

# Health Matters

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## Child Abuse Prevention Month

Each April, people across the country join forces to raise awareness of the terrible tragedy of child abuse and to promote specific ways we can all help to prevent these occurrences in our communities. Nearly 107,000 children were reported abused last year in Illinois. More must be done to protect children and strengthen families. Prevention is the only sure cure for child abuse.

Child abuse is the mistreatment of a child under the age of 18 by a parent, caretaker, someone living in their home or someone who works with or around children. The mistreatment must cause injury or must put the child at risk of physical injury. Child abuse can be physical (such as burns or broken bones), sexual (such as fondling or incest) or emotional. Neglect happens when a parent or responsible caretaker fails to provide adequate supervision, food, clothing, shelter or other basics for a child.

The child abuse hotline is to be called whenever you believe a person who is caring for the child, who lives with the child, or who works with or around children has caused injury or harm or put the child at risk of physical injury as defined in the Abused and Neglected Child Reporting Act. Some examples

include:

- If you see someone hitting a child with an object.
- If you see marks on a child's body that do not appear to have been caused by accident.
- If a child tells you that he or she has been harmed by someone.
- If a child appears to be undernourished, is dressed inappropriately for the weather, or is young and has been left alone.

These are a few situations when you should call the hotline. Use your own judgment and call the hotline whenever you think a child has been abused or neglected.

It is important that people are aware of the signs of child abuse and neglect, that more people are reporting child abuse, and that parents and guardians change the ways they talk to and treat their children.

### Illinois Child Abuse Hotline

1-800-25-ABUSE (Illinois)

Source: [www.preventchildabuseillinois.org](http://www.preventchildabuseillinois.org)

## Help a Child, Check the Box

The Illinois Child Abuse Prevention Fund offers a unique opportunity for taxpayers to help prevent child abuse and neglect in our State.



Checking Line 28B on your Illinois State Tax Form is a donation to the fund. 100% of the donations to the fund are used to develop and expand community programs such as parenting education, safety issues, domestic violence, raising public awareness, and child abuse prevention.

## Free Parent Workshops

The Logan County Healthy Families Task Force of the Healthy Communities Partnership is offering a series of 3 FREE Parent Workshops with FREE child care during the workshops. All workshops are from 6:30 pm - 8:00 pm and are held at the Lincoln Park District.

**April 12th:** Coaching Kids to Success

**April 17th:** Why are These Boys Driving me Crazy?

**April 23rd:** "Ranting and Raving"

Effective Techniques to Handle Physical (tantrums), Verbal (I hate you), and Intellectual (why can't I) Fits

Pre-registration is required by April 2, 2007. To register, call the Community Child Care Connection at 1-800-676-2805 ext. 8225.

## Mark Your Calendars

Osteoporosis Screenings:

By Appointment only

\$5

8:30-11:30 a.m.

Tuesday, March 27

Tuesday, April 24

Tuesday, May 29

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





## Power Outage: What You Need to Know

In 2006, Logan County endured power outages from a tornado in the spring and an ice storm in the winter. According to the National Weather Service, Logan County ranks second in Illinois for the highest average number of tornadoes per year. As springtime and tornado season approach, we must prepare and plan for the occurrence of another tornado and the possibility of power outages that may result. Personal Preparedness is very important! Think back to when you did not have power. What could you have used that you did not have in your kit or at your house? For more information, please go to [www.cdc.gov](http://www.cdc.gov).

### Food and Water Safety

- If the power is out for less than 2 hours, then the food in your refrigerator will be safe to consume. While the power is out, keep the refrigerator and freezer doors closed.
- If the power is out for longer than 2 hours, then pack milk, dairy items, meat, fish, eggs and spoilable leftovers into a cooler surrounded by ice.
- Use a digital quick-response thermometer to check the temperature of your food right before you cook or eat it. Throw away any food that has a temperature of more than 40 °F.
- Bringing water to a rolling boil for 1 minute will kill most organisms.
- A freezer that is half full will hold food safely for up to 24 hours, and a full freezer will hold food safely for up to 48 hours.

- Safe water for drinking, cooking and personal hygiene includes bottled, boiled or treated water. Bringing water to a rolling boil for 1 minute will kill most organisms.

### Power Line Safety

- If a power line falls on your car, stay inside the vehicle. Call or ask someone to contact the local utility company and emergency services.
- If you must exit your car due to a possible fire, open the car door and jump free of the car. After landing, shuffle at least 50 feet away with both feet on the ground.
- In all power line emergencies, call for help immediately by dialing 911 or call your electric utility company's service center.

### Generator Safety

- If water is present anywhere near electrical circuits and equipment, turn off the power at the main breaker or fuse on the service panel.
- A qualified electrician should inspect any electrical equipment before the power is restored.
- A portable generator can provide energy to homes and other structures when power lines are down. If a generator is used, then it should be placed outside of the home.
- Prior to starting the generator, the main breaker or fuse on the service panel should be switched to off, which eliminates backfeed as a potential risk for electrical workers.
- Generators are also a major cause of carbon monoxide (CO) poisoning and should only be used in well-ventilated areas.

## March is National Nutrition Month



Since March is National Nutrition Month, it seems only fitting to talk about the Women, Infants, & Children (WIC) program at LCHD. WIC promotes good health through good nutrition and encourages healthy habits and lifestyles.

Nutrition education is provided at each appointment. Many different topics are covered depending on the age of the child or if the woman is breastfeeding, postpartum or pregnant. Foods are provided that are high in many different nutrients like calcium, protein, iron, folic acid, & vitamin C. Specifically, WIC provides milk, cheese, eggs, peanut butter, cereal, juice, beans & peas. Breastfeeding information is available. If a mom is breastfeeding she may receive tuna & carrots in addition to the other foods. Infants may receive formula if needed as well as cereal & juice at the appropriate time.

A child or adult is evaluated for normal growth by assessing their height & weight at appointments. A hemoglobin & blood pressure are also checked. Physical activity is always encouraged. If you would like more information on the WIC program at the LCHD call 735-2317.



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Be informed.

Be prepared.

Be ready.

Be a volunteer.

[www.logancountyhealth.org/mrc.html](http://www.logancountyhealth.org/mrc.html)

(217) 735-2317



The CDC estimates that 76 million people get sick, more than 300,000 are hospitalized, and 5,000 Americans die each year from foodborne illness. Are you concerned about how well your favorite eateries and retail food stores score on their inspections? Food inspection results and other food safety information are now available on the Logan County Health Department website, [www.logancountyhealth.org](http://www.logancountyhealth.org). Click on "Programs" link.



## Easter Egg Safety



Decorating eggs for Easter is a fun and popular tradition for many families. In order to ensure that the eggs are safe to consume, certain guidelines must be followed. Following are some tips to keep your eggs safe. Happy Hunting!

### Buying and Storing

- Purchase refrigerated, clean eggs without cracks.
- Refrigerate eggs as soon as you get home.
- Use raw, in shell eggs within 3 to 5 weeks of purchase.

### Cooking

- Wash hands before and after handling eggs.
- Place eggs in a single layer with water about 1" above the eggs.
- Bring to a boil. Turn off heat and remove from burner.
- Let sit, covered for 15 minutes.

### Cooling

- Refrigerate cooked eggs immediately.

### Dying

- Use dyes that are made for food.


### Hiding and Hunting

- Avoid hiding eggs in areas where eggs may contact chemicals or bacteria.
- Hiding and hunting eggs should not exceed 2 hours.

### EGG FACTS

- A cloudy white egg white = very fresh egg
- A clear egg white = an aging egg
- A pink or iridescent egg white = spoilage: Do Not Eat!
- A green ring on a cooked egg yolk or green tint on scrambled eggs = overcooking

Sources and additional information: [www.eggsafety.org](http://www.eggsafety.org);  
[www.fsis.usda.gov](http://www.fsis.usda.gov); [www.idph.state.il.us](http://www.idph.state.il.us).



**World Asthma Day**  
**May 1st, 2007**

For more information or to join the Logan County Asthma Partnership, call the Logan County Health Department @  
(217) 735-2317.



## Make it a Safe Kids Summer

Safe Kids Week 2007 is being held from April 28th to May 6th. The theme of this year's event is "Make it a Safe Kids Summer."

### **SWIM Safe:**

- Teach your children to swim after age 4.
- Make sure the life jacket fits you properly and always wear it when on a boat, near open bodies of water, or when taking part in water sports.
- Install fencing around all sides of a home pool or spa. The fencing should be at least five feet high and have the self closing and self latching gates.
- Never dive into water that is less than nine feet deep.

### **WHEEL Safe:**

- Make sure your child wears a helmet (that fits snugly and doesn't rock back and forth) and other protective gear every time he or she bikes, skates or rides a scooter.
- Make sure your child's bike is in good working order and isn't too big for him or her.

### **PLAY Safe:**

- Keep chairs, cribs, and other furniture away from windows and put window guards in all rooms above the first floor.
- Teach children not to play on balconies, roofs, driveways, streets or parking lots.
- Don't dress children in clothing that is loose or has drawstrings if they will be playing on playground equipment.

## Gardasil—The New Cancer Prevention

The Logan County Health Department is now offering GARDASIL. GARDASIL is the only vaccine that may help guard against four specific types of human papillomavirus (HPV) that cause cervical cancer, cervical abnormalities and genital warts.

HPV affects both women and men and is easily transmitted through sexual activity. Many people who may have HPV may not show any signs or symptoms, so they can pass the virus on without even knowing it. The Centers for Disease Control and Prevention (CDC) estimates that 20 million people in the United States already had HPV in 2005.

GARDASIL is for girls and women ages 9 to 26 and is an injection given 3 times over 6 months. It protects against HPV Types 6, 11, 16, and 18. HPV Types 16 and 18 cause 70% of cervical cancer cases, and HPV Types 6 and 11 cause 90% of genital warts cases. If you've already been infected with HPV, you may still benefit from GARDASIL because it is unlikely that you have been infected with all four types of the virus covered by the vaccine.

GARDASIL may not fully protect everyone and does not prevent all types of cervical cancer, so it is important to continue regular cervical cancer screenings (Pap tests). Pap tests have been proven to help save lives. A Pap test looks for abnormal cells in the lining of the cervix before they have the chance to become precancerous or cervical cancer.

For further information, contact the Logan County Health Department at 735-2317.

Source: [www.gardasil.com](http://www.gardasil.com)

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

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

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## RECOMMENDED IMMUNIZATION SCHEDULE FOR INFANTS AND CHILDREN

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, Rotavirus
12 Months	MMR or MMRV(includes Varicella), Pneumococcal 7
15 Months	DTaP, HIB
4 – 6 years old	DTaP, IPV, MMR,Varicella**
9-26 years old	Gardasil
14-16 years	Td

\*Pediarix is a combination of DTaP, IPV and Hep B vaccines.  
\*\*Not needed if the child has already had the chickenpox disease.

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