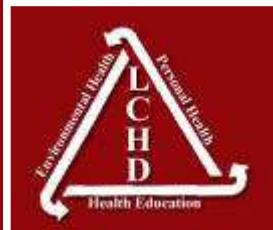




LaSalle County Health Department News Releases 2013



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

815-433-3366

November 25, 2013

"ACA Enrollment Opportunities"

FOR IMMEDIATE RELEASE

**FOR INFORMATION OR INTERVIEWS; contact Leslie Dougherty (ext. 225) or
Jenny Barrie (ext. 226)**

Ottawa, IL - LaSalle County Health Department, in a statewide effort to educate Illinois residents about Get Covered Illinois and the health insurance options available to them, will be offering limited evening appointment times to help people enroll in the Affordable Care Act (ACA) also known as Obamacare. Daytime appointments are also available Monday thru Friday. Residents of LaSalle County who need assistance in enrolling should contact the LaSalle County Health Department at 815-433-3366 to make an appointment with an In Person Counselor.

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

NOVEMBER 19, 2013

NEWS RELEASE

“ GREAT AMERICAN SMOKEOUT ”

FOR IMMEDIATE RELEASE:

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

OTTAWA, IL -- The LaSalle County Health Department would like to announce that Thursday, November 21st is the Great American Smokeout. The Great American SmokeOut is sponsored by the American Cancer Society (ACS) and celebrated the third Thursday each November. This annual event challenges smokers to quit for at least 1 day with the hopes that they will quit permanently.

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. Smoking is associated with increased risk for cancers of the mouth, nasal cavities, pharynx, larynx, esophagus, stomach, pancreas, liver, cervix, kidney, bladder, and myeloid leukemia. And yet 43.8 million Americans still smoke. That's nearly 1 in 5 adults.

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. Quitting smoking has immediate and long-term benefits, including reduced risk for heart disease and certain cancers. For help in quitting you can contact the Illinois Department of Public Health's quit line at 1-866-QUIT-YES. 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 LaSalle County Health Department at 433-3366 or 1 (800) 247-5243. Or visit our website at www.lasallecounty.org/hd.

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LASALLE COUNTY HEALTH DEPARTMENT
717 ETNA ROAD
OTTAWA, IL 61350
(815) 433-3366

October 29, 2013

N E W S R E L E A S E

“Cover Your Community Day”

FOR IMMEDIATE RELEASE

FOR INFORMATION OR INTERVIEWS; contact Leslie Dougherty (ext. 225) or Jenny Barrie (ext. 226)

Ottawa, IL – On Saturday, November 2, LaSalle County Health Department will participate in the “Cover Your Community” day of action, a statewide effort to educate Illinois residents about Get Covered Illinois and the health insurance options available to them. In Person Counselors will be at three locations in LaSalle County with educational material to promote Get Covered Illinois and to answer residents questions regarding health coverage.

The locations and times are as follows:

OSF St. Elizabeth’s Hospital 9:00 – 11:00
110 E. Norris Drive
Ottawa, IL 61350

St. Mary’s Hospital 9:00 – 11:00
111 Spring Street
Streator, IL 61364

Mendota Community Hospital 9:00 – 11:00
1401 E. 12th Street
Mendota, IL 61342

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LASALLE COUNTY HEALTH DEPARTMENT
717 ETNA ROAD
OTTAWA, IL 61350
(815) 433-3366

October 3, 2013

N E W S R E L E A S E

WIC Continues to Remain Open

FOR IMMEDIATE RELEASE:

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

OTTAWA, IL – According to the State of Illinois WIC Director, Penny Roth, there is adequate funding for the WIC offices in Illinois to remain open through the month of October. The LaSalle County Health Department would like to reassure WIC clients that they will still be able to receive services at the WIC sites and that it is “business as usual”. Clients should use their coupons as they normally do. If you experience any issues while using your WIC coupons, please contact the LaSalle County Health Department. If you currently have a WIC appointment scheduled, everything about that appointment will remain the same. If you need to schedule an appointment, call the LaSalle County Health Department at #1-815-433-3366 or 1-800-247-5243.

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MEDIA RELEASE



Date: September 20, 2013
To: All Media
From: LaSalle County Health
Department
717 Etna Road
Ottawa, IL 61350
Contact: Jenny Barrie (ext. 226)
Leslie Dougherty (ext. 225)
Phone: (815) 433-3366
For Immediate Release

“Health Department Confirms First Case of West Nile Virus”

Ottawa, IL – LaSalle County Health Department has confirmed its first human case of West Nile virus this year. The confirmed case is a 43 year old female who became ill in late August. Human West Nile virus cases were previously reported in LaSalle County in 2007 (2), 2006 (1), 2005 (1), 2004 (5), 2003 (1), 2002 (11) during the late summer and early fall months. Earlier this month it was reported that mosquitoes collected in Streator tested positive for West Nile virus. According to Ted Pumo, Director of Environmental Health, “This is the time of year we expect to see the potential for human cases increase. Even as we move into the fall months with fluctuating temperatures, it is important to protect yourself against mosquito bites and possible West Nile virus infection. Mosquito activity does slow down as temperatures drop, but until our area experiences a hard freeze you still need to protect yourself. The best way to protect yourself against illness is to wear insect repellent and to get rid of any stagnant water around your home to reduce the number of mosquitoes.”

West Nile virus is transmitted through the bite of a mosquito that has picked up the virus by feeding on an infected bird. Common West Nile virus symptoms include fever, nausea, headache and muscle aches. Symptoms may last from a few days to a few weeks. However, four out of five people infected with West Nile virus will not show any symptoms. In rare cases, severe illness including meningitis or

encephalitis, or even death, can occur. People older than 50 are at higher risk for severe illness from West Nile virus.

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 practicing the three “R’s” – reduce, repel and report.

- **REDUCE** exposure - avoid being outdoors when mosquitoes are most active, especially between dusk and dawn.
 - 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 where mosquitoes can breed, including flowerpots, wading pools, old tires and any other receptacles. Change water in bird baths weekly.
- **REPEL** - when outdoors, wear shoes and socks, long pants and a long-sleeved shirt, and apply insect repellent that contains DEET, picaridin, oil of lemon eucalyptus or IR 3535, according to label instructions. Consult a physician before using repellents on infants.
- **REPORT** - 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 . Additional information about West Nile virus can be found on the Illinois Department of Public Health's website at www.idph.state.il.us/envhealth/wnv.htm. Surveillance numbers are updated every Wednesday afternoon <http://www.idph.state.il.us/envhealth/wnvsurveillance13.htm>.

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

September 18, 2013

NEWS RELEASE

“LaSalle County Health Department’s Flu Clinics to Begin September 26th”

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 to get vaccinated against seasonal influenza (flu). The LaSalle County Health Department has begun receiving its shipment of flu vaccine and will sponsor several flu clinics throughout the county. Seasonal Influenza Vaccine, Influenza HD (High Dose) Vaccine for persons 65 and older and FluMist Vaccine will be available. All LaSalle County Health Department influenza vaccines are preservative free. Billing will be provided for Medicare part B and Medicaid eligible clients. Persons with insurance will be given a detailed receipt to file with their insurance.

No Doctors order is required. Children must be accompanied by a parent or guardian.

The flu vaccine 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. This year Influenza HD will be given to persons 65 and older. Human immune defenses become weaker with age. Aging decreases the body’s ability to have a good immune response. A higher dose of protection in the vaccine is added to give older persons a better immune response. This additional protection is intended to create a stronger immune response which will make the vaccine more effective in the elderly.

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. People who are exhibiting “flu-like” symptoms should stay home from

work, out of childcare and school to minimize transmission.

This is also a good time for certain individuals to get a pneumonia vaccination. People who should get a pneumonia shot include:

- persons aged 65 and older
- Adults and children with chronic illnesses such as heart, lung, kidney, or liver disease
- Diabetics
- All persons with a weakened immune system caused by conditions such as HIV, cancer, organ transplant, immunosuppressive medicine, splenectomy, or any other chronic condition.

For those under 65 with a chronic illness it is recommended that it be repeated once after five years. A pneumonia shot is usually necessary only once for those over the age of 65.

The pneumonia vaccine will be available at all the flu clinics. The fee for the pneumonia shot will be \$70. 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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MEDIA RELEASE

Date: September 5, 2013

To: All Media

From: LaSalle County Health
Department
717 Etna Road
Ottawa, IL 61350

Contact: Jenny Barrie (ext. 226)
Leslie Dougherty (ext. 225)

Phone: (815) 433-3366
For Immediate Release



“Mosquitoes Test Positive in LaSalle County”

Ottawa, IL – The LaSalle County Health Department reported that mosquitoes collected in Streator earlier this week have tested positive for West Nile virus. This is the first documented West Nile virus activity in LaSalle County this year. According to Ted Pumo, Director of Environmental Health, “This is the time of year we expect to see West Nile virus activity increase, especially with the dry hot weather we have experienced recently. It is imperative that people be very conscientious about self-protection whenever they are outside during the evening hours. The best way to protect yourself against illness is to wear insect repellent and to get rid of any stagnant water around your home to reduce the number of mosquitoes.”

West Nile virus is transmitted through the bite of a mosquito that has picked up the virus by feeding on an infected bird. Common West Nile virus symptoms include fever, nausea, headache and muscle aches. Symptoms may last from a few days to a few weeks. However, four out of five people infected with West Nile virus will not show any symptoms. In rare cases, severe illness including meningitis or encephalitis, or even death, can occur. People older than 50 are at higher risk for severe illness from West Nile virus. 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 practicing the three “R’s” – reduce, repel and report.

- **REDUCE** exposure - avoid being outdoors when mosquitoes are most active, especially between dusk and dawn.
 - 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 where mosquitoes can breed, including flowerpots, wading pools, old tires and any other receptacles. Change water in bird baths weekly.
- **REPEL** - when outdoors, wear shoes and socks, long pants and a long-sleeved shirt, and apply insect repellent that contains DEET, picaridin, oil of lemon eucalyptus or IR 3535, according to label instructions. Consult a physician before using repellents on infants.
- **REPORT** - 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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MEDIA RELEASE



Date: August 23, 2013
To: All Media
From: LaSalle County Health
Department: 717 Etna Road
Ottawa, IL 61350
Contact: Jenny Barrie (ext. 226)
Leslie Dougherty (ext. 225)
Phone: (815) 433-3366
For Immediate Release

“THE 21ST ANNUAL FOOD SERVICE SEMINAR AND BUSINESS CONTINUITY PLANNING SEMINAR”

Ottawa, IL - Is your business ready for a disaster? Almost 40% of businesses will not reopen after a disaster if they don't have a plan. Business continuity describes the processes and procedures an organization puts in place to ensure that essential functions can continue during and after a disaster.

The LaSalle County Health Department, LaSalle County Emergency Management Agency, and Servpro will be hosting a Business Continuity Planning Seminar from 8:30 am - 4:30 pm on Monday, September 9th. The seminar will be held at Pitstick Pavilion, 3401 N. IL Rt. 23, Ottawa. The seminar is free to LaSalle County residents, however there will be a \$25 registration fee for non-residents. A light breakfast and lunch will be provided.

In years past, the Health Department has hosted the Food Service Seminar in September. This year, the Business Continuity Planning portion will enhance that seminar. Food safety topics and information will still be incorporated into the agenda. We encourage all business owners, certified food handlers, establishment owners, and food service staff directly involved in food preparation to attend.

The presentations will discuss food safety, boil orders, fire protection, work place safety, and business continuity planning to prevent interruption of mission-critical services and to reestablish full functioning operations as swiftly and smoothly as possible.

The LaSalle County Health Department will continue to offer establishments classified as a “Category 1” the option to use attendance at the seminar as their third or last contact for 2013, if they meet eligibility requirements. Continuing Education Units (CEU’s) will also be offered for Food Handler Certification renewal hours. The accumulated hours from the seminar may replace having to attend a refresher course or retaking the test. Please bring your Food Handler Certificate or wallet card, as you will need this information to receive credit.

In addition, LaSalle County Health Department is an authorized training organization providing CEUs towards LEHP requirements. Continuing education record sheets will be available at the registration desk for those seeking CEU’s for their LEHP and Local Health Protection Grants.

To register for seminar, please visit the Health Department’s website at www.lasallecounty.org/hd to print off a registration form. Registration deadline is August 30th. For questions regarding the seminar, please

call the LaSalle County Health Department at (815) 433-3366.

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

JUNE 18, 2013

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 Testing Day for LaSalle County will be on Thursday June 27th. We will be offering the 20 minute Ora Quick rapid HIV test to the public as part of National HIV Testing Day. This is the 20th annual HIV Testing Day campaign. The goal of the campaign is to identify people who are HIV positive and don't know it so they can 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 have become infected with HIV. Appointments will not be necessary and all walk-ins will be welcome from 9:00 to 3:30.

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 to someone who doesn't know they are infected. If you have ever had unprotected sex with someone who uses injectable drugs, if you have ever shared needles, if you are a man who has ever had sex with another man, or 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 anonymous or confidential HIV counseling and testing daily. If you are not available on June 27th and would like to schedule an appointment to be tested or learn more information about HIV, contact the Health Department at 433-3366 or 1-800-247-5243. You can also access our website at www.lasallecounty.org/hd.

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MEDIA RELEASE



Date: May 30, 2013

To: All Media

From: LaSalle County Health
Department

717 Etna Road
Ottawa, IL 61350
Contact: Jenny Barrie (ext. 226)
Leslie Dougherty (ext. 225)

Phone: (815) 433-3366

For Immediate Release

“Avoiding Tickborne Disease”

Ottawa, IL - As the weather warms up and people spend more time outdoors, it's important to take precautions against tick bites and the illnesses they can carry, like Rocky Mountain spotted fever, Lyme disease, tularemia and ehrlichiosis. Tickborne diseases can cause mild symptoms or severe infections. There have been confirmed cases of Lyme disease in LaSalle County over the past few years. “While antibiotics can treat illnesses due to tick bites, it's best to avoid tick bites altogether by taking some simple precautions,” says Ted Pumo, Director of Environmental Health at LaSalle County Health Department.

Recommendations to avoid tick bites:

- Walk in the center of trails so weeds do not brush against you.
- Use repellent that contains 20 to 30 % DEET on exposed skin. Follow product instructions.
- Use products that contain permethrin to treat clothing and gear, such as boots, pants (especially the cuffs), socks and sleeping tents. Or look for clothing pre-treated with permethrin.
- Tuck long pants into socks and boots. Wearing light-colored pants makes ticks easier to see.

- In areas where there are ticks, check yourself, children and other family members every two to three hours for ticks (especially ears, hair, neck, legs and between the toes).
- Check outdoor pets often for ticks. Ticks can “hitch a ride” on pets and into your home. Tick collars, sprays, shampoos, or monthly “top spot” medications help protect pets against ticks.

If you do find a tick, remove it promptly. The best way to remove a tick is to grasp it with fine-point tweezers as close to the skin as possible and gently, but firmly, pull it straight out. Do not twist or jerk the tick. Wash the bite area and your hands thoroughly with soap and water and apply an antiseptic to the bite site.

Within two weeks following a tick bite, if you experience a rash that looks like a bull's-eye, a rash anywhere on your body, or an unexplained illness accompanied by fever, call your doctor.

The most common symptoms of tick-related illnesses can include fever, chills, aches, pains, and rash. Early recognition and treatment of the infection decreases the risk of serious complications. For more information, visit our website at www.lasallecounty.org/hd.

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

May 21, 2013

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 20, 2013, and will continue this process through October 15, 2013. Dead birds are important sentinels for early detection of West Nile virus activity. Over the past eleven years, West Nile virus activity has been documented throughout LaSalle County. LaSalle County citizens should report any dead crows, blue jays, grackles, starlings, robins, cardinals, catbirds, mockingbirds, sparrows, finches, flycatchers, swallows, warblers, and wrens 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 for bird identification information.

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

April 23, 2013

N E W S R E L E A S E

“Well Water Test Kits Available at the Health Department”

FOR IMMEDIATE RELEASE:

FOR INFORMATION OR INTERVIEWS; contact Leslie Dougherty or Jenny Barrie at 815-433-3366

Ottawa, IL - Many LaSalle County water wells have been exposed to flood waters which can pose a public health hazard. Flood waters carry contaminants such as parasites, bacteria, and viruses from backed up septic systems and other sources. All wells that have been exposed to flood waters need to be tested prior to use to help ensure the water is safe to drink.

The LaSalle County Health Department is providing water well test kits free of charge to LaSalle County residents with wells that have been exposed to flood waters. Test kits will be available at the LaSalle County Health Department, 717 Etna Road, Ottawa, from 8am to 4:30pm, Monday through Friday.

Ted Pumo, Director of Environmental Health at LaSalle County Health Department, urges residents to clean and test wells. "Water wells should be disinfected using standard procedures listed on our website at www.lasallecounty.org/hd.

Once the water recedes from around water wells, it is important that flooded water wells be thoroughly pumped, allowed to recharge naturally, and disinfected before sampling. This process is necessary for complete disinfection of the well and may take up to several days to complete."

The water well kits test for coliform bacteria and nitrates/nitrites, and include information on clean up guidelines for buildings, instructions for chlorinating the well, collecting the water sample for analysis, and a shipping label with specific timeframe instructions for mailing the sample to the designated lab. The test kit is free; residents can mail to laboratory or drop off at LaSalle County Health Department prior to 1pm on Monday, Tuesday or Wednesday. After the lab completes the test analysis on the water sample, the results will be sent to the Health

Department to interpret. The Health Department will notify the homeowner of the final test results, usually 7-10 business days.

After flooding, it is recommended to have your total system checked by a qualified electrician, well contractor, or pump contractor. For additional tips and information regarding floods and water wells, visit the LaSalle County Health Department website at www.lasallecounty.org/hd or contact the Health Department's Environmental Health Division at (815) 433-3366.

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

April 22, 2013

N E W S R E L E A S E

“Tetanus Vaccine Available”

FOR IMMEDIATE RELEASE:

FOR INFORMATION OR INTERVIEWS; contact Leslie Dougherty or Jenny Barrie at 815-433-3366

OTTAWA, IL -- The LaSalle County Health Department would like to remind LaSalle County residents that tetanus vaccinations will continue to be available today, April 22nd and throughout the remainder of the week on a as-needed basis. The vaccinations are available on a walk-in basis at the Health Department from 8:00 am-4:00 pm and will be free of charge. Tdap (Tetanus-Diphtheria-Pertussis) is the vaccination that will be administered.

During times of flooding, people are often concerned about receiving a booster dose of tetanus. The need for tetanus vaccination during flood recovery depends upon individual circumstances. The same recommendations that apply at any other time also apply during a flood. Individuals are generally advised to receive a routine tetanus booster dose every ten years. People who are cut or injured and have not received, or are unsure if they have received a tetanus vaccine within the last five years, should receive a booster dose of the

vaccine. Outbreaks of communicable disease after floods are rare. Increases in infectious disease that were not present in a community before the floods are usually not a problem after a flood.

In addition, if your private water well has been flooded, contact the Health Department for a water testing kit. Disinfecting procedures for water wells can be found in the “After the Flood” document, which is posted on the Health Department’s website at www.lasallecounty.org/hd. Information can also be found on our Facebook page. For more information, please contact the LaSalle County Health Department at 815-433-3366 or 1- 800-247-5243.

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LASALLE COUNTY HEALTH DEPARTMENT

717 ETNA ROAD

OTTAWA, IL 61350

433-3366

April 18, 2013

News Release

“Health and Safety Precautions During Local Flooding”

FOR IMMEDIATE RELEASE:

FOR INFORMATION OR INTERVIEWS; contact Jenny Barrie (ext. 226) or Leslie Dougherty (ext. 225) at 815-433-3366

Ottawa, IL - Public health and safety are the number one concerns after heavy rains and flooding. Flood water can carry bacteria and other contaminants that could cause disease and illness. During this time of heavy rains and flooding, the LaSalle County Health Department urges all residents to take safety precautions against diseases:

These basic precautions can help to prevent disease:

- Minimize skin contact with sewer water, especially cuts and sores. Keep them clean and covered.
- Do not allow children to play in areas contaminated by sewage overflows.
- Do not eat or drink anything exposed to sewer water.

- Do not use water from flooded water wells. An alternate source of potable water should be obtained such as bottled water. If an alternate source of water is unavailable and tap water must be used, boil it vigorously for at least five minutes. If you cannot boil it, add eight drops of household bleach to each gallon of water. Mix thoroughly and allow to stand for 30 minutes. This method should be used only with water that is clean in appearance and free of odor. Once flood waters recede, the well should be tested to make sure the water is safe to drink. Contact LaSalle County Health Department to obtain a test kit.
- Keep contaminated objects, water and hands away from your mouth, eyes and nose.
- Wash hands frequently, especially after bathroom use, before eating and immediately following contact with sewer water or contaminated objects or surfaces.

Take the following precautions to prevent injury:

- Turn off main power switches if necessary. Air out and wipe dry all appliances and electrical outlets exposed to water before use.
- If you have fuel oil or gas systems, be sure tanks are secure and all lines are free from breaks.
- Wear rubber boots, gloves and an N95 or HEPA respirator mask during removal and cleanup.
- Open windows if possible to ventilate and dry the area. Fans can be used to help with drying.
- Keep children from playing in flood and sewer water.

The following cleaning guidelines may help prevent the transmission of disease and reduce property loss:

General Cleaning:

- Discard any contaminated objects that cannot be thoroughly washed or laundered.
- Wash contaminated surfaces and objects with warm, soapy water and disinfect with a bleach and water solution made of no more than 1 cup of bleach per 1 gallon of water. For objects that would be damaged by bleach, use a home or laundry disinfectant.
- Make sure to read and follow label instructions. Do not use ammonia. **Do not mix ammonia and bleach; the vapors are hazardous.**
- Scrub and wash all objects in the affected area of your home, including clothes, exposed to flood waters. Use warm, not hot, tap water with soap.

The LaSalle County Health Department is urging you to play it safe during floods. For additional information to protect yourself and your family, visit the Illinois Department of Public Health website at <http://www.state.il.us/> or contact the LaSalle County Health Department at 815-433-3366 or 1-800-247-5243. For more information on public health issues, visit www.lasallecounty.org/hd or visit our Facebook page.

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LASALLE COUNTY HEALTH DEPARTMENT

717 ETNA ROAD

OTTAWA, IL 61350

433-3366

April 18, 2013

N E W S R E L E A S E

“Tetanus Vaccine Available”

FOR IMMEDIATE RELEASE:

FOR INFORMATION OR INTERVIEWS; contact Leslie Dougherty or Jenny Barrie

at 815-433-3366

OTTAWA, IL -- The LaSalle County Health Department would like to remind LaSalle County residents that tetanus vaccination is available to adults 18 and older who have been affected by county-wide flooding. All children should be up-to-date with tetanus vaccination through routine childhood immunizations and school requirements. The vaccinations are available at the Health Department from 8:00 am-4:00 pm and will be free of charge. Tdap (Tetanus-Diphtheria-Pertussis) is the

vaccination that will be administered.

During times of flooding, people are often concerned about receiving a booster dose of tetanus. The need for tetanus vaccination during flood recovery depends upon individual circumstances. The same recommendations that apply at any other time also apply during a flood. Individuals are generally advised to receive a routine tetanus booster dose every ten years. People who are cut or injured and have not received, or are unsure if they have received a tetanus vaccine within the last five years, should receive a booster dose of the vaccine. Outbreaks of communicable disease after floods are rare. Increases in infectious disease that were not present in a community before the floods are usually not a problem after a flood. For more information, please contact the LaSalle County Health Department at 815-433-3366 or 1- 800-247-5243. Information regarding flooding can also be accessed at our website at www.lasallecounty.org/hd or on our Facebook page.

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

March 28, 2013

NEWS RELEASE

"LaSalle County Health Department Celebrates National Public Health Week"

FOR IMMEDIATE RELEASE:

FOR INFORMATION OR INTERVIEWS; contact Jenny Barrie (ext. 226) or Leslie Dougherty (ext. 225) at 433-3366.

OTTAWA, IL - The American Public Health Association has announced National Public Health Week will be observed April 1-7th, 2013. The theme of this year's National Public Health Week is "Public Health is ROI (Return on Investment): Save Lives, Save Money". According to the American Public Health Association, "the theme was developed to highlight the value of prevention and the importance of well-supported public health systems in preventing disease, saving lives and curbing health care spending". National Public Health Week is a time to celebrate advancements in public health, assess our nation's current public health status and highlight the importance of taking action. The goal is to create a healthier nation in one generation. Individuals can live healthier and longer lives by taking steps to prevent diseases before they happen. Even small preventative changes such as, eating healthy, exercising regularly, avoiding tobacco, and receiving proper vaccinations can make a *BIG* difference.

In addition, five themed days have been designed to help celebrate and promote National Public Health Week. This year the LaSalle County Health Department will utilize social media to help increase awareness of public health issues and National Public Health Week. The Health Department's Facebook page will be updated daily with posts to highlight the themes below:

Monday, April 1: Ensuring a Safe, Healthy Home for Your Family: Health and

safety begin at home. Make prevention a fun family tradition.

Tuesday, April 2: Providing a Safe Environment for Children at School: Schools are the perfect setting for improving child health. Plus, children's health is a rallying point few can ignore.

Wednesday, April 3: Creating a Healthy Workplace: Wellness and safety in the workplace are good for health and for business. Let's make prevention work for us.

Thursday, April 4: Protecting You While You're on the Move: Safety on the go is often in our own hands, but it's also tied to community design. Together, we can turn our streets into roads to better health.

Friday, April 5: Empowering a Healthy Community: Support public health efforts that create healthy opportunities for all. Good health is a community affair. For more information regarding Public Health Week, please visit <http://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, preparedness to respond to bioterrorism issues, prevention of injuries, health promotion programs, and referral to quality health services. Educational materials focusing on a variety of health topics, are always available in the Health Department lobby, located at 717 Etna Road in Ottawa. The Health Department is open Monday through Friday from 8:00 a.m.-4:30 p.m. 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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**LASALLE COUNTY HEALTH DEPARTMENT
717 ETNA ROAD
OTTAWA, IL 61350
433-3366**

MARCH 15, 2013

NEWS RELEASE

“WORLD TB DAY”

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 World TB Day is Sunday, March 24th. This is the 131st anniversary of Robert Koch's discovery of the TB bacillus. When Koch announced his discovery on March 24, 1882 in Berlin, Germany, tuberculosis was responsible for the death of one of every seven people living in Europe and the United States.

This years' theme is once again “Stop TB, In my Lifetime!” Its design is to build public awareness that tuberculosis today remains an epidemic in much of the World causing the deaths of several million people each year. The general symptoms of TB disease include feeling sick or weak, weight loss, fever and night sweats. TB of the lungs causes the general symptoms plus coughing, sometimes producing blood, and chest pain.

TB is caused by an organism called *Mycobacterium tuberculosis*. When a person with active TB disease coughs or sneezes, tiny particles containing *M. tuberculosis* may be expelled into the air. If another person inhales air that contains these particles, transmission from one person to another may occur. However, not everyone infected

with the TB germ becomes sick; as a result, two TB related conditions exist; latent TB infection (LTBI) and active TB disease -- both of which are treatable and curable. There are an estimated 10 to 15 million persons in the United States with latent TB infection, and about 10% of these infected individuals will develop TB disease at some point in their lives. TB is not a disease of the past, TB can infect anyone.

Today, one-third of the World's population is infected with TB and about 2 million people die of this disease each year, even though it is curable. To find out more about TB, or to see about getting tested for a possible TB exposure, contact the LaSalle County Health Department at 433-3366 or 1-800-247-5243 or visit our website at www.lasallecounty.org/hd.. LaSalle County Health Department also a Facebook page, like us on Facebook for updates and information related to public health.

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

January 25, 2013

NEWS RELEASE

“Onsite Wastewater Workshop”

FOR IMMEDIATE RELEASE:

FOR INFORMATION OR INTERVIEWS: contact Jenny Barrie 815-433-3366 ext. 226

Ottawa, IL – The LaSalle County Health Department will be sponsoring an Onsite Wastewater Workshop on February 11, 2013. The seminar will be held at Celebrations 150, 740 E US Highway 6, Utica. The registration fee is \$25.00 and includes lunch.

Doors open at 7:30 am for check-in and registration, with the workshop beginning at 8:30 am. There are seven speakers on the agenda who will present information on Low Pressure Pipe Systems, Sewage Code changes and NPDES implementation, NEHA contractor certification, Raised Filter Bed and Commercial Onsite Waste Systems, Mounds/At-Grade Systems, NPDES permits, and Drip Irrigation Systems. Speakers will represent the Illinois Department of Public Health, National Environmental Health Association, Local Health Departments, US EPA, and private businesses.

Continuing Education Unit's will be available for the workshop. The LaSalle County Health Department is an authorized training organization providing CEUs towards Licensed Environmental Health Practitioner (LEHP) and Local Health Protection Grant (LHPG) requirements. Continuing education record sheets will be available at the registration desk for those seeking CEUs for their LEHP. The record sheets must be completed and turned into the registration desk at the end of the conference. Certificates of Attendance will be issued shortly after the conference.

To register for the workshop or for questions regarding registration, please call the LaSalle County Health Department at (815) 433-3366. The deadline for registration is January 31st. Please visit www.lasallecounty.org/hd for a printable registration form.

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

January 11, 2013

“CERVICAL CANCER SCREENING MONTH”

NEWS RELEASE

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 Human Papilloma Virus (HPV), which has been proven to cause cervical cancer. Licensed HPV vaccines for females and males are now available. The Centers for Disease Control and Prevention (CDC) recommends 11 or 12 year old girls and boys begin the HPV vaccine series. The vaccination series must be completed by age 26. HPV vaccination is offered at LaSalle County Health Department immunization clinics which are held monthly. Those who are interested in scheduling an appointment or want more information can call the Health Department.

The LaSalle County Health Department also 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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