

# Health Matters

VOLUME 9 ISSUE 4

WINTER  
DECEMBER  
2007



## Get the Lead Out!



Finding lead in certain household products and paints has been an ongoing issue for years. Recently, however, it has gotten even more common and much scarier! The Consumer Product Safety Commission has recalled millions of TOYS, most found to contain high levels of lead. China, by far, leads the list of countries, accounting for 60-65% of all the recalled products in the country this year. Among the toy recalls, the biggest problem has been in toy jewelry from vending machines and other low priced places, and Thomas & Friends wooden train sets. The Consumer Product Safety Commission reported 20,000 children were treated in emergency rooms from 2000-2005 after swallowing the contaminated jewelry. Also, according to Centers for Disease Control (CDC), a four year old boy died last year after swallowing a charm from a vending machine that was 99% lead! The United States is working hard to solve this problem, but China recently opposed a proposal to limit the amount of lead allowed in jewelry. A

final regulation is likely by early 2008, but that is not soon enough. In order to determine if your child is in danger, check the Consumer Product Safety Commission website at [www.cpsc.gov](http://www.cpsc.gov) or call 1-800-638-2772 to inquire about recalled toys. It is also highly recommended that children be given a blood lead test to see if they have unusually high levels of lead in their system. Lead exposure in children can cause nervous system and kidney damage, learning disabilities, attention deficit disorder, speech, language, and behavior problems, poor muscle coordination, decreased muscle and bone growth, hearing damage, and more. It can also cause harmful effects in adults including: fertility problems, high blood pressure, digestive problems, nerve disorders, memory and concentration problems, muscle and joint pain, and more. The symptoms for lead poisoning are sometimes unrecognizable, so call your doctor for an appointment or come to Logan County Health Department for a blood lead test!



final regulation is likely by early 2008, but that is not soon enough. In order to determine if your child is in danger, check the Consumer Product Safety Commission website at [www.cpsc.gov](http://www.cpsc.gov) or call 1-800-638-2772 to inquire about recalled toys. It is also highly recommended that children be given a blood lead test to see if they have unusually high levels of lead in their system. Lead exposure in children can cause nervous system and kidney damage, learning disabilities, attention deficit disorder, speech, language, and behavior problems, poor muscle coordination, decreased muscle and bone growth, hearing damage, and more. It can also cause harmful effects in adults including: fertility problems, high blood pressure, digestive problems, nerve disorders, memory and concentration problems, muscle and joint pain, and more. The symptoms for lead poisoning are sometimes unrecognizable, so call your doctor for an appointment or come to Logan County Health Department for a blood lead test!

## INSIDE THIS ISSUE

Get the Lead Out!	1
Volunteers Make Everyday Heroes	1
Mark Your Calendar	1
Don't Mess with the Flu	2
Clap Your Hands Together and Wash!	2
Free Car Seat Checks	2
Diabetic Support Group	2
Frequently Asked Questions About Cervical Cancer	3
Tobacco Free Zone—Smoke Free Illinois Act	3
Recommended Immunization Schedule	4



## Volunteers Make Everyday Heroes



When a disaster occurs in Logan County, we will need *your* help. The Logan County Medical Reserve Corps is committed to helping the community before, during, and after a disaster or public health emergency. The Logan County Medical Reserve Corps is made up of medical and nonmedical volunteers who have completed specialized training to help Logan County first responders and emergency personnel take action in emergency situations.

In moments of crisis, every volunteer makes a difference. Whether you are a healthcare professional or a skilled clerk, you can contribute to the Logan County Medical Reserve Corps. Volunteers benefit from a minimal time commitment, hands-on drills, professional CEUs, and networking. It is time to do your part for your community—join the Logan County Medical Reserve Corps! For more information, contact Molly Jo Lamb, Logan County Health Department Emergency Response Coordinator, at (217) 735-2317 or [mlamb@logancountyhealth.org](mailto:mlamb@logancountyhealth.org). You may also visit our website at [www.logancountyhealth.org/mrc.html](http://www.logancountyhealth.org/mrc.html).

*“Volunteers Building Strong, Healthy, and Prepared Communities”*



## Mark Your Calendar

### Osteoporosis Screenings:

By Appointment only

\$5

8:30-11:30 a.m.

Tuesday, January 29

Tuesday, February 26



Call the Logan County Health Department for more information at (217) 735-2317.

# Don't Mess with the Flu!

Influenza, commonly called "the flu," is an infection of the respiratory tract caused by the influenza virus. Compared with most viral respiratory infections, such as the common cold, influenza infection often causes a more severe illness. Typical influenza illness includes fever (usually 100 degrees F to 103 degrees F in adults and often even higher in children) and respiratory symptoms, such as cough, sore throat, runny or stuffy nose, as well as headache, muscle aches and extreme fatigue.



Last year in Logan County physician and lab personnel reported that children were most affected by the flu. Those in the 5-9 year old age bracket had the highest number of reported cases followed by children ages 1-4. Children often do not receive the shot although anyone 6 months of age and older is eligible.

Most people who get the flu recover completely in 1 to 2 weeks, but some people develop serious and potentially life-threatening medical complications, such as pneumonia. Flu-

related complications can occur at any age, but the elderly and people with chronic health problems are much more likely to develop serious complications after influenza infection than are young, healthier people.

During most flu seasons, which typically run from November to April, between 10 percent and 20 percent of the population is infected with influenza viruses. More than 200,000 people are hospitalized and 36,000 die from flu complications each year in the U.S..

A flu shot is your best protection against the flu. The flu shot provided this year is formulated to provide protection against three influenza strains that are expected to circulate in the U.S. – A/Wisconsin, A/Solomon Islands and B/Malaysia. There is no shortage of vaccine so come to Logan County Health Department at your convenience Monday through Friday between 7:30 am and 4:00 pm to receive your shot.

## Clap Your Hands Together and Wash!



Handwashing is one of the most important tools in communicable disease prevention. CDC cites five common household scenarios in which disease-causing germs can be transmitted by contaminated hands.



- 1. Hands to food:** Germs are transmitted from unclean hands to food, usually by an infected food preparer who didn't handwash after using the toilet. The germs are then passed to those who eat the food.
- 2. Infected infant to hands to other children:** During diaper changing, germs are passed from an infant with diarrhea to the hands of a parent; if the parent doesn't immediately wash his or her hands before handling another child, the germs that cause diarrhea are passed to the second child.
- 3. Food to hands to food:** Germs are transmitted from raw, uncooked foods, such as chicken, to hands; the germs are then transferred to other foods, such as salad. Cooking the raw food kills the initial germs, but the salad remains contaminated.
- 4. Nose, mouth, or eyes to hands to others:** Germs that cause colds, eye infections, and other illnesses can spread to the hands by sneezing, coughing, or rubbing the eyes and then can be transferred to other family members or friends.
- 5. Food to hands to infants:** Germs from uncooked foods are transferred to hands and then to infants. If a parent handling raw chicken, for example, doesn't wash his or her hands before tending to an infant, they could transfer germs such as salmonella from the food to the infant.

In order to prevent such contamination, handwashing should occur frequently throughout the day and immediately after activities that can contaminate hands, such as visiting the restroom or sneezing. Handwashing should include warm water and handsoap, lathering the soap in hands for 15-20 seconds before rinsing and drying. Please note that hand sanitizers should not be used *in place of* handwashing, but *in addition to* good handwashing practices.

Source: <http://www.cdc.gov>



## FREE!! CAR SEAT CHECKS

By a Safety Specialist

**Results from previous safety seat checks have shown that four out of five seats are used incorrectly!**

### MONDAYS

By Appointment Only

Call the Logan County Health Department (217)735-2317 for an appointment.



## Attention: Diabetics

### Diabetic Support Group

- Monday, Nov. 5 at 6:00 pm Nutrition
- Monday, Nov. 26 at 6:00 pm Support Group
- Monday, Dec. 3 at 6:00 pm Nutrition
- Monday, Dec. 17 at 6:00 pm Support Group

## Frequently Asked Questions about Cervical Cancer



### How common is Cervical Cancer?

This year an estimated 11,150 women will develop Cervical Cancer and about 3,670 will die from it. Most women who develop Cervical Cancer are between the ages of 35 and 55.

### What causes Cervical Cancer?

The major cause is now known to be infection with the Human Papillomavirus (HPV). Many HPV infections go away on their own but some develop into Cervical Cancer.

### Are there risk factors for Cervical Cancer?

Several factors may increase the risk of HPV becoming Cervical Cancer. These include smoking, HIV or Chlamydia infection, and family history of Cervical Cancer. Being overweight is also a risk.

### Can HPV be prevented?

Because HPV is a sexually transmitted disease, prevention measures are the same as for any other sexually transmitted disease. The major types of HPV can be prevented by the HPV vaccine, which is recommended for females up to the age of 26.

### Are there early warning signs of Cervical Cancer?

Cervical Cancer in its early stages usually has no signs or symptoms.

### How is Cervical Cancer detected?

Pap tests are the most effective way to detect the disease in its earliest stage. When found early it is one of the most successfully treated cancers.

The Illinois Breast and Cervical Cancer Program offers free pap tests to women age 35 to 64 years who do not have insurance. Symptomatic younger women may also qualify. For more details call 1-800-269-4019.

Source: American Cancer Society



## Tobacco Free Zone



On January 1, 2008, the Smoke Free Illinois Act of 2007 will go into effect.

- Requires all public places and workplaces to be smoke free, with only a few exemptions
- Requires that areas 15 feet from entrances, exits, windows that open, and ventilation intakes also be smokefree
- Requires that no smoking signs be posted and ashtrays removed
- A person who owns or operates a public place or place of employment who allows smoking to take place may be fined.
- A person who smokes in a non-smoking area may be fined.
- Enforcement will be done by Illinois Department of Public Health with establishment of a toll-free telephone number for complaints, local public health departments, and local law enforcement.
- Exemptions include:
  - Private residences, except when used as a child care, adult day care, or health care facility or any other home based business open to the public.
  - Retail tobacco stores
  - Private and semi-private rooms in nursing homes and long term care facilities that are occupied by one or more persons, all of whom are smokers and have requested in writing to be placed or to remain in a room where smoking is permitted and the smoke shall not infiltrate other areas of the nursing home.
  - 25% of hotel and motel sleeping rooms

**We're on the Web!**  
**Check us out at...**  
[www.logancountyhealth.org](http://www.logancountyhealth.org)

**Health Department  
 Satellite Clinics**

**Christian Village Congregate Building**

- 2nd Monday: 10:00-11:00 a.m.

**Logan Court High-Rise**

- 2nd Wednesday: 10:30-11:30 a.m.

**Friendship Manor/Odd Fellows**

- 2nd Friday: 10:00-11:00 a.m.



**Public Health**  
 Prevent · Promote · Protect

Logan County  
 Health Department

109 Third Street, PO Box 508  
 Lincoln, IL 62656-0508  
 Phone: (217) 735-2317  
 Fax: (217) 732-6943  
 Email: [lchd@logancountyhealth.org](mailto:lchd@logancountyhealth.org)

Contributing Editors:  
 Marcia Dowling, R.N., B.S.N.  
 Jenna Hellman, B.S.

Courtesy of Maternal Child Health/  
 Family Case Management Program

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

**RECOMMENDED IMMUNIZATION SCHEDULE  
 FOR INFANTS AND CHILDREN**

Recommended Age	Vaccine
Birth	Hep B
2 Months	*Pediarix, HIB, Pneumococcal 7, Rotavirus
4 Months	*Pediarix, HIB, Pneumococcal 7, Rotavirus
6 Months	*Pediarix, Pneumococcal 7, Rotavirus
12 Months	MMR or MMRV (includes Varicella), Pneumococcal 7
15 Months	DTaP, HIB
4-6 years old	DTaP, IPV, MMR, Varicella**
9-26 years old	Gardasil (3 dose schedule)
14-16 years	Td

\*Pediarix is a combination of DTaP, IPV and Hep B vaccines.

\*\*Not needed if the child has already had the chickenpox disease.

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