

Health Matters

VOLUME 9 ISSUE 2

SUMMER
JUNE
2007



Hepatitis C– A Growing Concern

There is a disease that 2 out of 3 people are unaware that they have. That disease is caused by a virus and is called hepatitis C. The general term “hepatitis” refers to an inflammation of the liver. There are four major types of hepatitis – A, B, C, and delta. Of the four, hepatitis C cases are becoming a growing concern locally.

The hepatitis C virus is spread primarily by exposure to human blood. About 80 percent of persons who share needles to inject drugs are infected with this virus. Many people infected with the virus have no symptoms. The most common early symptoms are mild fever, headache, muscle aches, fatigue, loss of appetite, nausea, vomiting and diarrhea. Jaundice (yellowing of the skin and / or whites of the eyes) is a later symptom. Regardless of whether an infected person has symptoms or not, that person can pass the infection to others.

A blood test can determine whether you have been exposed to the virus. The Illinois Department of Public Health recommends the following persons be routinely tested for hepatitis C:

- Persons who have ever (**even if only one time**) injected illegal drugs
- Persons who received blood products for treatment of bleeding problems prior to 1987
- Persons who were ever on chronic renal dialysis
- Persons who were notified they received a blood transfusion from a donor who later tested positive for hepatitis C
- Persons who received a blood transfusion before July 1992
- Persons who received an organ transplant before 1992
- Health care, emergency medical and public safety workers who received an accidental needle stick or had mucous membrane exposure to hepatitis C virus blood
- Children born to hepatitis C virus positive mothers
- Persons who ever received a tattoo from an unlicensed tattoo parlor

If you test positive, you be monitored closely by your doctor. There is no specific treatment for acute hepatitis C. Doctors would recommend avoidance of alcohol, bed rest, and a healthy diet. All this is in an effort to keep the liver as healthy as possible. Most cases with moderate to severe disease begin to feel better in 2 to 3 weeks and their symptoms are gone within 4-8 weeks.

People infected with the virus can become chronic carriers although they may have no symptoms. Around 70 percent of all hepatitis C carriers will develop chronic liver disease, regardless of whether they have symptoms.

Medications are available to treat some people with chronic hepatitis C. The drugs are effective in treating symptoms in 10% to 40% of patients. At this time there are no vaccines to prevent this disease and there is no cure. If you have further questions about this disease contact your health care provider or the Health Department, 217-735-2317.

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Help is Here

Are you a pregnant or parenting teen, or know one who needs to finish school? Teen Parent Services is here to help.

TPS helps those teens who qualify finish High School or earn a GED by helping with gas money, school supplies, fees, parenting education, goal setting, resource information for child-care, insurance, etc.

Contact a TPS nurse at Logan County Health Dept. at 217 735-2317 for more information.


Come One, Come All

Starting Monday, June 4th, FREE classes on nutrition will be taught by Dr. Freesmeier, DC at the Health Department twice a month! His discussions also include weight loss, weight management, and diabetes. Dr. Freesmeier is a Chiropractor, teaches Nutrition at Lincoln College, and great speaker...Don't miss it!

- 1st Monday night of each month @ 6:00 p.m.
- 1st Tuesday night of each month @ 9:30 a.m.

Mark Your Calendar

Osteoporosis Screenings:
By Appointment only \$5
8:30-11:30 a.m.

 Tuesday, June 26
Tuesday, July 31
Tuesday, August 28

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

FREE Nutrition Classes?
Everyone welcome?
AWESOME!

LCHD Will Protect You

How will the Logan County Health Department Protect its Citizens During a Public Health Emergency?

A public health emergency refers to any event, natural or man-made, that requires immediate public health intervention. Logan County is an agricultural and farming area and next to a major highway. A disease outbreak, bioterrorism attack, and natural disaster are public health emergencies that could happen in Logan County. In an emergency, where preventing the spread of disease from person to person requires an immediate medical plan, LCHD is prepared.

The LCHD, in coordination with its emergency partners, will activate its Emergency Preparedness and Response Plan. This plan will deliver medicine to ALL members of Logan County by setting up mass medication sites.



LCHD will announce when the medication site will open, where to find it, who should go to it, how to get there, what to expect, and what to bring. You will be able to get this important information from the LCHD (by phone or website) and media sources that include radio, newspapers, news websites, and community organizations.

What you should know:

- Medications or vaccinations will be FREE.
- Trained staff will be available to assist you at the site.
- The process will be simple.
- One person may pick up medications for a household.
- All sick persons will be directed to the hospital to seek medical attention.
- All persons who are well and/or have been exposed will receive medication at the site.

What you should bring:

- Photo identification (driver's license, military ID, company badge)
- Medical records, including previous immunizations, current medications, and allergies
- Current age and weight of children

What should you do now? Gather the information listed above and keep it in a safe but easy to get to place. The information is needed strictly for medical reasons. Anyone who needs medication will receive it free of charge, regardless of immigration and residency status.

To gain more knowledge, contact the LCHD or visit www.bt.cdc.gov. Take action today to prevent what might happen tomorrow. You must get your family ready now!

Food Safety and Barbeque

It's time to fire up the grills for another barbeque season. Following these food safety tips will help you safely enjoy the smell and taste of food on the grill.



- 1) From the Store: Immediately refrigerate or freeze meats when purchased from the butcher or grocery store.
- 2) Defrost: Meats should be thawed in the refrigerator, in the defrost mode of the microwave, or under cold, running water. Meats should never be thawed at room temperature.
- 3) Marinate: Meats marinating for an extended period of time should be done in the refrigerator and not at room temperature.
- 4) Cook: Make sure meats are thoroughly cooked to the proper temperatures by using a meat thermometer. Internal meat color is not an accurate measure of the level of cooking.
- 5) Avoid Cross-Contamination: Never use the same utensils or platters with cooked meat that was used with raw meat. Wash your hands after handling raw meats and before handling cooked meats and other ready-to-eat foods.
- 6) Leftovers: Refrigerate leftovers immediately after the meal. Reheat any leftover meats to 165°F.

Tender Loving Care

.... is what you get when you receive services from our home health staff and therapists.



Research has shown that people who recover in their own home get better faster and suffer less depression. Past patients remark: "Thank you for your great care, now I'm doing fine," you provided "excellent help to me in my time of need," and the nurse "helped us in every way she could – we miss having her come and we miss the secure feeling she gave us."

If you think you may need a nurse, a nursing assistant or a therapist to care for you for a short time in your home, call our home health department at 735-2317 and find out about our tender loving care.

To the Women of Logan County, Take Steps toward a longer, healthier life!

Every day there are so many activities that take your time and attention. All of these activities are important but so are you and your health. Even the simplest steps to improve your health can have significant results. Two simple steps are to have regular screening for breast and cervical cancer.

The Illinois Breast and Cervical Cancer Program at Logan County Health Department provides free mammograms and Pap tests to women in this area that are between the ages of 35 and 64, are uninsured, and meet income guidelines.

Call 1-800-269-4019 to see if you or someone you care about qualifies.

Funding is provided by a grant through the Illinois Department of Women's Health, Office of Women's Health.

Plan Ahead for Next School Year

Dental Exams

School is almost out and summertime is in the air!!! Even though the beginning of school seems a long way off, it will be here before we know it. Along with the beginning of school also comes time for school physicals and dental exams. Just a reminder that all children entering K, 2nd, and 6th grades are now required by law to have dental examinations and proof of that exam with the Illinois Dental Exam form.

Dental services are now being done on the H.O.P.E. mobile unit. We can provide exams, cleanings, digital x-rays, sealants, and fluoride treatments. Exams at this time are being done in Lincoln and the follow up treatment can be done at the different locations around Logan County. The mobile schedule can be viewed on our website (www.healthycommunitiespartnership.org) or by calling the Health Department. Our services cover children 1 - 20 years old who are covered by Medicaid or All Kids. We also will see uninsured patients on a sliding fee scale.

Please call the Logan County Health Department for appointments at 217-735-2317.

Remember, a healthy mouth has a lifetime of benefits.



School and Athletic Physicals

School and athletic physicals will be offered on the HOPE Mobile starting June 1. School physicals are required for students entering K, 5th, and 9th grade. Athletic physicals are required each year that a child participates in sports. The fee for both school and athletics physicals is \$40 made payable to Family Medical Center or current Medicaid card.

You MUST BRING immunization records with you for K, 5th & 9th grade physicals. You may obtain completed immunization records from the Logan County Health Department for \$1.00. Immunization fee is \$9 per immunization made payable to Logan County Health Department or current Medicaid card.

The HOPE Mobile will be at Latham Park on Monday, July 30; Wednesday, August 1; Thursday, August 2; and Friday August 3. We will also be available at any of our other regular locations and times except July 16-27, 2007.

School/athletic physicals may be given at anytime between June 1, 2007 and the start of the 2007/2008 school year. Appointments ARE NEEDED and can be made by calling 217-732-9681.



No Shame, No Blame, No Names.

Give your baby a chance. For more information, call 312-440-0229 or 888-510 BABY (2229). Or, online at www.saveabandonedbabies.org

Illinois provides a safe and legal option for parents who wish to give up their parental rights. Parents can leave their infant, up to 7 day old, with personnel at any designated safe haven (hospitals, fire stations, police stations). There will be no questions asked as long as there are no signs of abuse.

Tobacco Corner

Online Tax Bill Due for Smokers

The Illinois Department of Revenue is beginning to follow suit behind other states who are now looking into smokers who purchase cigarettes online. Taxes on cigarettes differ depending on the state where the sale takes place. Smokers who try to avoid higher taxes by purchasing cigarettes online are now receiving tax bills. It is the purchasers responsibility to pay taxes on internet purchases in a timely manner.

A 1949 federal law called the Jenkins Act makes it easy for the government to find people who don't pay cigarette taxes. The Jenkins Act requires vendors that ship cigarettes to another state to provide customers' names and addresses to taxing agencies in the receiving state, which then can levy taxes.

The Illinois Department of Public Health and the Logan County Health Department are NOT involved in this process. Any questions should be directed to the Illinois Department of Revenue at 1-800-732-8866 or 1-217-782-3336 or TDD 1-800-544-5304. Their website is www.ILtax.com.



Smoke Free Illinois

Senate Bill 500, the Smoke Free Illinois Act, is poised to be signed by Governor Blagojevich. The Smoke-Free Illinois Act puts public health first by prohibiting smoking in all workplaces, including restaurants and bars. Deaths from exposure to secondhand smoke are now estimated at 2,900 per year in Illinois - that is 8 people every day. Working eight hours in a smoky environment is the same as smoking 16 cigarettes.

Illinois' smoke-free legislation is among the strongest and most comprehensive in the country. When signed, the new law will:

- Take effect statewide on January 1, 2008.
- Prohibit smoking within 15 feet of all workplaces, including bars and restaurants.
- Allow only a few exceptions: some hotel rooms and tobacco shops.
- Allow municipalities to pass stronger smoke-free requirements, but no less than what the state law requires.

Visit ilga.gov and enter SB500 to find out more information about the Smoke Free Illinois Act.

**We're on the Web!
Check us out at...**

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.

*“Assuring the
Health and Safety
of Logan County Residents”*

**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

Contributing Editors:

Marcia Dowling, R.N., B.S.N.

Nancy Kuchar, M.P.H.

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.

H.O.P.E. Mobile June 2007

				1 Latham 9-11:30 Broadwell 1-3:30
4 Hartsburg 9-11:30 Emden 1-3:30	5 Chestnut 9-11:30 Mt. Pulaski 1-3:30	6 New Holland 9-11:30 Middletown 1-3:30	7 Elkhart 9-11:30 Atlanta 1-3:30	8 DENTAL DAY Latham Park in Lincoln 9 am to 12:30 pm 1:30 pm to 3:30 pm
11 Lincoln Park District 9-3:30 (Closed over noon)	12 Chestnut 9-11:30 Mt. Pulaski 1-3:30	13 New Holland 9-11:30 Middletown 1-3:30	14 Elkhart 9-11:30 Atlanta 1-3:30	15 Latham 9-11:30 Broadwell 1-3:30
18 Hartsburg 9-11:30 Emden 1-3:30	19 Chestnut 9-11:30 Mt. Pulaski 1-3:30	20 New Holland 9-11:30 Middletown 1-3:30	21 Elkhart 9-11:30 Atlanta 1-3:30	22 **CLOSED** Maintenance Day
25 Lincoln Park District 9-3:30 (Closed over noon)	26 Chestnut 9-11:30 Mt. Pulaski 1-3:30	27 New Holland 9-11:30 Middletown 1-3:30	28 Elkhart 9-11:30 Atlanta 1-3:30	29 DENTAL -PM Latham Park in Lincoln 9 am to 12:30 pm 1:30 pm to 3:30 pm

Clinic Schedule

Services Available: *Immunizations, Blood Pressure, Pregnancy Tests, TB Skin Testing, Injections, Hemoglobin, Glucose Screenings, Foot Care, Blood Lead Screenings, and Medication Set-Up.*

These services are available on a walk-in basis Monday through Friday from 7:30 a.m. to 4:30 p.m.

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