

# Health Matters

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## What's in Your Medicine Cabinet?

By: Camille Springer, Chestnut Health Systems

### Could you be your own child's drug dealer and not even know it?

You have heard all about the dangers of illegal drugs and would not think of allowing your child to use cocaine or meth. However there is a dangerous trend that is growing among youth and that is abusing legal products, such as cough medicine, to get high. The 2008 Illinois Youth Survey showed that in Logan County, 18% of 8<sup>th</sup> graders reported that they had used over the counter drugs, such as cough syrup, at least one or more times in the past 12 months for non-medical use.



#### -What is cough medicine abuse?

Cough medicine abuse is taking extremely large doses of cough medicine to experience a 'high'. The high comes from an ingredient called dextromethorphan (DXM). DXM itself is not a harmful ingredient when taken properly, but when it is used in large doses to get high, there are a number of dangerous side effects, including possible death that can occur.

#### What cough medicines contain DXM?

There are well over 100 over the counter medicines that contain DXM. Examples include Triaminic cough products, Theraflu Cough products, Tylenol Cough and Tylenol Cold products, Dimetapp DM, Alka-Seltzer Plus Cold & Cough Medicine, and certain Vicks Dayquil and Nyquil Liquicaps. There are also a number of store brands that contain DXM as well.

#### -What are some possible side effects?

Side effects depend on how much DXM is consumed. Common effects can include confusion, dizziness, blurred vision, slurred speech, nausea and vomiting, loss of coordination, and disorientation. If high levels of DXM are combined with other medications, alcohol, or illegal drugs the results can be disastrous.

Generally, changes in a person that are sudden or extreme may be a cause for concern. Signs to look for in someone that could be using drugs are:

- change in friends
- change in eating or sleeping patterns
- changed in physical appearance and hygiene
- declining grades
- loss of interest in hobbies or favorite activities
- unexplained disappearance of household money
- empty drug or medicine containers
- unusual chemical or medicinal smells on the person or in his or her room

#### -What can parents do?

-Educate yourself and be able to talk credibly about the dangers of drugs. Kids know when they are being lied to, so know the facts.

-Communicate with your child and be clear that you do not want him or her taking medication without your knowledge. Let them know of the possible danger in doing so.

-Pay attention to what medicines are in your home and the quantity.

-Keep medications out of reach and not easily accessible to your child.

-Monitor your child and what is going on in his or her life. Regardless of whether you suspect your child might be using drugs/alcohol or not, studies show that kids who learn about the risks of drugs at home are 50% less likely to try drugs.

If you would like to learn more about the various drugs that a child can abuse and their risks, visit the Partnership for a Drug-free America at [www.drugfree.org](http://www.drugfree.org).

## Get Your Dental Exam Now!

By: Mary Southerlan, Dental Hygienist



Summer months have gone by quickly and school is starting.

Parents—Don't delay thinking about your children's school physicals, and yes, dental exams. Dental exams are now a requirement for entering school.

Children who will be entering Kindergarten, second and sixth grades are now required by law to have a dental examination with proof of examination handed into the school.

Don't wait until the last minute to fill this important part of your child's back-to-school routine.

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## Mark Your Calendars

Osteoporosis Screenings  
By appointment only. \$5  
8:30-11:30 am



September 29  
November 24

Nutrition class by  
Dr. Dan Freesmeier  
First Monday of each month  
at 6:00 pm

Free Car Seat Checks  
Every Monday by  
appointment.

Discounted seats available to  
qualified clients through  
IDOT grant.



# Boost Your Immune System; Avoid the Flu!

By: Shana Bean, Emergency Preparedness Coordinator

This year's flu season is unpredictable. Not only are we trying to avoid seasonal influenza, we are also trying to avoid the novel H1N1 influenza virus. Seasonal influenza alone kills approximately 36,000 people every year. In June, the World Health Organization raised the Pandemic Alert level to a phase 6; the world is now in the midst of the 2009 Influenza Pandemic. Boosting your immune system is one way to help defend yourself against influenza. To boost your immune system, take some time and consider some of the following tips.

1. **Get plenty of sleep:** The amount of sleep required to keep your immune system working at optimal levels varies from person to person. Simply by making sure that you get enough sleep, you can ensure that your body is refreshed and rejuvenated.
2. **Exercise regularly:** Exercise makes our body stronger, increases circulation of blood and nutrients and helps flush the body of toxins. Exercise also helps with endorphin production; endorphins help increase your feeling of well-being which in turn helps strengthen the immune system by reducing stress levels.
3. **Water yourself:** Drinking plenty of water helps flush the body of toxins and keeps you well hydrated.
4. **Take your supplements:** There are several natural supplements that are effective at boosting the immune system, these are particularly effective during the winter period when we are more susceptible to catching colds. The most popular natural remedies include: Vitamin C, Echinacea, Garlic and Zinc. All of these have been found to reduce the duration of the common cold.
5. **Stock up on fruits and veggies:** Fruits and vegetables offer some of the highest amounts of essential nutrients that are needed to keep our immune system running at its best. They are high in vitamins, minerals and also contain essential antioxidants which work to protect your cells from damage which can lead to disease and infections.



## Lots of Rain Brings **MOL**

By: Matt Ringenberg, Director of Environmental Health



Mold has been linked to triggering allergies and asthma attacks, and may cause children who do not have allergies or asthma to develop these conditions. Mold testing can be performed but is costly and not usually recommended because there are currently no guidelines to determine mold levels that may make people ill. Therefore, all molds should be considered harmful and handled with extreme care.

Excess moisture can cause mold growth and mold can grow in or on almost anything in your home, including paper, carpet, wood, drywall, insulation, mattresses, and shower curtains. Mold can also grow in improperly maintained air conditioners, humidifiers, and dehumidifiers. Common sources of moisture in the home are floods, leaky roofs, humidifiers, plumbing leaks, improperly vented clothes dryers, and poor rainwater drainage.

The first step in cleaning mold is to eliminate the source of moisture. Once the moisture source is eliminated, non-porous surfaces can be cleaned and disinfected by:

- (1) scrubbing with a stiff brush and non-ammonia soap or detergent;
- (2) rinsing clean with water;
- (3) disinfecting with a solution of ½ cup bleach per one gallon of water;
- (4) allowing surface to air dry.



**Never mix ammonia with bleach as the fumes are toxic.**

Special precautions should be taken when cleaning mold. Never allow children or people with a chronic illness, such as asthma or emphysema, in the area while cleaning is being performed. When possible, clean in a well-ventilated area and take frequent breaks in fresh air. Always wear HEPA filter respirators and proper protective clothing when cleaning mold and mildew.

Source: Illinois Department of Public Health





- **Assisting with bath/shower, dressing/undressing**
- **Companionship, respite, and sitter services**
- **Skin, nail and hair care**
- **Assisting with walking and light exercising**
- **Assisting with correspondence**
- **Special requests/needs will be addressed**
- \* **2 hour minimum**
- \* **\$20/hour**




Phone: 217-735-2317  
 Fax: 217-732-6943  
 Email: info@lcdph.org

## Logan County's New Track(ing) Star!

By: Matt Ringenberg, Director of Environmental Health

A public Internet mapping site has recently provided public access to the Logan County Geographic Information System (GIS). A geographic information system is a digital map comprised of limitless layers that can be overlaid on top of one another to create a customized map of an area. LCDPH sees use of GIS for tracking environmental hazards, responding to public health emergencies, investigating disease clusters, and many other ways that will improve the ability of the department to protect and promote public health.

In order to learn more about the Logan County Geographic Information System, and to view the mapping layers that have been developed, visit [www.co.logan.il.us/gis](http://www.co.logan.il.us/gis).

## YOU ARE A VALUABLE COMMUNITY RESOURCE AND WE NEED YOUR HELP!



### HELP WANTED

Seeking Logan County citizens to help make Logan County ready

### DESCRIPTION OF DUTIES

- Become trained and ready to respond
- Serve community in time of need
- Participate as your schedule allows
- Be helpful in event of emergency

### GOAL OF MEDICAL RESERVE CORPS

- Recruit, train, and assemble available volunteers
- Supplement existing emergency services
- Provide relief for overworked workers in emergency situation
- Offer support for other activities as needed


### QUALIFICATIONS

- Must be at least 18 years old
- Must be a Logan County resident



### MORE INFORMATION

- Contact Shana Bean, Emergency Response Coordinator at the Logan County Department of Public Health
  - Call (217) 735-2317 or
  - Email [sbean@lcdph.org](mailto:sbean@lcdph.org)
- Visit [www.lcdph.org/mrc.html](http://www.lcdph.org/mrc.html)



### Home Care of Central Illinois

**We Are Dedicated to Providing Quality Home Health Care.**

A division of the Logan County Department of Public Health

Ask your physician for information or call the Home Care of Central Illinois at the Logan County Department of Public Health.

217-735-2317 Ext. 231  
[www.homecareillinois.org](http://www.homecareillinois.org)





**RECOMMENDED IMMUNIZATION SCHEDULE  
FOR INFANTS AND CHILDREN**

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

Recommended Age	Vaccine
<b>Birth</b>	Hep B
<b>2 Months</b>	*Pediatrix, HIB, Pneumococcal 7, Rotavirus
<b>4 Months</b>	*Pediatrix, HIB, Pneumococcal 7, Rotavirus
<b>6 Months</b>	*Pediatrix, Pneumococcal 7, HIB
<b>12 Months</b>	MMR, Varicella, Pneumococcal 7
<b>15 Months</b>	DTaP, HIB***
<b>4-6 years old</b>	****Kinrix, MMR, Varicella**
<b>9-26 years old</b>	Gardasil (3 dose schedule) ****
<b>14-16 years (Td every 10 years after)</b>	Tdap



**Public Health**  
Prevent · Promote · Protect

**Logan County Department  
of Public Health**

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Courtesy of Maternal Child Health/  
Family Case Management Program

This institution is an equal opportunity provider.  
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Illinois Department of Human Services.

- \*Pediatrix is a combination of DTaP, IPV and Hep B vaccines.
- \*\*Not needed if the child has already had the chickenpox disease.
- \*\*\*Shortage of vaccine- deferred at this time.
- \*\*\*\*Offered at LCDPH from 9-18 years old.
- \*\*\*\*\*Kinrix is a combination of DTaP and IPV.

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