

# Health Matters

SUMMER  
JUNE  
2011



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## Be a Man: Take Charge of Your Health!

By: Aubrie McShane, Health Education Intern

In this time of health information, prevention, and medical treatment options, men have many resources available to them that can help them in making their own health a priority. However, cancers of the lung, prostate, and colon are the three leading causes of cancer deaths among men in the United States. Luckily, many of these cases can be prevented by regular visits to the doctor, healthy lifestyle choices, and timely health screenings.

### **Reduce Your Risk**

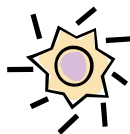
Even though cancer is very common, many forms of cancer are preventable. Here are

some ways men can reduce their risk for getting certain cancers, such as lung, prostate, and colon cancers:

### June : Men's Health Awareness Month

- **Put down the tobacco:** Tobacco use is linked to 15 types of cancer.
- **Participate in cancer screenings:** Speak with your doctor regarding screenings such as the colonoscopy, prostate exam, and PSA blood test.

- **Get active:** Aim for 30 minutes of physical activity 5 days of the week.
- **Eat a mixture of fruits and vegetables:** The more color the foods have, the more cancer-fighting nutrients they have.
- **Limit alcohol use:** If you drink alcohol, drink no more than two alcoholic drinks each day.



## Sun Safety

By: Aubrie McShane, Health Education Intern

Summer is finally upon us! Here are some tips for you and your family on how to have a safe summer:

### Safety in the Sun

- **Slip** on a shirt to cover your skin from skin damaging UV rays
- **Slop** on sunscreen (SPF 30 or higher) to protect your skin from harmful rays
- **Slap** on a hat to protect your scalp and forehead from sun damage
- **Wrap** on sunglasses to protect your eyes and skin

### Healthy in the Heat

- Drink plenty of water throughout the day (soda and sugary drinks can dehydrate you)
- Wear light-colored/light-weight clothing
- Limit intense physical activity outside during peak sun hours (10am-4pm)

### Precautions in the Pool

- Never, even for a moment, leave your child without adult supervision
- Make sure your pool is closed in with a fence on all sides and that gates close
- Wash your hands after changing diapers or using the bathroom to avoid spreading germs in the water



## Traveling Overseas This Summer?



The Logan County Department of Public Health offers many vaccines and information which focuses on the area of the world you will be traveling. Call today for more information (217) 735-2317.

## Third-Hand Smoke

By: Colleen Feece, M.A., Health Educator

Most people have heard of secondhand smoke, but did you know there is also third-hand smoke? You don't have to smoke, or even be near a smoker to be harmed by tobacco. All the toxins found in tobacco smoke can be found on things a smoker touches every day, well after the cigarette is put out. This is third-hand smoke.

### So What is it?

-Third-hand smoke refers to the toxins from cigarette smoke that stick to soft surfaces (car, carpet, jacket, etc.)  
-The smell left on a person as a result of exposure to tobacco smoke.

### Where is it?

-clothes, hair, skin, furniture, toys, car seats, tiny bits of dust, and other surfaces.

### How is it harmful?

-People can be exposed to the same toxins found in tobacco smoke.  
-low levels of toxins can build up to dangerous levels in children.  
-It can cause learning difficulties in children.  
-If you have third-hand smoke on your clothes and you hug a child, the child can breathe in the toxins.  
-Babies spend time on floors and other surfaces and often put hands exposed to third-hand smoke in their mouths.

Pets are also at risk for third-hand smoke, it can land on their fur or feathers. When pets groom themselves, they lick the tobacco toxins.

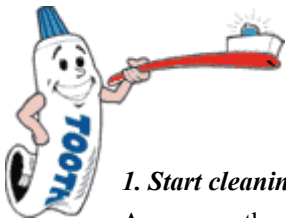
Third-hand smoke can stay on unwashed surfaces for days, weeks, and even months.

### If you smoke:

-Think seriously about quitting  
-NEVER smoke in your home, car, or where children play.  
-wear a shirt/jacket you can leave outside after smoking  
-wash your hands right away  
-wash clothes and clean carpets often

### If you don't smoke:

-Don't allow smoking in your home or car  
-Ask smoker's to wash their hands thoroughly before handling your baby  
-Keep your children away from homes of smokers



## Brush Up on Healthy Teeth:

### Simple Steps for Kid's Teeth

Source: Centers for Disease Control and Prevention

#### 1. Start cleaning teeth early.

As soon as the first tooth appears, begin cleaning by wiping with a clean, damp cloth every day. When more teeth come in, switch to a small, soft toothbrush. Begin using toothpaste with fluoride when the child is 2 years old. Use toothpaste with fluoride earlier if your child's doctor or dentist recommends it.

#### 2. Use the right amount of fluoride toothpaste.

Fluoride is important for fighting cavities. But if children younger than 6 years old swallow too much fluoride, their permanent teeth may have white spots. To keep this from happening, use only a small amount of toothpaste (about the size of a pea). Teach your child to spit out the toothpaste and to rinse well after brushing.

#### 3. Supervise brushing.

Brush your child's teeth twice a day until your child has the skill to handle the toothbrush alone. Then continue to closely watch brushing to make sure the child is doing a thorough job and using only a small amount of toothpaste.

#### 4. Talk to your child's doctor or dentist.

Check with the doctor or dentist about your child's specific fluoride needs. After age 2, most children get the right amount of fluoride to help prevent cavities if they drink water that contains fluoride and brush their teeth with a pea-sized amount of fluoride toothpaste twice a day.

*Early care for children's teeth will protect their smile and their health.*

A message from the Logan County Department of Public Health Dental Clinic.  
Call for an appointment, (217) 735-2317.



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## Logan County Parents ARE Making a Difference with Youth

*A Report from the Healthy Communities Partnership, ATOD Task Force*

As a parent do you ever ask yourself the question, “Am I making a difference in my child’s life?” If so, you are not alone in questioning your influence on your child’s life. With all the added pressure youth are facing today, from the internet, the media, peer influences, and increased pressure to succeed, it is no wonder that parents are concerned about competing against the negative influences confronting youth everyday. Fortunately as a recent media campaign in Logan County pointed out, there is an increasing majority of parents making progress in positively influencing their teen’s future.

The final image in a 3-year campaign which was sponsored by Chestnut Health Systems and the Logan County ATOD (Alcohol, Tobacco, and Other Drug) Task Force was designed to remind parents of the importance of monitoring your children and their friends, knowing where your children are and who they are with, and overall setting up rules and consequences that are clear to them. When the first image was debuted in 2008 with the question, “Who is shaping your teen’s future?” a statewide survey showed that 6 out of 10 Logan County 10<sup>th</sup> graders reported that if they drank they would be caught by their parents. When the same question was asked in a follow-up survey in 2010, more than 7 out of 10 Logan County 10<sup>th</sup> graders said they would be caught by parents if the teen was drinking.

Although work continues to educate parents, youth, and the community about alcohol, tobacco, and other drugs, the fact that Logan County parents are making a difference is good news!

If you would like more information on how to talk to your teen about alcohol, tobacco, or other drugs you can go to [www.theantidrug.com](http://www.theantidrug.com)



## Tornado Safety

*By: Shana Bean, B.S., C.H.E.S.*



### During a Tornado Warning:

- The safest place to be is an underground shelter, basement or safe room.
- If no underground shelter or safe room is available, a small, windowless interior room or hallway on the lowest level of a sturdy building is the safest alternative.
- If in a mobile home, get out and seek shelter elsewhere, well before the storm arrives. A mobile home can overturn easily even if precautions have been taken to tie down the unit. If there isn’t a substantial shelter nearby, go to a low-lying area and shield your head with your hands.
- If you are caught outdoors, seek shelter in a basement or sturdy building away from windows and doors. If an indoor shelter is not available, or there is no time to get inside, lie in a ditch or culvert. Use your arms to protect your head and neck. Stay aware of the potential for flash flooding.
- Do NOT park under a bridge or overpass if you are driving and spot a tornado. Instead, safely get out of the vehicle immediately and take shelter in a nearby building. Never try to outrun the tornado. As a very last resort, if there isn’t time to get indoors, or there is no secure shelter nearby, you have one of two choices: 1) get out of the vehicle and lie flat in a ditch, culvert or low-lying area away from your vehicle OR 2) stay in the vehicle, with your seat belt fastened, and get as low as you can below the level of the windows.

Your choice should be determined by your specific circumstances. The key point is: Seeking shelter in a sturdy building is the preferred method of staying safe in a tornado.

Source: Illinois Emergency Management Agency



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**1-866-QUIT-YES**

**Logan County Department  
of Public Health**

109 Third Street  
P.O. Box 508  
Lincoln, IL 62656-0508  
Phone: (217) 735-2317  
Fax: (217) 735-1872  
Hours: Monday-Friday  
7:30am-4:30pm

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

Contributing Editor:  
Colleen Feece, M.A., Health Educator

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**H.O.P.E. Mobile Schedule June 2011**

Tue	Wed	Thu
	1 New Holland 9-11:30 Atlanta 1-3:30	2 Elkhart 9-11:30 Middletown 1-3:30
7 Hartsburg 9-11:30 Emden 1-3:30	8 New Holland 9-11:30 Atlanta 1-3:30	9 <b>LCDPH-109 3rd St.</b> 9:00-12:00 1:00-3:30
14 Chestnut 9-11:30 Mt. Pulaski 1-3:30	15 No Public Health Nurse Latham 9-11:30 Broadwell 1-3:30	16 Elkhart 9-11:30 Middletown 1-3:30
21 Chestnut 9-11:30 Mt. Pulaski 1-3:30	22 New Holland 9-11:30 Atlanta 1-3:30	23 <b>LCDPH-109 3rd St.</b> 9:00-12:00 1:00-3:30
28 No Public Health Nurse Chestnut 9-11:30 Mt. Pulaski 1-3:30	29 No Public Health Nurse New Holland 9-11:30 Atlanta 1-3:30	30 <b>LCDPH-109 3rd St.</b> 9:00-12:00 1:00-3:30

**\*Schedule is ALWAYS subject to change. Please call 605-5008 to confirm location.**

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## It's That Time Again!

The Logan County Department of Public Health would like to remind you that with the warmer weather upon us, mosquitoes, which are capable of carrying disease such as West Nile Virus, are now active. In an effort to reduce your risks of infection, it is important to protect yourself by taking the following precautions:



- Avoid the outdoors when mosquitoes are most active, especially between dusk and dawn.
- When outdoors, wear shoes, socks, long-sleeved pants and a long-sleeved shirt. Mosquitoes are attracted to dark colors so light-colored clothing is preferred.
- Apply insect repellent which includes DEET, picaridin or oil of lemon eucalyptus and be sure to follow the label instructions. Contact a physician before using repellents on infants and always follow the label instructions.
- Eliminate ways for mosquitoes to gain entry into your home. Be sure that screens that protect doors and windows are tight-fitting, free of tears and are in good repair.
- Eliminate all sources of standing water that can support mosquito breeding such as flower pots, clogged gutters, old tires, unused wading pools and other receptacles. Bird bath water should be replaced weekly.
- If you see a nuisance condition which encourages the breeding of mosquitoes such as a tire dump site or standing water on a property and you would like to report it, you can do so by contacting your local municipality (if you reside within incorporated village limits) or the Logan County Department of Public Health.

The Logan County Department of Public Health is collecting dead birds until October 15<sup>th</sup> in an effort to track West Nile Virus activity. If you see a bird that has been dead less than 24 hours or appears to have died of natural causes, please contact the health department at 217-735-2317 to see if it qualifies for free testing.

We look forward to assisting you to promote a happy and healthy summer!

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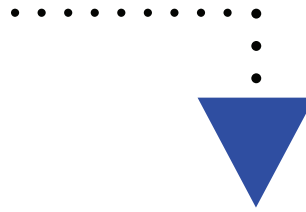
## Community Gardening



- Gardening is an enjoyable, rewarding experience
- Can be done and shared with persons of all ages
- Is environmentally friendly
- Is good exercise, and
- Is an economical alternative to provide healthy fruits and vegetables for your family

Interested in a community garden plot? Call Kathy Vinyard, administrative assistant, City of Lincoln at 217-732-6318.

# Vaccinate!



Vaccinating your child will protect him from a dozen or so potentially serious diseases.

But how likely is it that your child will actually get one of these diseases? Remember that vaccine-preventable diseases have been declining (thanks to vaccines), and that many of them are now at all-time lows. If the risk of disease is very low, isn't the benefit of vaccination also very low?

Good question. Statistically, the chance of *your* child getting a vaccine-preventable disease may be relatively low. You are making a wager. If you choose vaccination you are betting that your child could be exposed to disease, so you accept the tiny risk of a serious vaccine reaction to protect him if that happens.

If you choose *not* to vaccinate, you are betting that your child probably *won't* be exposed to disease, or if he is, his illness won't be serious, and you are willing to accept the small risk of serious illness to avoid the small possibility of a vaccine reaction.

In our opinion, vaccinating is by far the safer bet. Even though diseases have declined, they haven't disappeared. A recent study showed that children who had not gotten DTaP vaccine were *23 times* more likely to get whooping cough than children who had. Thirty-one children died from whooping cough in 2005. That might not be many, but the number wouldn't matter if your child were one of them.

Provided by: [www.cdc.gov](http://www.cdc.gov)

All Immunization services are provided by a walk-in basis.  
Hours: 7:30-4:00 pm  
Monday –Friday

Immunizations should be performed at:

- 2 Months
- 4 Months
- 6 Months
- 12 Months
- 15 Months
- 4-6 Years
- 14-16 Years