



LaSalle County Health Department News Releases 2014



- 11/24/14 [**WORLD AIDS DAY**](#)
11/12/14 [**GREAT AMERICAN SMOKE OUT**](#)
-
- 9/30/14 [**LaSalle County Flu Clinic Added**](#)
9/23/14 [**2014 Flu Clinic Schedule**](#)
9/23/14 [**LaSalle County Health Department's Flu Clinics to Begin October 6th**](#)
9/19/14 [**Bethanie Brooks Receives Illinois Professional Emergency Manager Certificate**](#)
9/5/14 [**Health Department Confirms First Case of West Nile Virus**](#)
9/5/14 [**Bat Tests Positive for Rabies in LaSalle County**](#)
9/2/14 [**September is National Preparedness Month**](#)
9/2/14 [**22nd Annual Food Service Seminar**](#)
-
- 8/22/14 [**Mosquitoes Test Positive in LaSalle County**](#)
-
- 7/29/14 [**Illinois Breastfeeding Month**](#)
7/18/14 [**Medical Reserve Corps Recruitment Day**](#)
-
- 6/23/14 [**NATIONAL HIV TESTING DAY**](#)
-
- 5/28/14 [**World No Tobacco Day**](#)
5/23/14 [**Avoiding Tickborne Disease**](#)
-
- 4/29/14 [**Bird Surveillance Begins May 1st**](#)
4/3/14 [**LaSalle County Health Department Celebrates National Public Health Week**](#)
-
- 3/24/14 [**ACA Enrollment Opportunities Ending**](#)
-
- 2/28/14 [**Heart Disease**](#)
2/13/14 [**Larvicide Training Offered**](#)
2/13/14 [**Get Active to Get Healthier**](#)
2/3/14 [**February Is American Heart Month**](#)
2/3/14 [**Onsite Wastewater Workshop**](#)
-
- 1/27/14 [**WIC Appointment Computer Issues**](#)
1/24/14 [**Health Department Rescheduling Appointments Due to Forecasted Temperatures and Wind Chills**](#)
1/15/14 [**ACA Enrollment Opportunities**](#)
1/14/14 [**Health Department Receives Medical Reserve Corps Capacity Building Award**](#)
1/13/14 [**Cervical Cancer Screening Month**](#)
1/3/14 [**Health Department Rescheduling Appointments Due to Forecasted Temperatures and Wind Chills**](#)

MEDIA RELEASE



Date: December 29, 2014

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

“Cervical Cancer Screening Month”

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 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 4,000 deaths from the disease. It is extremely important that women receive Pap Smear tests because cervical cancer, when caught early, is nearly 100 percent curable. As many as 93% of cervical cancers could be prevented by screening and human papillomavirus (HPV) vaccination.

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. Studies have shown, regular exercise, a healthy diet, routine screenings and getting the cervical cancer vaccine to help prevent Human Papilloma Virus (HPV), decreases the risk for 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 visit our website at www.lasallecounty.org/hd.

[To Index](#)

MEDIA RELEASE



Date: November 24, 2014

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

“WORLD AIDS DAY”

OTTAWA, IL -- The 27th annual observance of World AIDS Day is December 1, 2014. 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. Young adults aged 20-24 had the highest annual diagnosis rate and account for the largest percentage of all new cases.

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 the age of 12. Appointments are preferred but walk-ins are accepted. Individuals may call 815-433-3366 to schedule an appointment. For more information you can also visit our website at www.lasallecounty.org.

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MEDIA RELEASE



Date: November 12, 2014

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

“ GREAT AMERICAN SMOKE OUT ”

OTTAWA, IL -- The LaSalle County Health Department would like to announce that Thursday, November 20th is this year's Great American Smoke Out. The Great American Smoke Out 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 about 42 million Americans still smoke. That's a bit under 1 in 5 adults.

The Great American Smoke Out 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 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 6350
433-3366

September 30, 2014

NEWS RELEASE

“LaSalle County Flu Clinic Added”

FOR IMMEDIATE RELEASE:

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

OTTAWA, IL – LaSalle County Health Department has added an additional flu clinic in October. It will be held October 20th at the LaSalle County Health Department, 717 Etna Road, Ottawa, IL from 1:00 – 6:00 pm. **No appointment is needed and No Doctor’s order is required. Children 6 months through 17 years must be accompanied by a parent or guardian.**

The cost of a flu shot is \$25.00. Medicare will be billed for persons who receive the Influenza vaccine and show Medicare Part B eligibility. Medicaid will be billed for persons who receive the influenza vaccine and must provide eligibility. Insurance eligibility must be paid upon receiving the influenza vaccine, a receipt will be provided for persons to turn into their insurance company.

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LaSalle County Health Department

717 Etna Road, Ottawa, IL 61350
(815) 433-3366 or (800) 247-5243

2014 Flu Clinic Schedule

ALL CLINICS BASED ON VACCINE AVAILABILITY

No Appointment Needed

Influenza (Seasonal and Preservative free) Vaccine **\$25.00**
FluMist Vaccine
Influenza HD Vaccine (MEDICARE WILL BE BILLED)

Medicare will be billed for persons who receive the Influenza vaccine and show Medicare Part B eligibility. Medicaid will be billed for persons who receive the Influenza vaccine and must provide eligibility. Insurance eligibility must be paid upon receiving the influenza vaccine, a receipt will be provided for person to turn into their insurance company. **NO Doctor's order is required. Children 6 months through 17 years must be accompanied by a parent or guardian.**

Pneumonia Vaccine **\$80.00**

Pneumonia vaccine will be available at each clinic; **NO Doctor's order is required.** Medicare will be billed for persons who receive the Pneumonia vaccine and show Medicare Part B eligibility.

LASALLE COUNTY HEALTH DEPARTMENT INFLUENZA CLINICS:

HELD AT: 717 E. ETNA ROAD, OTTAWA

October 6, 2014 - 10:00am-5:00pm
October 20, 2014 - 1:00pm-6:00pm
November 6, 2014 - 10:00am-5:30pm
November 19, 2014 - 1:00pm-5:30pm
December 16, 2014 - 10:00am-4:00pm

PERU AREA INFLUENZA CLINIC:

Peru Mall
Pediatric Clinic

October 8, 2014 - 2:00pm-5:00pm

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

September 22, 2014

NEWS RELEASE

“LaSalle County Health Department’s Flu Clinics to Begin October 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 to get vaccinated against seasonal influenza (flu). The LaSalle County Health Department has begun receiving its shipment of flu vaccine and will begin hosting flu clinics at the Health Department beginning in October. Seasonal Influenza Vaccine, Influenza HD (High Dose) Vaccine for persons 65 and older and Flu Mist Vaccine will be available. On June 25, 2014 the Advisory Committee on Immunization Practices (ACIP) and the Centers for Disease Control (CDC) made a recommendation for LAIV (Flu Mist) as the preferred vaccine to be used in healthy children aged 2 to 8 years of age. Flu Mist is available for all healthy individuals aged 2 through 49. All LaSalle County Health Department influenza vaccines are preservative free. The fee for the flu shot will be \$25. 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 \$80. For more information on influenza you can call 1-815-433-3366 or you may visit our website at www.lasallecounty.org/hd. Or like us on Facebook.

###



LaSalle County Health Department

717 Etna Road, Ottawa, IL 61350
(815) 433-3366 or (800) 247-5243

2014 Flu Clinic Schedule

ALL CLINICS BASED ON VACCINE AVAILABILITY

No Appointment Needed

Influenza (Seasonal and Preservative free) Vaccine	\$25.00
FluMist Vaccine	
Influenza HD Vaccine (MEDICARE WILL BE BILLED)	

Medicare will be billed for persons who receive the Influenza vaccine and show Medicare Part B eligibility. Medicaid will be billed for persons who receive the Influenza vaccine and must provide eligibility. Insurance eligibility must be paid upon receiving the influenza vaccine, a receipt will be provided for person to turn into there insurance company. **NO Doctor's order is required. Children 6 months through 17 years must be accompanied by a parent or guardian.**

Pneumonia Vaccine	\$80.00
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Pneumonia vaccine will be available at each clinic; **NO Doctor's order is required.** Medicare will be billed for persons who receive the Pneumonia vaccine and show Medicare Part B eligibility.

LASALLE COUNTY HEALTH DEPARTMENT INFLUENZA CLINICS:

HELD AT: 717 E. ETNA ROAD, OTTAWA

October 6, 2014 - 10:00am-5:00pm

November 6, 2014 – 10:00am-5:30pm

November 19, 2014 - 1:00pm-5:30pm

December 16, 2014 - 10:00am-4:00pm

PERU AREA INFLUENZA CLINIC:

Peru Mall

Pediatric Clinic

October 8, 2014 - 2:00pm-5:00pm

MEDIA RELEASE



Date: September 19, 2014

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

“Bethanie Brooks Receives Illinois Professional Emergency Manager Certificate”

Ottawa, IL – Bethanie Brooks, Emergency Preparedness Specialist for the LaSalle County Health Department recently attended the annual IEMA Conference on September 2-5, 2014 in Springfield, IL. During the conference, at a special ceremony, Bethanie received her Illinois Professional Emergency Manager (IPEM) certificate.

In 2001, the Illinois Emergency Management Agency (IEMA), in partnership with the Illinois Emergency Management Association (IESMA) established the Illinois Professional Emergency Manager Standards and Accreditation program. The program was designed to offer specialized training to provide emergency managers with the skills and tools necessary to not only succeed, but to excel in the total process of emergency management. The accredited IPEM must be renewed every three years.

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MEDIA RELEASE



Date: September 5, 2014

To: All Media

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

Contact: Jenny Barrie (ext. 226)
Leslie Dougherty (ext. 225)
LaSalle County Animal Control 815-434-8661

Phone: (815) 433-3366
For Immediate Release

“Bat Tests Positive for Rabies in LaSalle County”

OTTAWA, IL – Due to continuing evidence that bats are the primary carrier of rabies in Illinois, the LaSalle County Health Department and LaSalle County Animal Control is reminding the public to avoid contact with bats. Health Department officials have recently received a report indicating a bat submitted from Ottawa tested positive for rabies. To date, in Illinois 19 bats have tested positive for rabies in 2014.

In recent weeks, the Health Department has experienced an increase in phone calls regarding bat activity throughout the county. Warm weather makes bats more active, so contacts with humans and pets are more likely. Bats are naturally active during the evening from April to mid-October.

Rabies is a virus that affects the nervous system of humans and other mammals. Humans can get rabies after being bitten by an infected animal. Rabies can also be contracted when saliva from a rabid animal gets directly into a person’s eyes, nose, mouth or an open wound. People usually know when they have been bitten by a bat, but bats have very small teeth and the bite mark may not be easy to see. **Without preventative treatment, rabies is a fatal disease.** If you have been bitten or have had direct contact with a bat, seek immediate medical attention. Treatment with rabies immune globulin

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and a vaccine series must begin immediately. Post-exposure treatment is a 4 to 5 dose vaccination series given over a 30-day period.

Any wild mammal, like a raccoon, skunk, fox, coyote or bat, can have rabies and transmit it to people. Changes in the animal's normal behavior, difficulty with walking or an overall appearance of illness, can be early signs of rabies. The animal does not need to be foaming at the mouth or exhibiting rabies symptoms. Specifically, bats that are active during the day, found on the ground or are unable to fly, are more likely than others to be rabid. These bats are often very easy to approach, but should never be handled. If a bat is found, contact LaSalle County Animal Control or the local police department for assistance in removing it.

Follow these tips from the Illinois Department of Public Health to help prevent the spread of rabies:

- ✓ Be a responsible animal owner. Keep vaccinations up-to-date for all dogs, cats, ferrets and other animals you own.
- ✓ Seek immediate veterinary assistance for your pet if your pet is bitten by a wild animal or exposed to a bat.
- ✓ Call the local animal control agency about removing stray animals in your neighborhood.
- ✓ Do not handle, feed or unintentionally attract wild animals with open garbage cans or litter.
- ✓ Never adopt wild animals or bring them into your home. Do not try to nurse sick wild animals to health. Call animal control or an animal rescue agency for assistance.
- ✓ Teach children never to handle unfamiliar animals, wild or domestic, even if they appear friendly. "Love your own, leave other animals alone" is a good principle for children to learn to reduce the risk of exposures to rabid animals.
- ✓ Maintain homes and other buildings so bats cannot gain entry.
- ✓ If a bat is in your home, do not release the bat outdoors until after speaking with animal control or public health officials. If you can do it without putting yourself at risk for physical contact or being bitten, try to cover the bat with a large can or bucket, and close the door to the room.

For further questions and additional information, please contact the LaSalle County Health Department at 815-433-3366 or visit our website at www.lasallecounty.org/hd. Information about rabies activity in the state can be found at <http://www.idph.state.il.us/health/infect/reportdis/rabies.htm>.

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MEDIA RELEASE



Date: September 5, 2014

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 61 year old male who became ill in August.

Human West Nile virus cases were previously reported in LaSalle County in 2013 (1), 2007 (2), 2006 (1), 2005 (1), 2004 (5), 2003 (1), 2002 (11) during the late summer and early fall months.

In late August, it was reported that mosquitoes collected in LaSalle 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/wnvsurveillance14.htm>.

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MEDIA RELEASE



Date: September 2, 2014
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

“September is National Preparedness Month”

OTTAWA, IL -September is National Preparedness Month. The LaSalle County Health Department would like to emphasize that we make a commitment on a daily basis to educate and inspire the public to be better prepared for natural, man-made, and public health disasters. Employees at the Health Department work to prevent, mitigate against, prepare for, respond to, and recover from a variety of hazards that can impact our county.

In the past, the Health Department has responded to a wide variety of communicable disease outbreaks and provided assistance in responding to tornados, power outages, fires, and record breaking floods. This is all thanks to our ever vigilant staff who are dedicated to communicable disease surveillance and investigation, emergency preparedness, environmental health, personal health, administration, and health education.

Being better prepared at home is a necessity. Two simple steps you can take to be better prepared are: 1) Purchase a weather radio and program it to the appropriate area. With a weather radio you can stay informed about any impending weather that could cause you harm. 2) Build an emergency preparedness kit. Items you can include in this kit: water (one gallon per person per day), non-perishable food (at least a three day supply), flashlight, spare batteries, first aid kit, whistle, can opener, etc. You can even put coloring books, crayons and board games in your kit for your children.

“By improving individual preparedness we can improve the overall resiliency of our community,” states Bethanie Brooks, LCHD Emergency Preparedness and Response Specialist. “I believe Benjamin Franklin said it best, ‘By failing to prepare, you are preparing to fail.’”

For more information, contact the LaSalle County Health Department at 815-433-3366 or visit our website at www.lasallecounty.org/hd.

###



MEDIA RELEASE



Date: August 29, 2014
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

“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 Promotion Month. The LaSalle County Health Department encourages all new mothers to breastfeed. Breastfeeding is the expected and normal way to feed an infant. The theme this year “Breastfeeding: A Winning Goal-For Life!” helps focus on the lifelong benefits of breastfeeding for both mother and infant. 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, diabetes, hypertension, heart disease 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, and childhood cancers.

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.



MEDIA RELEASE



Date: August 22, 2014
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 LaSalle 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. 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.

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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: July 18, 2014
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

“Medical Reserve Corps Recruitment Day”

Ottawa, IL - Do you like to give back to your community by volunteering? Have you heard of the LaSalle County Medical Reserve Corps (MRC)?

MRC programs are community-based and operate as a way to organize and utilize volunteers, medical professionals and others, who want to donate their time and expertise to promote healthy living throughout the year and to prepare for and respond to emergencies. MRC volunteers supplement existing local emergency and public health resources. MRC volunteers include medical and public health professionals such as physicians, nurses, pharmacists, dentists, veterinarians, and epidemiologists. Other community members, such as interpreters, chaplains, office workers, and legal advisors, can fill other vital support positions. Interested volunteers are not required to have a medical professional background.

Come find out more at our volunteer open recruitment day! We will be at the LaSalle County Health Department located at 717 E. Etna Road in Ottawa from 9am-3:30pm on Tuesday, July 22nd!

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

JUNE 23, 2014

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 is on Friday June 27th. This is the 21st annual HIV Testing Day campaign. The goal of the campaign is to “Take the Test, Take Control” 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. In the United States, nearly 1.1 million people are living with HIV, and one in six don’t know they are infected.

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. Today more tools than ever are available to prevent HIV. In addition to limiting your number of sexual partners, never sharing needles and using condoms correctly and consistently, you can reduce your risk.

To learn more information about HIV, contact the LaSalle County Health Department at 433-3366 or 1-800-247-5243. You can also access our website at www.lasallecounty.org/hd. And like us on Facebook.

LASALLE COUNTY HEALTH DEPARTMENT
717 ETNA ROAD
OTTAWA, IL 61350
433-3366
May 28, 2014

N E W S R E L E A S E

“ World No Tobacco 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 Saturday, May 31st is World No Tobacco Day. The ultimate goal of this years campaign is to contribute to protecting present and future generations not only from the devastating health consequences due to tobacco, but also from the social, environmental and economic detriments of tobacco use and exposure to tobacco smoke. The tobacco industry addicts more than 2,000 youth everyday and one in three of them will die prematurely because of tobacco. And while millions of people are dying, Big Tobacco is raking in billions and billions of dollars.

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.

Now is the time to quit smoking. The Illinois Department of Public Health has a Tobacco Quitline that you can call for help. The number is 1-866 Quit-Yes that's 1-866-784-8937. For more information on how to quit smoking, or for some quit tips you can also call the Health Department 433-3366 or 1 (800) 247-5243. You can also visit our website at www.lasallecounty.org. or like us on facebook.

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MEDIA RELEASE



Date: May 23, 2014

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. In a study conducted by the federal Centers for Disease Control (CDC) they discovered that Lyme disease is about 10 times more prevalent than previously reported, claiming that as many as 300,000 Americans are diagnosed with the disease annually, as opposed to the previously reported count of 20,000 to 30,000 reported cases. These statistics appear to hold true in LaSalle County, as Lyme disease cases have increased over recent years. LaSalle County documented 12 cases of Lyme disease in 2013.

Year	Number of Lyme Disease Cases in LaSalle County
2013	12
2012	4
2011	8
2010	3
2009	4

“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, 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 find a tick attached to your skin, there's no need to panic. The CDC recommends the following steps to remove a tick:

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.
3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.

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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MEDIA RELEASE



Date: April 3, 2014
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

“LaSalle County Health Department Celebrates National Public Health Week”

OTTAWA, IL - The American Public Health Association has announced National Public Health Week will be observed April 7-13th, 2014. The theme of this year’s National Public Health Week is “Public Health: Start Here!” According to the American Public Health Association, “supporting public health and prevention can create a healthier nation for all. Public Health Week is an opportunity to highlight how taking preventive measures, whether big or small, can impact families, neighborhoods, workplaces and schools to live longer and healthier lives.”

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 7](#): **Be healthy from the start.** From maternal health and school nutrition to emergency preparedness, public health starts at home. Let us show you around.
- [Tuesday, April 8](#): **Don't panic.** Disaster preparedness starts with community-wide commitment and action. We're here to help you weather the unexpected.

-more-

- [Wednesday, April 9](#): **Get out ahead.** Prevention is now a nationwide priority. Let us show you where you fit in.
- [Thursday, April 10](#): **Eat well.** The system that keeps our nation's food safe and healthy is complex. We can guide you through the choices.
- [Friday, April 11](#): **Be the healthiest nation in one generation.** Best practices for community health come from around the globe. We have a world of public health to show you.

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**

815-433-3366

March 24, 2014

“ACA Enrollment Opportunities Ending”

FOR IMMEDIATE RELEASE

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

Ottawa, IL – LaSalle County Health Department is reminding everyone that the Affordable Care Act (ACA) Insurance Marketplace will be closing on March 31st. If you need assistance to enroll in the Affordable Care Act (ACA) also known as Obamacare you can contact the Health Department. Appointments are 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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MEDIA RELEASE

Date: February 28, 2014
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



“Heart Disease”

Ottawa, IL – As American Heart Month comes to an end, the LaSalle County Health Department would like to bring awareness to a recent report from the Centers for Disease Control (CDC). The CDC reported that 1 in 4 heart disease deaths can be prevented. The report estimated that preventable deaths from heart disease in 2010 amounted to as many as 200,000 individuals who might have been spared an early death from a heart attack or stroke. These deaths can be prevented by better prevention, treatment efforts, and changes in health habits.

Heart disease accounts for almost 30% of all U.S. deaths. If 1 in 4 deaths can truly be prevented, this could start a major trend reversal for the better. This trend starts with the individual. Remember the risk factors associated with heart disease and realize most of the major risk factors can be managed or prevented. Here is a list of the most common risk factors and solutions for managing them:

- High Blood Pressure – Make control your goal
- High Cholesterol – Work with your doctor on a treatment plan to manage your cholesterol.
- Diabetes – Work with your doctor on a treatment plan to manage your diabetes.
- Tobacco use – If you don’t smoke, don’t start. If you do smoke get help to quit. Call the Illinois Tobacco Quit Line at 1-866-QUIT-YES for more information.
- Unhealthy diet – Eat a healthy diet, low in sodium and trans fats and high in fresh fruits and vegetables.
- Physical inactivity – The Surgeon General recommends adults engage in moderate-intensity exercise for 2 hours and 30 minutes every week.
- Obesity – Work to maintain a healthy weight.

For more information, please contact the Health Department at (815) 433-3366, or visit our website at

www.lasallecounty.org/hd.

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MEDIA RELEASE



Date: February 13, 2014
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

"Larvicide Training Offered"

OTTAWA, IL – The LaSalle County and Bureau County Health Departments are offering a “solid” Larvicide application training to be held on March 12, 2014, at the LaSalle County Health Department from 10:30 am to 12:30 pm. If you are interested in attending this seminar please call 815-433-3366 ext. 228 prior to March 5th to register. A registration form is available on the Health Department’s website at www.lasallecounty.org/hd.

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LaSalle County Health Department
717 E. Etna Road
Ottawa, Illinois 61350-1097
Phone: (815) 433-3366
Phone: (800) 247-5243
Fax: (815) 433-9522

Julie Kerestes, BS, LEHP, Administrator

William Johnson, President
Jack Wayland, Vice President
Don Kaminky, Secretary
Louis Weber Jr., Treasurer
Melva Allender, RN
Mark Benavides, DDS
Lou Anne Carretto
Robert B. Maguire, MD

Date: February 10, 2014

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

From: Ted Pumo, Director of Environmental Health

RE: Mosquito Larvicide Training

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

The LaSalle County Health Department and the Bureau County Health Department, in conjunction with the Illinois Department of Public Health, is offering this training on Wednesday, March 12, 2014, from 10:30 am to 12:30 pm at the LaSalle County Health Department. Registration will begin at 10:00 am.

If you would like to attend, fill out the form below and return it to the Health Department no later than March 5, 2014.

This seminar is free

Larvicide 1 - Hour Training

Return to:

LaSalle County Health Department
717 E Etna Road
Ottawa, Illinois 61350

Name, _____

Jurisdiction, _____

Of people attending, _____

Phone number of contact person _____

MEDIA RELEASE



Date: February 13, 2014

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

“Get Active to Get Healthier”

Ottawa, IL - In honor of American Heart Month, the LaSalle County Health Department offers the following tips on how to get active! According to the National Heart, Lung, and Blood Institute:

- It doesn't take much! The National Heart, Lung, and Blood Institute suggest that you get 2hrs and 30 minutes of moderate-level intensity activity per week. You can split it up into being active for ten minutes at a time. This level of activity will lower your risk of developing heart disease and other risk factors such as high blood pressure, diabetes, and being overweight.
- No excuses! Instead of taking a break at work, take a walk. Do things you enjoy doing in your free time such as biking, dancing, and even gardening.
- When you're active, mix it up! Do aerobic activities such as walking, biking, or jogging to get your heart rate up. Resistance training such as pushups strengthens and tones muscles. Stretching increases flexibility in your muscles!
- Do activities that you already enjoy or that you think you'll enjoy. Find what works for you, whether it is group or individual activities. Make sure to do your vigorous activity at a time that is convenient for you, this will allow you to devote your energy at the best time.
- If you get bored with an activity you're doing, switch it up! Join a gym or YMCA and try something new. Trying new things will keep you interested and will surprise your body which can reap great benefits. Make sure to work these routines into your daily schedule so it's a priority and not just an option.

The Health Department is also promoting “Heart Healthy” messages on their Facebook page. Anyone who “shares” a “Heart Healthy” post from the Health Department's page will be entered into a drawing. Participants will have a chance to win fitness/gym passes from the Ottawa, Peru, Streator, and Mendota YMCA's. Another way to be entered into the drawing is to visit the LaSalle County Health Department during the month of February for a blood pressure, height, and weight check. One entry will be allowed per day. Winners will be drawn on February 28th. The Health Department is located at 717 Etna Road, Ottawa and is open Monday-Friday 8:00am-4:30pm.

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MEDIA RELEASE



Date: January 24, 2014
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 Rescheduling Appointments Due to Forecasted Temperatures and Wind Chills”

Ottawa, IL – In response to the National Weather Service of Chicago advisory of wind chills of 20 below to 40 below zero early next week the LaSalle County Health Department strongly advises individuals and families with young children to consider rescheduling Health Department services on Monday, January 27th and Tuesday, January 28th. This would include services such as WIC appointments, immunizations, and In Person Counselor appointments.

According to Cathy Larsen, Director of Nursing, “we want families to be safe during these extremely cold conditions. Children and infants lose body heat more quickly than adults, and loss of body heat can lead to serious conditions such as hypothermia and frostbite.

To reschedule any Health Department service, call 815-433-3366.

Visit keepwarm.illinois.gov to find a warming center near you or call the IDHS hotline at (800) 843-6154.

For more information on public health issues, 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

January 15, 2014

“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 on January 23 and 24th 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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MEDIA RELEASE



Date: January 14, 2014
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 Receives Medical Reserve Corps Capacity Building Award”

Ottawa, IL – The LaSalle County Health Department recently applied for and received a Medical Reserve Corps (MRC) Capacity Building Award from The National Association of County and City Health Officials (NACCHO). MRC programs are community-based and operate as a way to organize and utilize volunteers, medical professionals and others, who want to donate their time and expertise to promote healthy living throughout the year and to prepare for and respond to emergencies. MRC volunteers supplement existing local emergency and public health resources.

The Health Department was awarded \$3,500 to help expand and promote their MRC unit. The awarded money can be used for projects, training, or other activities that address the community’s needs and interests in emergency response and/or public health activities. According to Bethanie Brooks, Emergency Preparedness and Response Specialist, “there will be a strong focus on recruiting new volunteers into the MRC program, along with utilizing current volunteers to promote public health preparedness activities.” MRC volunteers include medical and public health professionals such as physicians, nurses, pharmacists, dentists, veterinarians, and epidemiologists. Other community members, such as interpreters, chaplains, office workers, and legal advisors, can fill other vital support positions.

The MRC program was originally housed under the Health Department until early 2010, when the program transitioned over to the LaSalle County Emergency Management Agency. At this time the Health Department did not have the area of Emergency Preparedness designated as a full-time position. In recent months, the MRC program has transitioned back over to the Health Department. Bethanie Brooks, the Emergency Preparedness and Response Specialist, also serves as the MRC Coordinator.

For an informational brochure, volunteer application and to learn more about the MRC program in LaSalle County visit, www.lasallecounty.org/hd. For additional information please call the Health Department at 815-433-3366.

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MEDIA RELEASE



Date: January 13, 2014
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

“Cervical Cancer Screening Month”

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 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 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. Studies have shown, regular exercise, a healthy diet, routine screenings and getting the cervical cancer vaccine to help prevent Human Papilloma Virus (HPV), decreases the risk for 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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WHEREAS, January is recognized nationally as Cervical Cancer Awareness Month, an observance that promotes education about cervical cancer causes, screenings and treatments; and,

WHEREAS, in 2014, a projected 550 women in Illinois will be diagnosed with cervical cancer; and,

WHEREAS, in 2013, 190 women in Illinois were projected to have lost their life to cervical cancer; and,

WHEREAS, with routine screening and follow-up, cervical cancer is highly preventable; and,

WHEREAS, early detection through routine screening can significantly increase chances of survival; and,

WHEREAS, the Illinois Breast and Cervical Cancer Program (IBCCP) provides free mammograms, breast exams, pelvic exams, and Pap tests to uninsured women. The IBCCP has provided 15,883 cervical cancer screenings in the past fiscal year alone; and,

WHEREAS, throughout January, public and private organizations as well as state and local governments around the country will promote education about cervical cancer causes, screenings and treatments; and,

*THEREFORE, I, Pat Quinn, Governor of the State of Illinois, do hereby proclaim January 2014 as **CERVICAL CANCER AWARENESS MONTH** in Illinois, and encourage all women to receive regular screenings, and invite each citizen to join the continued fight against cervical cancer.*

In Witness Whereof, I have hereunto set my hand and caused the Great Seal of the State of Illinois to be affixed.



Done at the Capitol, in the City of Springfield,

this EIGHTEENTH day of DECEMBER, in

the Year of Our Lord two thousand and

THIRTEEN, and of the State of Illinois

the one hundred and NINETY-SIXTH

Deese White

SECRETARY OF STATE

Pat Quinn

GOVERNOR

MEDIA RELEASE



Date: January 3, 2014
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 Rescheduling Appointments Due to Forecasted Temperatures and Wind Chills”

Ottawa, IL – In response to the National Weather Service of Chicago advisory of wind chills of 30 below to 45 below zero early next week the LaSalle County Health Department strongly advises individuals and families with young children to consider rescheduling Health Department services on Monday, January 6th and Tuesday, January 7th. This would include services such as WIC appointments, immunizations, and In Person Counselor appointments.

According to Cathy Larsen, Director of Nursing, “while the Health Department and WIC clinics will remain open, we want families to be safe during these extremely cold conditions. Children and infants lose body heat more quickly than adults, and loss of body heat can led to serious conditions such as hypothermia and frostbite.

To reschedule any Health Department service, call 815-433-3366.

Visit keepwarm.illinois.gov to find a warming center near you or call the IDHS hotline at (800) 843-6154.

For more information on public health issues, visit our website at www.lasallecounty.org/hd.

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