

Health Matters

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WINTER
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2008



Flu Myth Busters

By: Shana M. Bean, Emergency Response Coordinator

Get Your Flu Vaccine, It's Not Too Late!

Myth #1: If you haven't gotten the flu vaccine by December, there is no point getting vaccinated.

FACT: The best time to get the flu vaccine is October or November, but getting the vaccine in December or later into the flu season will still protect you from the flu. The flu usually will peak in February and it only takes about two weeks for your body to create protective antibodies after receiving the vaccine.

Myth#2: The flu shot can cause the flu.

FACT: The flu vaccine is made with inactivated organisms so it can not give you the flu. The flu season coincides with a time of year when other colds and respiratory illnesses are in the air. Many people will get the flu shot and then get sick with an unrelated illness and then they blame the flu vaccine. There is no possible way that the flu vaccine can give you the flu.

Myth #3: The flu vaccine is only for the elderly.

FACT: The vaccine is available for anyone who wants to decrease their chances of getting the flu. The vaccine is recommended for children aged 6 months up to their 19th birthday, pregnant women,

people 50 years of age and older, people of any age with certain chronic medical conditions, people who live in nursing homes and other long-term care facilities and people who live with or care for those at high risk for complications from flu.

Myth #4: The side effects from the flu shot are worse than the flu.

FACT: The side effects from the flu shot are mild. The worst side effect from the shot is a sore arm. Other side effects can include aches and a low grade fever.

Myth #5: The flu is not a serious disease.

FACT: We tend to underestimate the seriousness of the flu. The flu is a serious disease of the nose, throat and lungs, and it can lead to pneumonia. Every year about 200,000 people in the United States are hospitalized and about 36,000 people die because of the flu.

Flu shots are available at Logan County Department of Public Health Monday through Friday 7:30 am-4:00 pm. They are also available on the H.O.P.E. Mobile (schedule on page 4).

Source: Centers for Disease Control and Prevention

Check Your Child's Car Seat!

According to National Highway Traffic Safety Administration, about 350 children age 4-7 die in traffic crashes each year in the U.S. and about 50,000 are injured. Half of those who die are not in any type of restraint. Many childhood injuries and deaths can be avoided with the correct use of child safety seats. The Logan County Department of Public Health (LCDPH) has recently been awarded 2 grants from the Illinois Department of Public Health to provide reduced price car seats to parents

of children in Head Start and the Women, Infant, and Children program at LCDPH.

The Logan County Department of Public Health will also continue to check car seats, by appointment, for any parent who wants to make sure their child is fully protected. National data shows that 4 out of 5 parents/caregivers are installing their car seats incorrectly. Come in and get it checked out; it only takes about 15 minutes and it's free!

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Mark Your Calendar

Osteoporosis Screenings:

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



Tuesday, March 25
Tuesday, April 29
Tuesday, May 27

Call the Logan County Department of Public Health for more information at 217-735-2317.

Our name has changed!
We are now the
Logan County Department of Public Health.



Choose Safe Toys!

By: Kim Escobedo, Safe Kids Coordinator



Christmas season is a season for toys. But safety should be our utmost concern when purchasing toys.

Choose safe toys.

- Ensure that children play with age-appropriate toys, as indicated by safety labels. Consider the child’s interests and skill level, and look for quality design and construction.
- Consider purchasing a small parts tester to determine whether or not small toys and objects in your home may present a choking hazard to young children.

Inspect all toys regularly for potential hazards.

- Check regularly for damage that could create small pieces that are choking hazards. Make any necessary repairs immediately, or discard damaged toys out of children’s reach.

Watch for toys that can become hazards.

- Young children should never play with toys with strings, straps or cords longer than 7 inches, which can accidentally strangle them.
- Electrical toys are a potential burn hazard. Children under age 8 should not use toys with electrical plugs or batteries.



- Don’t let children under 8 blow up balloons. Use Mylar balloons instead of latex balloons. If you must use latex balloons, store them out of reach of children and deflate and discard balloons and balloon pieces after use.

Ensure that toys are used in a safe environment.

- Riding toys should not be used near stairs, traffic or swimming pools. Riding toy-related deaths can occur when a child falls from a toy or rides a toy into a body of water.
- Always supervise children at play. Play is even more valuable when adults become involved and interact with children rather than supervising from a distance.

Make sure toys are stored safely.

- Teach children to put toys away after playing. Ensure that toys intended for younger children are stored separately from those for older children.
- Make sure toy chests have no lids or have safety hinges.



Check the Web site of the U.S. Consumer Product Safety Commission (www.cpsc.gov) regularly to obtain information on recent toy recalls.

- Return warranty and product registration forms for new purchases to the manufacturers to ensure that you will be notified of any recalls.

Source: Safe Kids Worldwide



Reduce Your Risk

By: Teresa Schrader, RN, BSN, ACLS

Diabetes is a serious problem in the United States and is growing fast! People with diabetes either don’t have enough insulin or their body doesn’t properly use the insulin it has. When the insulin doesn’t work right, glucose can build up in the blood and cause serious complications such as heart disease, stroke, eye problems, kidney disease, and nerve damage.

The good news is that there are simple things you can do to reduce your risk of type 2 diabetes. The number one cause of type 2 diabetes is being overweight. Too much body fat interferes with the body’s ability to use insulin. Losing as little as five to ten percent of your body weight will reduce your blood sugar. Suggestions to lose weight include:

- Eat 3 small meals and 2 snacks each day.
- Eat smaller portions at each meal.
- Make your food choices healthy. Eating lots of fresh fruits and vegetables as well as whole grains and lean meat helps.

- Limit fats, sweets and junk food.
- Becoming physically active will make losing weight easier as well as helping your body use it’s insulin more effectively. Exercise at least 30 minutes a day five days a week. Choose something you enjoy such as swimming, biking, walking or dancing.
- Vary your activity and find a friend to join you.
- If you have questions about diabetes or need help with diabetes, weight loss or exercise, please contact the Logan County Department of Public Health.



FREE Nutrition Class the First Monday of Each Month @ 6:00 PM

FREE Exercise Class Every Tuesday afternoon at 4:30 PM

Diabetic Support Group the Last Tuesday of the Month @ 4:00 PM

Cervical Cancer

By: Deb Hoover, RN, IBCCP Coordinator



The month of January places our focus on Cervical Cancer Awareness which reminds us that Cervical Cancer can not only be detected early but in most cases it can be prevented. Since most cervical cancers start with pre-cancerous changes there are two ways to stop this cancer from developing.

The first way is to know the risk factors that affect your chance of developing Cervical Cancer. Having one or more risk factors does not mean that you will get cancer but knowing your risk factors helps you to focus on the things you can change or avoid. Risk factors include:

- Human Papilloma Virus (HPV) Infection

This is the most important risk factor for Cervical Cancer. There are many types of this virus but only a few progress to Cervical Cancer. These are called "High Risk" types. Many women become infected with the HPV virus which is a sexually transmitted virus, but for most women the body's immune system fights it off and the infection clears. However, in some women the infection does not go away and it goes on to form precancerous lesions of the cervix. There is no cure for the HPV infection but women can avoid exposure to HPV by avoiding high risk sexual behavior. The vaccine Gardasil has been approved by the FDA to protect against the types of HPV which are the most frequently associated with Cervical Cancer. At this time other vaccines against HPV are also being developed and tested.

The vaccine Gardasil is a series of three injections over a six month period. The Federal Advisory Committee on Immunization Practices (ACIP) recommends the vaccine be given to females ages 11-12 but it can be given as early as 9 years of age. They also recommend the vaccine to women ages 13-26 who have not been vaccinated.

Are there Bats in the Belfry?

By: Matt Ringenberg, MPH, LEHP

Bats found in Illinois are beneficial due to their diet, eating crop pests and mosquitoes, among many other insects. In fact, a single bat may eat 3,000 or more of these pests each night that insects are active! However, there are some health risks associated with bats, including rabies and histoplasmosis. For this reason, contact with bats should always be avoided and homes should be inspected annually for signs of existing or potential bat roosting areas.

Exclusion remains the best way to prevent and control bats in a structure. Bats can be excluded by sealing exterior openings larger than ½-inch, using caulk, expandable foam, plywood, mortar, metal flashing, steel wool or ¼-inch mesh screen or netting. Make sure doors, windows and vents have screens and are securely framed, chimneys are capped, and gaps around utility lines are plugged.



Although not all women with a HPV infection go on to develop cancer, there are other risk factors that can assist in the progression to cancer:

- Smoking: Women who smoke are 2X as likely to get Cervical Cancer. Tobacco by-products have been found in the cervical mucous of those who smoke.
- Diet: Women with diets low in fruits and vegetables may be at increased risk for Cervical Cancer.
- Damaged Immune System: Anything that damages a women's immune system makes her more at risk for HPV infection. If the immune system is damaged a Cervical Pre-cancer might develop into an invasive cancer more quickly than it normally would.
- Chlamydia Infection: Some studies have shown a higher risk of Cervical Cancer associated with this infection.
- Family History: Some research suggests that chances of disease are 2-3X higher if a woman's mother or sister had Cervical Cancer.

The second way to prevent Cervical Cancer is to find and treat pre-cancers in time to prevent them from turning into invasive cancer. This is done through regular pap tests. Most invasive cervical cancers are found in women who have not had a regular pap test.

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 217-735-2317 or 1-800-269-4019.

Source: American Cancer Society Detailed Guide: Cervical Cancer

Funding provided by Illinois Department of Public Health



Most bats leave their roosting places in September and early October to migrate south where they will over-winter. Therefore, bat entry points in structures are best sealed during the months of September through April, **when no bats are present**. Proper exclusion at this time will prevent bats from entering the structure in spring.

Source: Illinois Department of Public Health

Wanted: Food Safety Committee Volunteers

Are you concerned about food safety or interested in learning more about how food safety affects you? The Logan County Department of Public Health is seeking individuals interested in serving on a food safety committee in hopes to increase awareness of food safety in the community. If you are interested or wish to find out more about this opportunity, please contact Matt Ringenberg at 217-735-2317.

H.O.P.E. Mobile December 2008

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 am.

Logan Court High-Rise

- 2nd Wednesday: 10:30-11:30 am.

Friendship Manor/Odd Fellows

- 2nd Friday: 10:00-11:00 am.

1 No NP Hartsburg 9am-11:30am Emden 1pm-3:30pm	2 Chestnut 9am-11:30am Mt. Pulaski 1pm-3:30pm	3 New Holland 9am-11:30pm Atlanta 1pm-3:30pm	4 Elkhart 9am-11:30am Middletown 1pm-3:30pm	5 No NP Latham 9am-11:30am Broadwell 1pm-3:30pm
8 Dental Only Lincoln-Kickapoo St. 9am-12:00pm 1pm-3:30pm	9 Chestnut 9am-11:30am Mt. Pulaski 1pm-3:30pm	10 New Holland 9am-11:30am Atlanta 1pm-3:30pm	11 Dental Only Lincoln-Kickapoo St. 9:00am-12:00 pm 1:00pm-3:30pm	12 Dental Only Lincoln-Kickapoo St. 9am-12:00pm 1pm-3:30pm
15 No NP Hartsburg 9am-11:30am Emden 1pm-3:30pm	16 Mt. Pulaski Grade School 8am-3:00pm	17 New Holland 9am-11:30am Atlanta 1pm-3:30pm	18 Elkhart 9am-11:30am Middletown 1pm-3:30pm	19 No NP Latham 9am-11:30am Lincoln-Kickapoo St. 1pm-3:30pm
22 Dental Only Lincoln-Kickapoo St. 9am-12:00pm 1pm-3:30pm	23 Chestnut 9am-11:30am Mt. Pulaski 1pm-3:30pm	24 Christmas Eve **CLOSED**	25 Christmas Day **CLOSED**	26 Winter Break **CLOSED**
29 Maintenance Day **CLOSED**	30 Chestnut 9am-11:30am Mt. Pulaski 1pm-3:30pm	31 New Holland 9am-11:30am Atlanta 1pm-3:30pm		

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 am to 4:30 pm.



Public Health
 Prevent · Promote · Protect

Logan County Department of Public Health

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