

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

January 13, 2017

“CERVICAL CANCER SCREENING MONTH”

N E W S R E L E A S E

FOR IMMEDIATE RELEASE:

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

OTTAWA, IL—In recognition of Cervical Cancer Awareness Month the LaSalle County Health Department is urging women over the age of 21 to be screened 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

MEDIA RELEASE



Date: February 22, 2017
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

“WIC/FCM Site Opens in Streator ”

OTTAWA, IL -- The LaSalle County Health Department would like to announce that beginning Tuesday, February 28, 2017 the Streator WIC site will open its new location at:

OSF Medical Arts Building
104 6th Street, Suite 201
Streator, IL 61364

The Streator WIC clinic will operate on Tuesday mornings and all day Wednesdays and will provide Family Case Management services as well as the Women, Infant, and Children (WIC) program.

Through a grant funded by the Illinois Department of Human Services, La Salle County Health Department offers client based Family Case Management services and support to pregnant women, infants and children. This program focuses on promoting healthy families through education, screenings, assessments, referrals and other services based on client need.

The goals of the Family Case Management Program are to: provide access to primary health care, identify and resolve service barriers, provide health education, reduce infant mortality and morbidity and reduce very low and low birth rates.

The mission of the La Salle County Women, Infants, and Children (WIC) program, which is also funded by the state health department, is to improve the health status of women, infants, and children; to reduce the incidence of infant mortality, premature births and low birth weights; and to aid in the development of children. This program serves income eligible pregnant, post-partum, breastfeeding women, infants, and children up to age 5 years. The WIC program provides health screening, nutrition education and counseling, and supplemental foods including formula for infants.

For information on making an appointment contact the LaSalle County Health Department (815)433-3366.

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cervical cancer. Licensed HPV vaccines for females and males are 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 or who have high deductibles regardless of income. We invite and encourage anyone who needs more information on cervical cancer and the importance of Pap Smear tests, the IBCCP program, or the cervical cancer vaccines to contact the Health Department at 1-815-433-3366 or visit our website at www.lasallecounty.org/hd.

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MEDIA RELEASE



Date: March 8, 2017

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

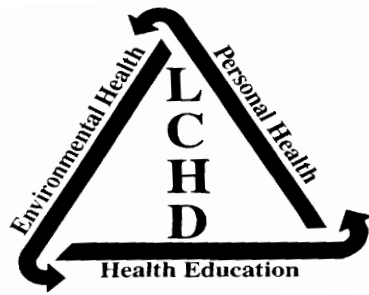
"Larvicide Training Offered"

OTTAWA, IL – The LaSalle County Health Department is offering a “solid” Larvicide application training to be held on March 29, 2017, at the LaSalle County Health Department from 10:30 am to 11:30 am. If you are interested in attending this seminar please call 815-433-3366 ext. 228 prior to March 24th to register. A registration form is available on the Health Department’s website at www.lasallecounty.org under Environmental Health/Vector Control.

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MEDIA RELEASE



Date: March 31, 2017

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 Observes National Public Health Week”

OTTAWA, IL - During the first full week of April each year, the American Public Health Association (APHA) brings together communities across the US to observe National Public Health Week. National Public Health Week will be observed April 3-9, 2017. Public Health serves as an invisible shield of protection to promote and protect the health of people in the communities where they live, learn, work, and play.

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 that offer tips on a variety of public health issues and also highlight some of the programs available at the Health Department.

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. The Health Department’s website can be accessed at www.lasallecounty.org. # # #





MEDIA RELEASE

Date: April 12, 2017

To: All Media

From: LaSalle County MRC/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 MRC Offers Heartsaver® First Aid Training”

Ottawa, IL – Emergency situations can be stressful and chaotic, but having the training you need to help someone can ease the panic for everyone involved. Something as simple as knowing how to stop bleeding could save a person’s life or at least lessen the severity of injury. In April, the LaSalle County Medical Reserve Corps (MRC) will be offering the American Heart Association’s Heartsaver® First Aid Training. The training is a video-based, instructor-led course that teaches students critical skills to respond to and manage an emergency in the first few minutes until emergency medical services arrive. Students will learn duties and responsibilities of first aid rescuers; first aid actions for medical emergencies, including severe choking, heart attack, and stroke; and skills for handling injury and environmental emergencies, including external bleeding, broken bones and sprains, and bites and stings.

Details regarding the upcoming Heartsaver® First Aid training are as follows:

Date: Monday, April 24th, 2017

Times: 9am-12pm or 1pm-4pm

Location: LaSalle County Health Department

Address: 717 E. Etna Road, Ottawa, IL 61350

Number of Spots Available Per Class: 12

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The only cost associated with the training is for the certificate from the American Heart Association. There will be a \$4 charge for an E-Card that will be emailed out to participants the day of the training or a \$4.25 charge for a paper card that will be mailed out within 48 hours after the training. Participants can pay with cash the day of the training or pay online when they register for a small convenience fee. Please note if participants would like to purchase the book, they have to pay with cash that day. The books are \$10/pc.

To register please visit the LaSalle County MRC website at <http://www.lasallecountymrc.org> or call 815-433-3366 Ext. 227. Please register by Sunday, April 23, 2017. The LaSalle County Medical Reserve Corps is a volunteer organization that is administered through the LaSalle County Health Department and their Emergency Preparedness Program.

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MEDIA RELEASE

Date: May 3, 2017

To: All Media

From: LaSalle County MRC/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 MRC Offers Friends & Family CPR Course”

Ottawa, IL – The Family & Friends CPR Course teaches the lifesaving skills of adult Hands-Only CPR, adult CPR with breaths, child CPR with breaths, adult and child AED use, infant CPR, and mild and severe airway block for adults, children, and infants. Skills are taught in a dynamic group environment using the AHA’s research-proven practice-while-watching technique, which provides students with the most hands-on CPR practice time possible. Details regarding the upcoming Friends & Family CPR course are as follows:

Date: Monday, May 8, 2017

Times: 9am-11:30am

Location: LaSalle County Health Department

Address: 717 E. Etna Road, Ottawa, IL 61350

Number of Spots Available: 20

There is no cost associated with this training. Participants will be given a certificate of completion at the conclusion of the course. If participants would like to purchase the book, they need to pay with cash that day. The books are \$2/piece.

To register please click on the event and training calendar at the LaSalle County MRC website at

<http://www.lasallecountymrc.org> or call 815-433-3366 Ext. 227 and register through the LaSalle County

MRC Unit Coordinator. Please register by Sunday, May 7, 2017. The LaSalle County Medical Reserve Corps is a volunteer organization that is administered through the LaSalle County Health Department and their Emergency Preparedness Program.

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MEDIA RELEASE

Date: May 3, 2017

To: All Media

From: LaSalle County MRC/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

“Are You Ready? Emergency Preparedness Training”

Ottawa, IL – Disasters affect us all. But disasters and emergencies can have a profound impact on individuals with functional needs or those who rely on caregivers to support an independent lifestyle. Where will you, your family, your friends or attendants be when disaster strikes? The LaSalle County Medical Reserve Corps is providing a FREE workshop in May to discuss being better prepared for emergencies with a focus on preparing for those with functional and access needs. Training details are listed below, spots are limited to 40 participants:

Training Location:
Reddick Public Library
1010 Canal St.
Ottawa, IL 61350

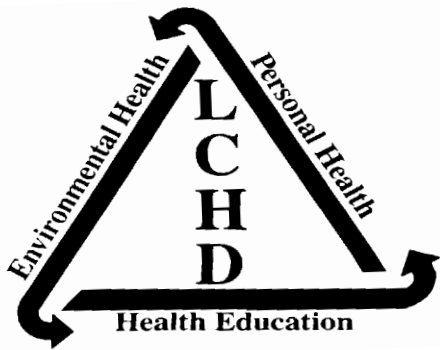
Tuesday, May 16th, 2017 -- 2:00pm-3:30pm

To register visit: <https://goo.gl/sM9fjA> or call 815-433-3366 Ext. 227. Please register by Monday, May 15, 2016 by 3:00 p.m. The LaSalle County Medical Reserve Corps is a volunteer organization that is administered through the LaSalle County Health Department and their Emergency Preparedness Program.

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MEDIA RELEASE



Date: May 12, 2017
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 Begins Dead Bird Surveillance”

Ottawa, IL – The LaSalle County Health Department will begin collecting dead birds on May 15, 2017 and will continue this process until October 15, 2017. Dead birds are important sentinels for early detection of West Nile virus activity. Over the past fifteen years, West Nile virus activity has been documented throughout LaSalle County. If you find a dead bird, please contact the Health Department’s Environmental Health Division at 815-433-3366. Below is the criteria the Health Department uses to determine if a bird is eligible to submit for testing:

1. The bird is dead, but the carcass is in good condition. Birds should be dead no more than about 48 hours prior to collection, and should not show signs of advanced decomposition (maggots, strong odor, dried or deflated eyes).
2. The bird shows no sign it died of causes other than disease. Birds with obvious injuries such as wounds or missing parts should not be submitted for testing. Likewise, crushed carcasses and birds found along roadways are not acceptable.
3. The bird must be one that is acceptable for testing. At this time the Health Department is **only** collecting **crows, blue jays, and robins**. To help identify the type of bird, please visit our website at www.lasallecounty.org for bird identification information.

As in past years, Health Department staff is getting ready to begin testing mosquitoes.

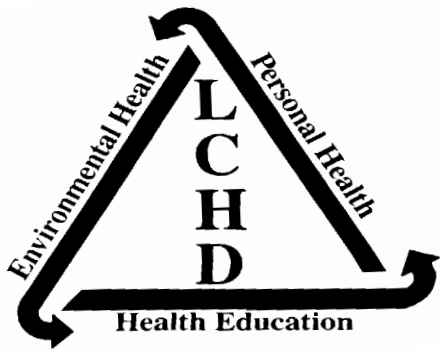
Mosquitoes will be tested for West Nile virus. The mosquito collection and testing equipment
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was purchased with grant money. The Health Department also utilized the grant money to purchase a large quantity of mosquito larvicide, which is used to treat potential mosquito breeding sites. The larvicide will be distributed to licensed mosquito control applicators from local municipalities and villages throughout the county. 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 on available educational brochures were 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.

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MEDIA RELEASE



Date: May 19, 2017
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

“Open House”

Ottawa, IL – The LaSalle County Health Department would like to announce that they will be holding an open house at the Streator Family Case Management/ WIC office on Thursday, May 25, 2017. The office is located at 104 6th Street, Suite 201 in Streator. The open house will run from 2:00 pm to 4:00 pm and will give visitors the chance to meet Health Department staff. In addition, attendees will have the opportunity to tour the facility, receive program information and give aways. Light refreshments will be served. For more information on Family Case Management or WIC, you can contact the LaSalle County Health Department at (815) 433-3366 or visit our website at www.lasallecounty.org

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MEDIA RELEASE

Date: May 25, 2017

To: All Media

From: LaSalle County MRC/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 Medical Reserve Corps (MRC) Offers CPR in the Park”

Ottawa, IL – CPR in the Park is a training opportunity for the community to learn friends and family CPR.

The Family & Friends CPR Course teaches the lifesaving skills of adult Hands-Only CPR, adult CPR with breaths, child CPR with breaths, adult and child AED use, infant CPR, and mild and severe airway block for adults, children, and infants. Skills are taught in a dynamic group environment using the AHA’s research-proven practice-while-watching technique, which provides students with the most hands-on CPR practice time possible. Details regarding the upcoming Friends & Family CPR course are as follows:

Date: Saturday, June 10, 2017

Times: 9am-11:30am

Location: Lake Mendota (Front Shelter)

Address: Lake Drive at the South End of Lake, Mendota, IL 61342

Number of Spots Available: 30

There is no cost associated with this training. Participants will be given a certificate of completion at the conclusion of the course. If participants would like to purchase the book, they need to pay with cash that day. The books are \$2/piece. To register please click on the event and training calendar at the LaSalle County MRC website at <http://www.lasallecountymrc.org> or call 815-433-3366 and register through the LaSalle County Health Department. Please register by Friday, June 9, 2017. The LaSalle County Medical Reserve

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is a volunteer organization that is administered through the LaSalle County Health Department and their
Emergency Preparedness Program.

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MEDIA RELEASE

Date: July 6, 2017

To: All Media

From: LaSalle County MRC/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 Medical Reserve Corps (MRC) Offers CPR in the Park”

Ottawa, IL – CPR in the Park is a training opportunity for the community to learn friends and family CPR.

The Family & Friends CPR Course teaches the lifesaving skills of adult Hands-Only CPR, adult CPR with breaths, child CPR with breaths, adult and child AED use, infant CPR, and mild and severe airway block for adults, children, and infants. Skills are taught in a dynamic group environment using the AHA’s research-proven practice-while-watching technique, which provides students with the most hands-on CPR practice time possible. Details regarding the upcoming Friends & Family CPR course are as follows:

Date: Saturday, July 22, 2017

Times: 9am-11:30am

Location: Bakers Lake (Chartres Street Side Shelter)

Address: 2700 Airport Road, Peru, IL 61354

Number of Spots Available: 30

There is no cost associated with this training. Participants will be given a certificate of completion at the conclusion of the course (this is not a “CPR card”). If participants would like to purchase the book, they need to pay with cash that day. The books are \$2/piece. To register please click on the event and training calendar at the LaSalle County MRC website at <http://www.lasallecountymrc.org> or call 815-433-3366 and register through the LaSalle County Health Department. Please register by Thursday, July 20, 2017. The LaSalle

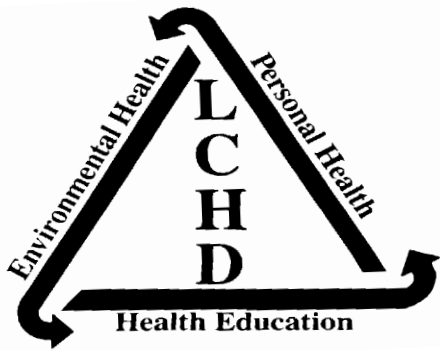
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County Medical Reserve is a volunteer organization that is administered through the LaSalle County Health Department and their Emergency Preparedness Program.

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MEDIA RELEASE



Date: July 25, 2017
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 for West Nile virus”

Ottawa, IL – The LaSalle County Health Department received confirmation that mosquitoes from LaSalle tested positive for West Nile virus. The mosquitoes were collected and tested on July 24, 2017.

Environmental Health staff was able to conduct the confirmatory test on the mosquitoes at the Health Department. This is the first documented West Nile virus activity in LaSalle County this year.

According to Chris Pozzi, 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 conscientious about self-protection whenever they are outside during the evening hours. In hot, dry weather, mosquitoes that carry West Nile virus breed in stagnant water and multiply rapidly. 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 *Culex pipiens* mosquito, commonly called a house mosquito, which 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

-More-

few weeks. Four out of five people infected with West Nile virus will not show any symptoms. However, in rare cases, severe illness including meningitis or encephalitis, or even death, can occur. People older than 50 and immunocompromised individuals are at higher risk for severe illness from West Nile virus.

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

- **REDUCE** - 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. Eliminate, or refresh each week, all sources of standing water where mosquitoes can breed, including water in bird baths, ponds, flowerpots, pet bowls, clogged rain gutters, wading pools, old tires, and any other containers.
- **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** – report locations where you see water sitting stagnant for more than a week such as roadside ditches, flooded yards, and similar locations that may produce mosquitoes. The local health department or city government may be able to add larvicide to the water, which will kill any mosquito eggs.

A complete listing of West Nile virus statistics for LaSalle County is available on the Health

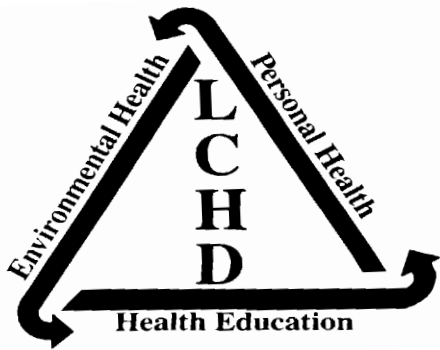
Department’s web site at www.lasallecounty.org. A state-wide listing is available at the Illinois

Department of Public Health’s web site at <http://www.dph.illinois.gov/topics-services/diseases-and-conditions/west-nile-virus/surveillance>.

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MEDIA RELEASE



Date: August 1, 2017

To: All Media

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

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

Phone: (815) 433-3366
For Immediate Release

"LaSalle County Health Department's Immunization Clinics"

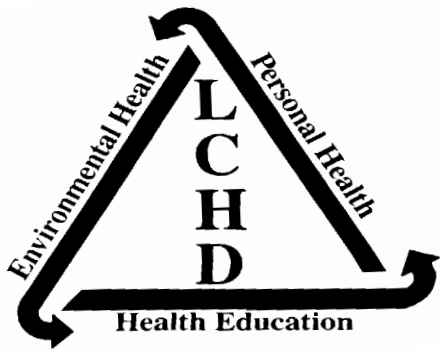
OTTAWA, IL – August is National Immunization Awareness Month. Getting vaccinated according to the recommended immunization schedule is one of the most important things a parent can do to protect their child's health. The LaSalle County Health Department is encouraging parents to complete all of their children's school health care requirements and recommendations. Whether it's a baby entering a daycare facility, a toddler heading to preschool, students in elementary through High School, or even College Freshmen, parents should check their child's vaccination records. Vaccines help prevent serious diseases like measles, mumps, rubella, pertussis (whooping cough), as well as some others. Cathy Larsen, Director of Personal Health, "strongly encourages parents to schedule their child's appointment as soon as possible and avoid waiting until the last minute. This helps assure that students will enter school meeting the requirements and not risk the chance of exclusion due to noncompliance."

The Health Department holds immunization clinics on the second Thursday of every month at the LaSalle County Health Department, 717 Etna Road, Ottawa, IL. It is important that you call for an appointment and bring your child shot record with you on the day of the appointment.

For immunization information or appointments, call the LaSalle County Health Department at 815-433-3366 or check with your local healthcare provider. For information on other public health issues, visit our website at www.lasallecounty.org/hd.

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MEDIA RELEASE



Date: August 22, 2017
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

“Bird Tests Positive for West Nile virus”

Ottawa, IL – The LaSalle County Health Department received confirmation that a crow from Mendota tested positive for West Nile virus. The bird was collected and tested on August 21, 2017.

Environmental Health staff was able to conduct the confirmatory test on the bird at the Health Department. In July, mosquitoes collected from LaSalle tested positive for the virus.

West Nile virus is transmitted through the bite of a *Culex pipiens* mosquito, commonly called a house mosquito, which 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. Four out of five people infected with West Nile virus will not show any symptoms. However, in rare cases, severe illness including meningitis or encephalitis, or even death, can occur. People older than 50 and immunocompromised individuals are at higher risk for severe illness from West Nile virus.

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

- **REDUCE** - 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. Eliminate, or refresh each week, all sources of standing water where mosquitoes can breed, including water in bird baths,

-More-

ponds, flowerpots, pet bowls, clogged rain gutters, wading pools, old tires, and any other containers.

- **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** – report locations where you see water sitting stagnant for more than a week such as roadside ditches, flooded yards, and similar locations that may produce mosquitoes. The local health department or city government may be able to add larvicide to the water, which will kill any mosquito eggs.

A complete listing of West Nile virus statistics for LaSalle County is available on the Health

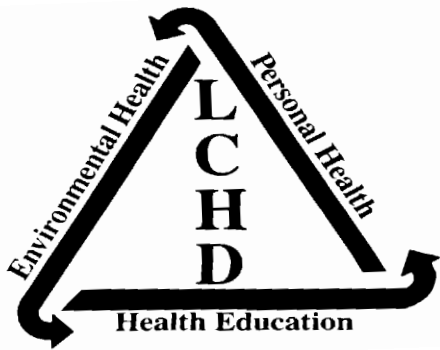
Department's web site at www.lasallecounty.org. A state-wide listing is available at the Illinois

Department of Public Health's web site at <http://www.dph.illinois.gov/topics-services/diseases-and-conditions/west-nile-virus/surveillance>.

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MEDIA RELEASE



Date: August 30, 2017

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

“25th Annual Food Service Seminar”

Ottawa, IL – The LaSalle County Health Department will be sponsoring their Twenty-Fifth Annual Food Service Seminar on September 11, 2017. The seminar will be held at Senica’s Oak Ridge, Rt. 6, LaSalle. Everyone is welcome to attend. Registration is from 8:00 a.m. to 8:30 a.m. The seminar will begin at 8:30 a.m. and will conclude at approximately 4:00 p.m. The day will consist of speakers from ITW Pro Brands, Lake County Health Department, Pure Force Chemicals, Miller and Stryker, and the LaSalle County Health Department. They will provide information on quat binding, HACCP and special processes, dish machine care and maintenance, employee health and hygiene, and implementation updates regarding the FDA Food Code.

September is **National Food Safety Education Month®**, and is an annual campaign to heighten awareness about the importance of food safety education. This year's theme is "The Culture of Food Safety," which focuses on how to create a culture of food safety within a food service operation. The Centers for Disease Control and Prevention (CDC) estimates that each year roughly 1 in 6 Americans (or 48 million people) get sick, 128,000 are hospitalized, and 3,000 die of foodborne diseases. Food safety is an important public health priority. Foodborne illness is a common and costly problem, however it is preventable. National public health surveillance data provides some insight into the causes of food

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borne illness, types of implicated foods, and where food borne outbreaks occur. This information is routinely evaluated by local health departments in an effort to implement food safety strategies to prevent and control food borne illness within our community. Here are some helpful food safety tips:

- **Wash** - Always wash hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers and handling pets. Always start with a clean scene—wash cutting boards, dishes, countertops, and utensils with hot water and soap.
- **Take Two** - Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.
- **Clean Your Plate** - Never place cooked food back on a plate that previously held raw meat, poultry, seafood, or eggs.
- **Safely Separate** - Separate raw meat, poultry and seafood from other foods in your grocery shopping cart and shopping bags, and in your refrigerator.
- **Seal It** - To prevent juices from raw meat, poultry or seafood from dripping onto other foods in the refrigerator, place these raw foods in sealed containers or plastic bags on the bottom shelf of the fridge.

For more information about National Food Safety Education Month, visit the NFSEM website at www.foodsafetymonth.com. To pre-register for the food service seminar, please call the LaSalle County Health Department at (815) 433-3366 or visit www.lasallecounty.org.

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

October 1, 2017

“October is Breast Cancer Awareness Month”

FOR IMMEDIATE RELEASE:

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

OTTAWA, IL

– October is Breast Cancer Awareness Month. LaSalle County Health Department, through our Illinois Breast and Cervical Cancer Program grant, can pay for mammograms and pap smears for women who qualify. You qualify if you are a LaSalle or Grundy County resident between the ages of 35 -64 and have no insurance or whose insurance has a high deductible.

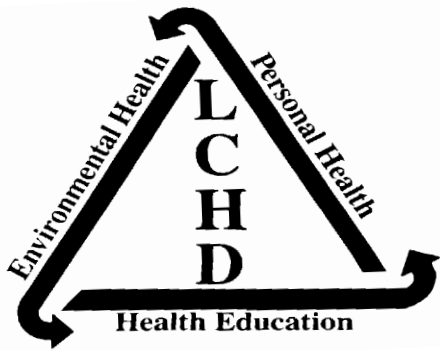
From July 1, 2017 to date (of this grant year) we have had 2 women diagnosed with breast cancer. Low income women die from breast and cervical cancer more often than other women. These high mortality rates are attributed in part to the fact that these women generally do not receive regular mammograms and Pap Smears. As a result, cancers are diagnosed at later stages when it is more difficult to treat and the chances for survival are less.

Through IBCCP, LaSalle County Health Department is working to increase breast and cervical cancer awareness and break that cycle of late stage treatment for low income women. IBCCP provides FREE mammograms and Pap Smears for those women who qualify and assistance with paying the deductible for those who are insured.

To date this program has served 3,213 LaSalle and Grundy County women. Call 433-3366 for further information on how to receive a free mammogram.



MEDIA RELEASE



Date: October 10, 2017

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

“Bird Tests Positive for West Nile virus”

Ottawa, IL – The LaSalle County Health Department received confirmation that a blue jay from Ransom tested positive for West Nile virus. The bird was collected and tested at the Health Department on September 25, 2017, however testing was inconclusive. The blue jay was forwarded on to the Veterinary Diagnostic Laboratory at the University of Illinois which confirmed the positive result. Additional activity includes mosquitoes which tested positive in July, and a crow which tested positive in August.

West Nile virus is transmitted through the bite of a *Culex pipiens* mosquito, commonly called a house mosquito, which 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. Four out of five people infected with West Nile virus will not show any symptoms. However, in rare cases, severe illness including meningitis or encephalitis, or even death, can occur. People older than 50 and immunocompromised individuals are at higher risk for severe illness from West Nile virus.

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

- **REDUCE** - 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. Eliminate, or refresh each week, all sources of standing water where mosquitoes can breed, including water in bird baths,

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ponds, flowerpots, pet bowls, clogged rain gutters, wading pools, old tires, and any other containers.

- **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** – report locations where you see water sitting stagnant for more than a week such as roadside ditches, flooded yards, and similar locations that may produce mosquitoes. The local health department or city government may be able to add larvicide to the water, which will kill any mosquito eggs.

A complete listing of West Nile virus statistics for LaSalle County is available on the Health

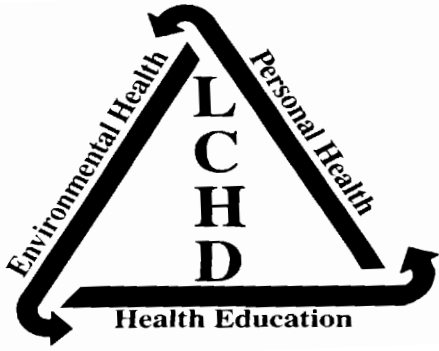
Department's web site at www.lasallecounty.org. A state-wide listing is available at the Illinois

Department of Public Health's web site at <http://www.dph.illinois.gov/topics-services/diseases-and-conditions/west-nile-virus/surveillance>.

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MEDIA RELEASE



Date: November 8, 2017

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’s Medical Reserve Corp (MRC) Unit Awarded Governor’s Hometown Award for Naloxone Program”

Ottawa, IL – On November 8, 2017 representatives from the LaSalle County Health Department’s Medical Reserve Corps (MRC) Unit and participating agencies traveled to Springfield to accept the “Governor’s Hometown Award.” The Serve Illinois Commission on Volunteerism and Community Service chose La Salle County to receive the award for their MRC’s innovative work addressing the opioid crisis through the county’s naloxone program. The Awards Reception was held at the Illinois Old State Capitol.

The LaSalle County Naloxone Program trains police officers in the administration of nasal naloxone for use in the event of an opioid overdose. Through grant funding, the program has been able to provide nasal naloxone to the participating agencies at no cost. Since its inception in 2016 the program has documented 35 uses with 34 lives saved. According to Bethanie Albrecht, MRC Coordinator, “providing area police departments’ and their law enforcement officers with this training is a valuable extension of their ability to save lives as first responders. The individuals saved through this program are able to spend another day with their families and have the opportunity to seek treatment.” In October, President Donald Trump declared the opioid epidemic a national public health emergency.

The LaSalle County MRC is a volunteer organization. MRC programs are community-

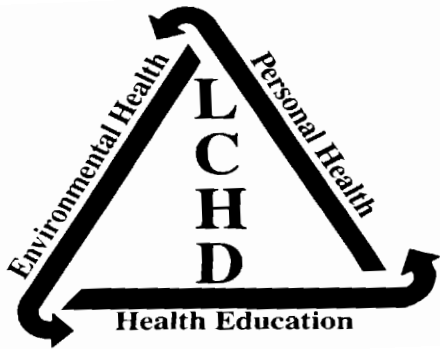
based and operate as a way to organize and utilize volunteers, medical professionals and non-medical professionals, who want to donate their time and expertise to promote healthy living throughout the year and to prepare for and respond to emergencies. MRC volunteers supplement existing local emergency and public health resources. For information on becoming a MRC volunteer, please contact Bethanie Albrecht, MRC Coordinator at 815-433-3366 ext. 227 or at balbrecht@lasallecounty.org.

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Pictured: Jeff Ellis, Christinia Goff (MRC Volunteers), Governor Bruce Rauner, Bethanie Albrecht, and Jason Stewart (Mendota Police Department)

MEDIA RELEASE



Date: November 21, 2017

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. A resident in their 60’s tested positive for West Nile virus in November. Human West Nile virus cases were previously reported in LaSalle County in 2016 (1), 2014 (1), 2013 (1), 2007 (2), 2006 (1), 2005 (1), 2004 (5), 2003 (1), 2002 (11) during the late summer and early fall months. In addition, this summer mosquitoes and birds also tested positive for the virus in the county.

According to Chris Pozzi, Director of Environmental Health, “Although we have experienced much cooler temperatures over the last few weeks, the confirmation of a human case is not surprising due to the prolonged warmer temperatures and late frost we experienced this fall. As we look forward to the spring season and warmer weather in 2018, it is important to remember 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 *Culex pipiens* mosquito, commonly called a house mosquito, which 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

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few weeks. Four out of five people infected with West Nile virus will not show any symptoms. However, in rare cases, severe illness including meningitis or encephalitis, or even death, can occur. People older than 50 and immunocompromised individuals are at higher risk for severe illness from West Nile virus.

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- **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.
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A complete listing of West Nile virus statistics for LaSalle County is available on the Health

Department’s web site at www.lasallecounty.org. A state-wide listing is available at the Illinois

Department of Public Health’s web site at <http://www.dph.illinois.gov/topics-services/diseases-and-conditions/west-nile-virus/surveillance>.

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