

Health Matters

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This is Public Health



By: Mark Hilliard, MPH, CHES, Administrator

The “This is public health” campaign educates residents of our community about the important role public health plays in protecting their lives and well being. From ‘No Smoking’ signs to immunization clinics, from clean water to diet and exercise, public health is all around us—protecting our health by safeguarding the places where we live, work, and play.

Public health is your health.

Public Health improves the conditions and behaviors that affect the health of each and every one of us. Public health battles against deadly contagious diseases and promotes healthier lifestyles. Public health seeks to reduce incidences of preventable diseases, minimize the consequences of catastrophic events, and provide the basics of sanitation, safe food, and water.

You are only as healthy as the world you live in.

Your health is determined not only by your own genetics and personal choices, but also by the environment around you. Public health investigates the ecology of health—from social networks and economic

circumstances to our environment—and then minimizes health risks.

The globalization of health links us all.

The movement of food and people across borders permits illnesses to move rapidly from a remote village to far-away cities. Poor sanitation and a lack of health resources encourage new diseases, and can ultimately affect the health of Americans.

Public health is moral and smart.

Public health efforts allow us to save lives—your life, the lives of your family and friends, and the lives of people around the world. If we can save lives, we should. We’ll not only make people healthier, but we’ll also address soaring health-care costs by preventing unnecessary death and disease.

We celebrate National Public Health Week April 5-11, 2010.

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Improvements to the Illinois Abandoned Newborn Protection Act

By: Jennifer Onken, RN, BSN

The Abandoned Newborn Protection Act was signed into law on August 17, 2001. This act allows a parent to legally hand over his or her unharmed newborn baby to a “safe haven” while remaining anonymous and avoid civil or criminal liability. The latest change to the act took effect on January 1st, 2010. This change increased the time that a newborn can be turned over to a “safe haven” from 7 days to 30 days. Safe Havens include: Staffed fire stations, staffed police stations, hospitals and emergency care facilities. These facilities are required to post a “Safe Haven” sign.

All 50 states now have a Safe Haven law. Each year, babies are found abandoned in dumpsters and other unsafe places. Unfortunately, babies are still being found unsafely abandoned. In 2008, Illinois recorded 10 safe relinquishments and 5 unsafe abandonments, 3 of which were dead.

Further information can also be found at www.saveabandonedbabies.org or call 1-888-510-

BABY (2229). The most important thing we can do as a community is spread the word. Tell your friends and family. You never know who this might help in the future or how many lives might be saved.



Osteoporosis Screening

By appointment only. \$5
April 27 8:30-11:30 a.m.

Nutrition class

By Dr. Dan Freesmeier
First Monday of each month
6:00 p.m.

Free Car Seat Checks

Every Monday by appointment.
Discounted seats available to qualified clients through IDOT grant.

Be Prepared, Before an Earthquake Strikes!

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



On January 12, 2010, a 7.0 magnitude earthquake struck Haiti affecting approximately 3 million people. Although Logan County is not the place we think of when we think of earthquakes, it is possible and has happened. On April 18, 2008, many Logan County residents felt the earth shake as a small scale earthquake happened in the early morning hours.

The probability of an earthquake occurring with a 6.0 magnitude or greater in the New Madrid seismic zone of the central United States is significant in the future, with a 90% chance by 2040 according to scientists. An earthquake of this magnitude could result in great loss of life and extensive damage to property.

The first step to take to assure your family will be prepared in any emergency is to prepare an emergency supply kit. Utilize this checklist to make sure your family has everything they will need in their emergency supply kit.



- 1 gallon of water per person, per day for at least 3 days
- Flashlight and extra batteries
- At least a 3 day supply of non-perishable food
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Battery powered or hand crank radio and a NOAA
- Weather radio with tone alert (extra batteries for both)
- First aid kit
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener if kits contain canned food
- Local area maps
- Specialty items for those with disabilities, infants or pets



Source: St. Louis University



FREE ADMISSION

Sponsored by LINCOLN PARK DISTRICT and LOGAN COUNTY DEPARTMENT OF PUBLIC HEALTH

FEATURING:

- Health Screenings
- Health and Safety Information







Community Health Fair
Saturday, March 27th
9:00 am-2:00 pm
 Lincoln Park District
 Indoor SportsCenter

FEATURING:

- Entertainment
- Free giveaways
- Door prizes



Recycling is returning to the Community Health Fair!

- | | | | |
|--|--------------------|-------------------------------|---|
|  Medications | CFL lightbulbs | Eyeglasses |  |
|  Confidential paper shredding | Printer cartridges | Used car batteries |  |
|  Gently used shoes | Poptabs | Rechargeable batteries |  |
|  Cellphones | Container glass | Used and new children's books |  |

Watch the media for more items to recycle!



Is a Silent Killer Lurking in Your Home?



By: Don Cavi, Director of Environmental Health

While in the comfort of your home, you can't see it, smell it, or taste it, but it may be lurking. The killer is the second leading cause of lung cancer in the United States today and you may be breathing it. Only smoking causes more lung cancer deaths. What is this silent killer? It's **Radon**.

Radon is a radioactive gas that comes from the natural breakdown of uranium located in soil, rock and water below the ground. Radon can seep into a home through cracks and gaps in the foundation, slab, sump pit, crawlspace, and any home can be at risk, including homes without basements. When you inhale radon gas, radioactive particles get in the lungs and break down. This can cause tissue damage which can lead to cancer.

How do you know if this silent killer is attacking? A simple do-it-yourself radon test is all it takes. A kit can be purchased at your local hardware or home improvement store at a relatively low cost. If radon is detected at or above the EPA action level (4.0 picocuries per liter of air or greater), it is recommended action be taken. Despite the action level, no level of radon in a home should truly be considered safe. If you determine and confirm your home has a level of radon that is unsafe, you can fix the problem by calling a qualified radon contractor who can install a radon reduction system.

Studies have shown that Logan County has a high potential for homes to test above the US EPA action level so the Logan County Department of Public Health would like to remind you to have your home tested for radon. Radon levels may vary greatly from home to home, so if your neighbor's house tests low for radon, this does not mean your home will be free of harmful radon levels. The only way to be sure your home is safe is to have it tested.

By taking some simple steps, you can identify and prevent the silent killer radon from stalking through your home. If you have questions or would like information regarding radon, you can contact the Logan County Department of Public Health at 217-735-2317. Remember to play it safe!

Source: US Environmental Protection Agency (EPA)

It's That Time Again!



By: Don Cavi, Director of Environmental Health

The Logan County Department of Public Health would like to remind you that with the warmer weather approaching, mosquitoes which are capable of carrying disease such as West Nile Virus will soon be 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.
- To report public tire dump sites, areas of standing water in roadside ditches, flooded yards or similar areas which may produce mosquitoes, you can contact your local municipality or the Logan County Department of Public Health.

The Logan County Department of Public Health plans to continue collecting dead birds this summer in an effort to track West Nile Virus activity. Starting May 15th, if you see a bird that has been dead less than 24 hours or appears to have died of natural causes, please contact the 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!



Safe Summer Travel Abroad

By: Mary Anderson, RN, BSN

Are you planning a trip outside the United States in the future? If so, you may want to contact the Health Department for a travel consultation. Information is obtained from the traveler and then forwarded to the State Health Department where a travel consultation is obtained.

Included in the document is information about climate in the country, prevalent diseases, required and recommended vaccinations, areas of crime, safety precautions, location of the Embassy and how it can be reached via telephone. You

will also be made aware of what vaccinations are provided locally and where you need to go to get those not provided. Simply phone the Health Department at 217-735-2317 and ask to speak to a Public Health Nurse. She will ask your name, address, phone number, countries you plan to visit, date of departure, and duration of stay. Within a week you will receive the information.

Don't wait until the last minute to plan your trip because some vaccinations need to be ordered in advance.





**RECOMMENDED IMMUNIZATION SCHEDULE
FOR INFANTS AND CHILDREN**

**We're on the Web!
Check us out at...**
www.lcdph.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 Department
of Public Health**

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Courtesy of Maternal Child Health/
Family Case Management Program

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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, HIB
12 Months	MMR, Varicella, Pneumococcal 7
15 Months	DTaP, HIB
4-6 years old	****Kinrix, MMR, Varicella**
9-26 years old	***Gardasil (3 dose schedule)
11 years of age and older	Meningitis (Menactra)
14-16 years (Td every 10 years after)	Tdap

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

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

***Offered at LCDPH from 9-20 years old.

****Kinrix is a combination of DTaP and IPV.

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