



LaSalle County Health Department News Releases 2011



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**LASALLE COUNTY HEALTH DEPARTMENT
717 ETNA ROAD
OTTAWA, IL 61350**

November 28, 2011

NEWS RELEASE

“WORLD AIDS DAY”

FOR IMMEDIATE RELEASE:

FOR INFORMATION OR INTERVIEWS; contact Leslie Dougherty at 433-3366x225 or Jenny Barrie X226

OTTAWA, IL -- The 24th annual observance of World AIDS Day will be commemorated on December 1, 2011. World AIDS Day aims to increase awareness through December by bringing awareness to the HIV/AIDS epidemic in the United States and globally. 33.4 million persons worldwide are living with HIV/AIDS. AIDS has become one of the worlds most serious health problems to emerge. In the U.S. there are approximately 56,300 new infections per year. Every 9 ½ minutes, someone in the U.S. is infected with HIV. The CDC estimates that more than one million people are living with HIV in the United States. One in 5 of those people are unaware of their infection.

Increased knowledge of the disease and improved diagnostic and treatment methods have led to significant advances in the clinical management of HIV and a delay in the progression from HIV to AIDS, and thus, individuals receiving treatment in the U.S. are living longer.

In the role of prevention, it is important for individuals to know their HIV status since many individuals remain free of clinical signs for months to years. HIV is spread by the exchange of blood, semen, or vaginal secretions between individuals. The most common routes of transmission are 1) having unprotected sex with an infected person, 2) sharing drug injection equipment with an infected person, and 3) from mother to infant at the time of birth or through breastfeeding.

LaSalle County Health Department offers free, confidential HIV testing and counseling services to individuals at risk who are over 12. Individuals may call 815-433-3366

or 1-800-247-5243 to schedule an appointment. For more information you can also visit our website at www.lasallecounty.org.

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LASALLE COUNTY HEALTH DEPARTMENT

717 ETNA ROAD

OTTAWA, IL 61350

433-3366

NOVEMBER 14, 2011

N E W S R E L E A S E

“ GREAT AMERICAN SMOKEOUT ”

FOR IMMEDIATE RELEASE:

FOR INFORMATION OR INTERVIEWS; contact Leslie Dougherty or Jenny Barrie at 433-3366.

OTTAWA, IL -- The LaSalle County Health Department would like to announce that Thursday, November 17th is the 36th annual Great American Smokeout. Next to Thanksgiving, it's the most famous Thursday in November. The Great American Smokeout is sponsored by the American Cancer Society (ACS) and celebrated the third Thursday each November.

The LaSalle County Health department would like to encourage everyone to join in on the campaign against smoking, which is the most preventable cause of death in the United States today. Over 400,000 deaths annually in the U.S. are directly related to smoking according to the ACS. One of every six deaths is attributed to the effects of smoking.

The Great American Smokeout is an upbeat effort to encourage smokers to give up cigarettes for 24 hours, if only to prove to themselves that they can.

Nonsmokers are encouraged to participate as well. By adopting a smoker you can give them the support they may need to help them be successful. Everyday thousands are leaving the pack behind. Now it is your turn to do the same.

For more information on how to quit smoking or for some quit tips please contact the Illinois Tobacco Quitline at 1-866-Quit-Yes (1-866-784-8937)

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**LASALLE COUNTY HEALTH DEPARTMENT
717 ETNA ROAD
OTTAWA, IL 61350
433-3366**

October 14, 2011

“October is Breast Cancer Awareness Month”

FOR IMMEDIATE RELEASE:

FOR INFORMATION OR INTERVIEWS, contact Leslie Dougherty at 433-3366 x225 or Jenny Barrie x226.

OTTAWA, IL – October is Breast Cancer Awareness Month. LaSalle County Health Department, through our Illinois Breast and Cervical Cancer Program grant, can pay for mammograms for women who qualify. You qualify if you are a LaSalle or Grundy County resident between the ages of 40 -64, and are uninsured, regardless of your income. Call 433-3366 or 1-800-247-5243 for further information on how to receive a free mammogram.

The LaSalle County Health Department would like to increase breast cancer awareness, especially to those women who are rarely or never have been screened for breast cancer. Through regular breast self-examinations, annual physician exams and mammograms, you can greatly reduce your risk of late stage breast cancer. We do not know what causes breast cancer or how to prevent it. The best protection is to detect it as early as possible and treat it promptly. Don't hesitate, call 433-3366 or 1-800-247-5243 now to see if you qualify or if you would like more information visit the **personal health** page on our website at www.lasallecounty.org/hd.

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**LaSalle County Health Department
717 Etna Rd.
Ottawa, IL 61350
(815) 433-3366**

September 7, 2011

NEWS RELEASE

“Nineteenth Annual Food Service Seminar”

FOR IMMEDIATE RELEASE:

FOR INFORMATION OR INTERVIEWS: contact Jenny Barrie 815-433-3366

Ottawa, IL – The LaSalle County Health Department will be sponsoring their Nineteenth Annual Food Service Seminar on September 12, 2011. The seminar will be held at Pitstick Pavilion, Rt. 23, Ottawa. Everyone is welcome to attend.

Registration is from 8:00 a.m. to 8:30 a.m. The seminar will begin at 8:30 a.m. and will conclude at approximately 11:45 a.m. The morning will begin with Connie Brooks from the LaSalle County Emergency Management Agency, who will present information on business continuity. Also scheduled to speak, are Bob Durham and Lori-Saathoff-Huber from the Illinois Department of Public Health. Bob will focus on the Cottage Food Industry Law, while Lori will speak on foodborne illness outbreaks.

September is **National Food Safety Education Month®**, and is an annual campaign to heighten awareness about the importance of food safety education. Foodborne agents cause an estimated 76 million illnesses annually in the United States. National public health surveillance data provides some insight into the causes of food borne illness, types of implicated foods, and where food borne outbreaks occur. This information is routinely evaluated by local health departments in an effort to implement food safety strategies to prevent and control food borne illness within our community.

This year's National Food Safety Education Month theme is "Lessons Learned from the Health Inspection". It is the goal of the Health Inspector to partner with restaurant and retail owners and managers to educate them and their staff on the importance of food safety practices throughout the entire facility. For more information about National Food Safety Education Month, visit the NFSEM website at www.ServSafe.com/nfsem or www.lasallecounty.org/hd. To pre-register for the food service seminar, please call the LaSalle County Health Department at (815) 433-3366 ext. 228.

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**LASALLE COUNTY HEALTH DEPARTMENT
717 ETNA ROAD
OTTAWA, IL 61350
433-3366**

August 30, 2011

NEWS RELEASE

“LaSalle County Health Department’s Flu Clinics to Begin September 6th”

FOR IMMEDIATE RELEASE:

FOR INFORMATION OR INTERVIEWS; contact Leslie Dougherty at 433-3366 x225 or Jenny Barrie x226.

OTTAWA, IL – The LaSalle County Health Department is urging everyone 6 months and older this year be vaccinated against seasonal influenza (flu). The LaSalle County Health Department has begun receiving its shipment of flu vaccine and will sponsor several vaccination clinics throughout the county. The fee for a flu vaccination this year will be \$25. Billing will be provided for Medicare part B and Medicaid eligible clients who receive the vaccination.

No Doctors order is required for children under 18, but all children must be accompanied by a parent or guardian.

The flu vaccine, which is recommended every year, does not always protect a person from getting the flu. It is 70 to 90 percent effective in preventing influenza among healthy adults, but for those who still get the flu, the symptoms are milder than in those who have not been immunized. To lessen your chances of developing the flu, adults and children need to practice good hygiene measures. Teach the importance of covering your mouth when coughing or sneezing, and educate children about hand to mucous membrane transmission. One of the best ways to protect yourself and your children is through frequent and thorough hand washing. We also recommend you avoid exposing your children to high-risk areas, such as heavily trafficked areas. Parents are also encouraged to keep children exhibiting “flu-like” symptoms home and out of childcare and school to minimize transmission.

This is also a good time for certain individuals to get a pneumonia vaccination. They must check with their physicians to see if one is recommended. Pneumococcal disease caused by bacteria (*Streptococcus pneumoniae*) which can cause serious infections. These infections include pneumonia and meningitis and can be prevented by getting a “Pneumonia shot”. People who should get a pneumonia shot include:

- All persons aged 65 and older
- Adults and children with chronic illnesses of heart, lung, kidney, or liver

- Diabetics
- All persons with a weak immune system caused by HIV, cancer, organ transplant, immunosuppressive medicine such as corticosteroids, or splenectomy

A pneumonia shot is usually necessary only once for those over the age of 65.

For those under 65 with a chronic illness it is recommended that it be repeated once after five years. People should get the shot even if they have had a pneumonia illness in the past.

The pneumonia vaccine will be available at all of the flu clinic sites. The fee for the pneumonia shot will be \$50. Medicare part B and Medicaid will be billed for eligible clients. A receipt can be given upon request for those who would like to submit it to their insurance company. For more information on influenza you can call 1-815-433-3366 and press the flu option or you may visit our website at www.lasallecounty.org/hd.

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**LASALLE COUNTY HEALTH DEPARTMENT
717 ETNA ROAD
OTTAWA, IL 61350**

433-3366

August 2, 2011

“Illinois Breastfeeding Month”

FOR IMMEDIATE RELEASE:

FOR INFORMATION OR INTERVIEWS; contact Leslie Dougherty or Jenny Barrie at 433-3366.

OTTAWA, IL—August is Illinois Breastfeeding Month. The LaSalle County Health Department encourages all new mothers to breastfeed. Breastfeeding is the expected and normal way to feed an infant and is the foundation for life-long health and wellness. Research is clear that breastfeeding is the optimal nutrition and the perfect life-sustaining food for babies.

Breast milk is the basic foundation for infant nutrition for the first year of life. It also provides many benefits to the mother as well, like helping to protect against breast and ovarian cancers, and weak bones later in life. Not to mention that it also helps the mother get to her pre-pregnancy shape faster.

Breastfeeding also allows you and your baby to get closer- physically and emotionally. So while your child is feeding, the bond between you can grow stronger. All the while you will be helping to protect your baby from ear infections, gastro-intestinal infections, chest infections, urinary tract infections, childhood diabetes, eczema, obesity, and asthma.

We encourage and congratulate all breastfeeding moms on making the best possible choice for your baby! For more information on breastfeeding you can contact the LaSalle County Health Department at 433-3366 or visit our website at www.lasallecounty.org/hd.

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**LASALLE COUNTY HEALTH DEPARTMENT
717 ETNA ROAD
OTTAWA, IL 61350**

433-3366

August 2, 2011

“Tetanus Immunizations Available”

FOR IMMEDIATE RELEASE:

FOR INFORMATION OR INTERVIEWS; contact Leslie Dougherty at 433-3366 x 225 or Jenny Barrie x226.

Ottawa, IL – The LaSalle County Health Department would like to remind everyone that we have Tetanus vaccine available for anyone in need of vaccination. During the summer months more people are working outside and doing yard work which puts them more at risk of receiving cuts. Tetanus is a disease that enters the body through a cut or wound and can cause serious, painful spasms of all muscles. It can also lead to “locking” of the jaw so the patient cannot open his or her mouth or swallow. Vaccination for tetanus is the best way to protect against this disease. A person needs to be vaccinated every ten years throughout their life in order to remain protected.

Anyone wishing to receive the vaccine can call the LaSalle County Health Department at 815-433-3366 or 1-800-247-5243 to schedule an appointment. The cost is \$30.00 for Td which will protect against Tetanus and diphtheria or \$50.00 for Tdap which will protect against Tetanus, diphtheria, and pertussis. For more information regarding Tetanus or the vaccines available you can contact the Health Department or visit our website at www.lasallecounty.org/hd.

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**LASALLE COUNTY HEALTH DEPARTMENT
717 ETNA ROAD
OTTAWA, IL 61350
433-3366**

JUNE 20, 2011

NEWS RELEASE

“NATIONAL HIV TESTING DAY”

FOR IMMEDIATE RELEASE:

FOR INFORMATION OR INTERVIEWS, contact Leslie Dougherty or Jenny Barrie at 433-3366.

Ottawa, IL – National HIV Testing Day for LaSalle County will be on Monday June 27th. We will be offering a 15-minute Ora Quick rapid HIV test to the public as part of National HIV Testing Day. This is the 18th annual National HIV Testing Day campaign. The goal of the campaign is to identify people who are HIV positive and don't know they are. The goal is to help them access treatment. According to the Centers for Disease Control (CDC), currently almost 40 percent of people with HIV are not diagnosed until they already have developed AIDS. That can be up to 10 years after they become infected with HIV. Appointments will not be necessary and all walk-ins will be welcome from 8:00 a.m. to 4:00 p.m.

There is an estimated quarter of a million Americans who are infected with HIV but are not aware of it. While we have made tremendous strides in treating HIV disease and related infections, those advances mean little if someone who doesn't know they are infected. If you have ever had unprotected sex with someone who is HIV positive, if you have ever used injectable drugs, if you have ever shared needles, if you are a man who has ever had sex with another man who is HIV positive, if you have other factors that put you at risk for HIV infection, you should consider getting an HIV test.

The LaSalle County Health Department offers free HIV counseling and testing. If you are not aware of National HIV Testing Day on June 27th and would like to schedule an appointment to be tested or learn more information about HIV, call 433-3366 or 1-800-247-5243. You can also access our website at www.lasallecounty.org/hd.

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**LaSalle County Health Department
717 Etna Road
Ottawa, IL 61350
815-433-3366**

June 16, 2011

News Release

FOR IMMEDIATE RELEASE

FOR MORE INFORMATION; contact Jenny Barrie or Leslie Dougherty at 815-433-3366.

“First Birds In Illinois Test Positive for West Nile Virus in LaSalle County”

OTTAWA, IL – The LaSalle County Health Department reported that two birds have tested positive for West Nile virus by the Illinois Department of Agriculture Laboratory in Galesburg. A crow was collected from the City of LaSalle and an unidentified bird was collected from rural Sandwich on June 8, 2011. This is the first documented West Nile virus activity in birds in Illinois this year.

The LaSalle County Health Department is also testing mosquitoes, again this year. Mosquitoes are tested for West Nile virus and St Louis encephalitis. The mosquito collection and testing equipment was purchased with grant money.

West Nile virus is transmitted through the bite of a mosquito that has been infected with the virus by feeding on an infected bird. Most people with the virus have no clinical symptoms of illness, but some may become ill three to 15 days after the bite of an infected mosquito. Only about two people in 10 who are bitten by an infected mosquito will experience any illness. Illness from West Nile is usually mild and includes fever, headache and body aches, but serious illness such as encephalitis, meningitis and death are possible. Persons older than 50 years of age have the highest risk of severe disease.

The best way to prevent West Nile disease or any other mosquito-borne illness is to reduce the number of mosquitoes around your home and to take personal precautions to avoid

mosquito bites. Precautions include:

- Avoid being outdoors when mosquitoes are most active, especially between dusk and dawn. Use prevention methods whenever mosquitoes are present.
- When outdoors, wear shoes and socks, long pants and a long-sleeved shirt, and apply insect repellent that includes DEET, picaridin or oil of lemon eucalyptus according to label instructions. Consult a physician before using repellents on infants.
- Make sure doors and windows have tight-fitting screens. Repair or replace screens that have tears or other openings. Try to keep doors and windows shut, especially at night.
- Eliminate all sources of standing water that can support mosquito breeding, including water in bird baths, ponds, flowerpots, wading pools, old tires and any other receptacles. In communities where there are organized mosquito control programs, contact your municipal government to report areas of stagnant water in roadside ditches, flooded yards and similar locations that may produce mosquitoes.

The LaSalle County Health Department would like to remind the general public to report any dead crows, blue jays, robins, perching birds, or potential mosquito breeding sites to the Health Department at 815-433-3366. A complete listing of West Nile virus statistics for LaSalle County is available on the Health Department's web site at www.lasallecounty.org/hd . A state-wide listing is available at the Illinois Department of Public Health's web site at <http://www.idph.state.il.us/envhealth/wnv.htm>

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**LaSalle County Health Department
717 Etna Road
Ottawa, IL 61350**

815-433-3366

May 2, 2011

News Release

“LaSalle County Health Department Begins Dead Bird Surveillance”

FOR IMMEDIATE RELEASE:

FOR INFORMATION OR INTERVIEWS; contact Jenny Barrie or Leslie Dougherty at 433-3366.

Ottawa, IL – The LaSalle County Health Department will begin collecting dead birds on May 2, 2011 and will continue this process through October 14, 2011. Dead birds are important sentinels for early detection of West Nile virus activity. During the past nine years, West Nile virus activity has been documented throughout LaSalle County. LaSalle County citizens should report any deceased crow, blue jay, robin, pigeon, cardinal, cowbird, finch, grackle, mourning dove, sparrow, or starling to the Environmental Division at 815-433-3366.

Birds submitted for testing should be “eligible birds” that have no obvious cause of death such as being found crushed in a roadway and most likely killed by a motor vehicle, or birds killed by a gunshot. Birds submitted should be believed to be dead for less than 48 hours. Birds should only be submitted if they have not been damaged by scavenging animals and are not decomposed. Decomposed animals can be recognized as having a strong odor present, eyes deflated or dried, maggots present or bloated from decomposition gases.

Health Department staff is also getting ready to begin testing mosquitoes, the vector for West Nile virus and St. Louis encephalitis, again this year. The mosquito collection and testing equipment was purchased with grant money.

Also, during the spring and summer months, Health Department staff extend outreach efforts to all city, municipal, village, and township officials in the county. Information packets will be distributed to local hospitals, medical centers, nursing homes, pharmacies, veterinary clinics, pet shelters, campgrounds, daycares, libraries, and pool supply companies.

For additional information on West Nile virus, please contact the LaSalle County Health Department at 815-433-3366 or visit our website at www.lasallecounty.org/hd.

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**LASALLE COUNTY HEALTH DEPARTMENT
717 ETNA ROAD
OTTAWA, IL 61350
433-3366**

April 4, 2011

NEWS RELEASE

"LaSalle County Health Department Celebrates National Public Health Week"

FOR IMMEDIATE RELEASE:

FOR INFORMATION OR INTERVIEWS; contact Jenny Barrie or Leslie Dougherty at 433-3366.

OTTAWA, IL - The American Public Health Association has announced National Public Health Week will be observed April 4-10th, 2011. The theme of this year's National Public Health Week is "Safety Is No Accident". Remember, it only takes a second for an injury to happen. A medication mix-up, a fall on the stairs, a biking or sports-related injury, or distracted driving can happen in a moment. However, it also just takes a moment to protect against injuries making our homes and communities safer. Injuries are not "accidents" and are preventable by taking actions such as wearing a seatbelt, properly installing and using child safety seats, wearing a helmet, and storing cleaning supplies in a locked cabinet. Let's work together to live injury-free in all areas of life: at work, at home, at play, in our communities, and anywhere people are on the move. For more information regarding Public Health Week, please visit www.nphw.org.

Programs available at the LaSalle County Health Department focus on the prevention of the spread of disease and food borne illness, elimination of potentially harmful environmental situations, protection of groundwater from contamination, prevention of injuries, promotion of healthy behaviors, preparedness to respond to bioterrorism issues, and assurance of access to quality health services. The Health Department would like to remind the public that blood pressure screenings and HIV testing are available Monday-Friday at the department on a walk-in basis from 8:30am-4:00pm. Educational materials focusing on a variety of health topics, are always available in the Health Department lobby, located at 717 Etna Road in Ottawa. For additional information, please contact the LaSalle County Health Department at 815-433-3366 or 1-800-247-5243. The department's website can be accessed at www.lasallecounty.org/hd.

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Date: March 25, 2011

To: Township Highway Commissioners, City/Village Mayors/Clerks, etc...

From: Ted Pumo, Director of Environmental Health, extension 223

RE: Mosquito Larvicide Training

The Illinois Department of Agriculture (IDA) Rule allows application of a pre-packaged solid mosquito larvicide by persons who attend a 1-hour training seminar.

The LaSalle County Health Department in conjunction with the Illinois Department of Public Health, is offering this training on April 12, 2011, from 10 a.m. to 12 p.m. in the conference room at the LaSalle County health department. Please try to be there shortly before 10 a.m. to sign in and register, so we can start promptly at 10 a.m.

If you would like to attend, please complete the form below and return it to the Health Department no later than April 7, 2011.

THIS SEMINAR IS FREE

Larvicide 1-hour Training

-

Return to:

LaSalle County Health Department
717 E. Etna Road
Ottawa, IL 61350

Name _____

Jurisdiction _____

Of people attending _____

Phone number of contact person _____

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[Registration Form](#)

**LaSalle County Health Department
717 Etna Road
Ottawa, IL 61350
815-433-3366**

March 28, 2011

NEWS RELEASE

"Free Larvicide Training Offered"

FOR IMMEDIATE RELEASE:

FOR INFORMATION OR INTERVIEWS; contact Jenny Barrie or Leslie Dougherty at 433-3366

OTTAWA, IL – The LaSalle County Health Department in conjunction with the Illinois Department of Public Health is offering a free one-hour larvicide training. The training will take place on Tuesday, April 12, 2011, from 10am to 12pm in the conference room at the LaSalle County Health Department. The Health Department is located at 717 Etna Road, Ottawa.

If you would like to attend, contact the LaSalle County Health Department at 815-433-3366, ext. 228, by Thursday, April 7th. A registration form is available on the Health Department's website at www.lasallecounty.org/hd. Registration forms can also be mailed or faxed to interested parties.

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**LASALLE COUNTY HEALTH DEPARTMENT
717 ETNA ROAD
OTTAWA, IL 61350
433-3366**

January 27, 2011

NEWS RELEASE

“Two Additional Flu Clinics To Be Held”

FOR IMMEDIATE RELEASE:

FOR INFORMATION OR INTERVIEWS; contact Leslie Dougherty at 433-3366 x225 or Jenny Barrie x226.

OTTAWA, IL – The LaSalle County Health Department will be holding two additional flu clinics. The clinic information is listed below:

Friday, January 28th	2:00-4:30pm
Friday, February 4th	2:00-4:30pm

The clinics will be held at the Health Department which is located at 717 Etna Road, Ottawa. No appointment is needed. The fee for a flu vaccination is \$25 for adults and \$10 for children. Billing will be provided for Medicare part B and Medicaid eligible clients who receive the vaccination. **NO** Doctor’s order is required for children under 18, but all children must be accompanied by a parent or guardian.

The Health Department has a sufficient supply of flu vaccine for adults and children. In recent weeks, we have seen flu activity increase throughout Illinois and are encouraging anyone still in need of a vaccination to attend one of the clinic dates. For questions please contact the Health Department at 815-433-3366 or you may visit our website at www.lasallecounty.org/hd.

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**LASALLE COUNTY HEALTH DEPARTMENT
717 ETNA ROAD
OTTAWA, IL 61350
433-3366**

January 4, 2011

“CERVICAL CANCER SCREENING MONTH”

N E W S R E L E A S E

FOR IMMEDIATE RELEASE:

FOR INFORMATION OR INTERVIEWS; contact Leslie Dougherty at 433-3366 x225 or Jenny Barrie x226.

OTTAWA, IL—In recognition of Cervical Cancer Awareness Month the LaSalle County Health Department is urging women over the age of 21 to be screened regularly for cervical cancer. The goal is to eradicate cervical cancer in Illinois by women taking charge and getting screened. Every year approximately 10,000 women in the United States are diagnosed with cervical cancer, and there are approximately 3,700 deaths from the disease. It is extremely important that women receive regular Pap Smear tests because cervical cancer, when caught early, is nearly 100 percent curable.

The American Cancer Society (ACS) reports that between 60 and 80 percent of American women with newly diagnosed invasive cervical cancer have not had a Pap Smear in the last five years and /or may have never had one. Cervical Cancer is one of the most common types of cancer worldwide and one of the most preventable and treatable when detected early. In addition to increasing awareness of cervical cancer there are some preventative steps that women can take. Regular exercise, a healthy diet, routine screenings and getting the cervical cancer vaccine to help prevent HPV which has been known to cause

cervical cancer.

The LaSalle County Health Department has a program available which can pay for Pap Smear tests for LaSalle or Grundy County women, ages 35-64 who have no insurance. We invite and encourage anyone who needs more information on cervical cancer and the importance of Pap Smear tests, or the cervical cancer vaccines to contact the Health Department at 1-815-433-3366 or 1-800-247-5243 or visit our website at www.lasallecounty.org/hd.

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