to good health. Breastfeeding has become a priority of the WIC program. WIC also provides nutrition education to all participants. A variety of food options are available and will be selected based on a client's nutritional needs. These may include whole grains, dairy, fruits, vegetables, proteins, and baby foods.

Breastfeeding Peer Counselor – PC

When you need someone to talk to about breastfeeding, we are here for you. Our PC is available both during and after work hours. The PC can answer your questions, listen to your concerns, encourage, support, educate, and help you be successful at breastfeeding. A Breastfeeding Peer Counselor is someone just like you. She lives in your community and has breastfed.

FCM – Family Case Management

This program focuses on helping you provide a safe environment for your children. We focus on home safety and safe sleep practices. We can also help you with diapers, a pack n play, and other items your baby might need. We follow pregnant women and babies up to the age of 1.

HRIF – High Risk Infant Follow-up

This program provides more follow-up on babies that are born with special needs or health issues. We follow children up to the age of 2.

Should You Get the RSV Vaccine?

by Kara Davis

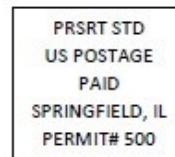
According to the Centers for Disease Control and Prevention (CDC), there are an estimated 60,000–160,000 hospitalizations and 6,000–10,000 deaths annually due to Respiratory Syncytial Virus (RSV) among adults ages 65 years and older. In children younger than age 5, RSV is annually responsible for an estimated 58,000-80,000 hospitalizations and 100-300 deaths.

RSV is a common respiratory virus that usually causes mild, cold-like symptoms. Most people recover in a week or two, but RSV can pose a more serious threat for older adults leading to lower respiratory tract disease, hospitalization, and death. Other risk factors leading to severe RSV disease can include heart and lung disease, kidney disorders, liver disorders, severe diabetes, severe obesity, and moderate or severe immunocompromised. Additionally, persons who are frail, persons of advanced age, and persons living in nursing homes are at higher risk for severe RSV. RSV also poses the greatest risk in infants up to 12 months, children under age 2 with chronic lung disease, children with weakened immune systems, and children who have neuromuscular disorders.

The CDC recommends that adults ages 75 and older receive a single dose of RSV vaccine. Adults between 60-74 years of age, who are at an increased risk of severe RSV, should also receive the vaccine. The RSV vaccine should also be considered for children up to 12 months of age. Please talk with your health care provider about whether the RSV vaccination is right for you. There is no maximum age for getting RSV vaccination.

The Logan County Department of Public Health (LCDPH) will have you covered this RSV and flu season, and **Medicare Part D prescription drug plan will pay for the vaccine. If you're needing an RSV vaccine for a child, it is recommended you contact LCDPH in advance as availability of the child vaccine may vary.**

Source: Centers for Disease Control and Prevention (CDC)



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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!



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Contributing Editor:
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The Importance of Handwashing

by Fay Allison

Handwashing is one of the simplest and yet most important tasks you can perform to help prevent the spread of diseases. According to the Centers for Disease Control and Prevention (CDC), germs can not only spread from person to person, but also from surface to people through contaminated hands.

In order to prevent the spread of germs, wash your hands frequently throughout the day and immediately after activities that can contaminate hands, such as visiting the restroom, sneezing, blowing your nose, before and after preparing food, after handling garbage, and other activities that could cause your hands to become dirty.

Handwashing should look like this:

1. Wet your hands with clean, running water.
2. Apply soap and rub hands together for 15—20 seconds; cleaning the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Sing “Happy Birthday” in your head if you need a timer.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or an air dryer

Source: Centers for Disease Control and Prevention (CDC)

