

MEDIA RELEASE

Date: January 4, 2019
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

NEWS RELEASE

"Flu Season is Upon Us"

FOR IMMEDIATE RELEASE:

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

OTTAWA, IL – Flu season is upon us and the LaSalle County Health Department is urging everyone 6 months and older to get vaccinated against seasonal influenza (flu). If you haven't received a flu shot yet, it's not too late. While it's best to get vaccinated against the flu in October, you can still get a flu shot. Flu activity is usually highest between December and February, although activity can last as late as May. Flu symptoms can include fever or feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headache, tiredness, and some people may have vomiting and diarrhea, though this is more common in children than adults.

Flu is typically spread by droplets when someone with the flu talks, coughs, or sneezes. People can also get the flu by touching something, like a door handle, that has the virus on it and then touching their mouth, eyes, or nose.

On average, it's about two days after being exposed to the flu before symptoms begin. However, you can pass the flu to someone roughly a day before you start experiencing those symptoms, and up to 5 to 7 days after becoming sick.

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.

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/Twitter.

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MEDIA RELEASE



Date: January 28, 2019
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

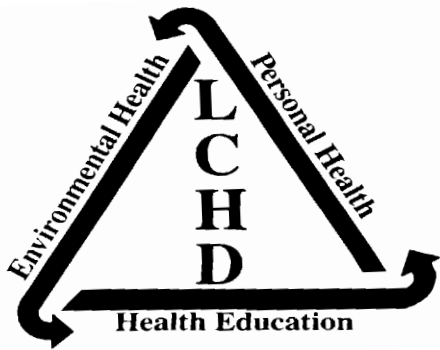
“LaSalle County Women, Infant, Children (WIC) Offices Will Be Closed Due to Forecasted Temperatures and Wind Chills”

Ottawa, IL – The LaSalle County Health Department’s WIC offices will be closed on Wednesday, January 30th and Thursday, January 31st due to forecasted dangerous temperatures and wind chills. Please contact the Health Department at 815-433-3366 to reschedule if you had an appointment scheduled for these days.

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MEDIA RELEASE



Date: January 29, 2019
To: All Media
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717 Etna Road
Ottawa, IL 61350
Contact: Jenny Barrie (ext. 226)
Leslie Dougherty (ext. 225)
Phone: (815) 433-3366
For Immediate Release

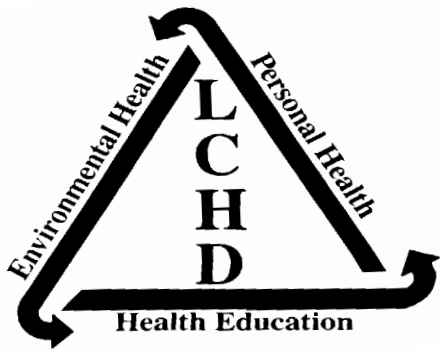
“The LaSalle County Health Department Will Be Closed Due to the Extreme Cold Expected”

Ottawa, IL – The LaSalle County Health Department, 717 Etna Road, Ottawa will be closed on Wednesday, January 30th due to the extreme cold expected.

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MEDIA RELEASE



Date: February 1, 2019

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

OTTAWA, IL – February is American Heart Month, a month to spread awareness about the importance of heart health. In honor of this, LaSalle County Health Department would like to encourage people to show their support by wearing red on Fridays throughout the month of February.

Heart disease is the number one killer of women in Illinois, and the U.S. While heart disease has traditionally been seen as a “man’s disease” one in three women dies of heart disease each year. Women are also more likely than men to exhibit these signs of heart attack such as shortness of breath, nausea, vomiting or back and jaw pain. Heart attacks are life- and -death emergencies where every second counts so we encourage people to know their risks. Factors that may increase your chances of getting heart disease include:

- High Blood Cholesterol -Lowering your cholesterol can reduce your risk of having a heart attack, needing heart bypass surgery or angioplasty, and dying of heart disease.
Exercising, eating a healthy diet, and not smoking will help you prevent high cholesterol and reduce your levels.
- High Blood Pressure
- Diabetes
- Being Overweight
- Family history of early heart disease
- Age (55 or older for women)
- Being physically inactive
- Smoking

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Some steps you can take to decrease your risks of heart disease is to know your numbers when it comes to cholesterol and blood pressure. In addition, controlling your weight, being physical active and decreasing your stress level can also have added benefits.

If you experience any of the following symptoms, do not wait before calling for help.

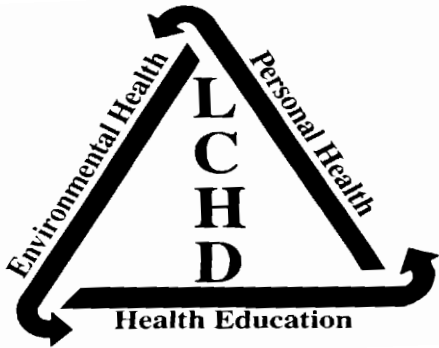
Call 911 and get to the hospital right away.

- Chest pain or discomfort
- Shortness of breath
- Breaking out in a cold sweat
- Sudden dizziness or lightheadedness
- Unusual upper body pain (arms, back, jaw)
- Skipped heartbeats
- Unusual or unexplained fatigue

For more information about heart disease, contact the LaSalle County Health Department at 433-3366 or visit our website at www.lasallecounty.org

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MEDIA RELEASE



Date: February 28, 2019
To: All Media
From: LaSalle County Health Department
717 Etna Road
Ottawa, IL 61350
Contact: Jenny Barrie (ext. 74315)
Leslie Dougherty (ext. 74314)
Phone: (815) 433-3366
For Immediate Release

“The LaSalle County Naloxone Program 2018 Annual Report”

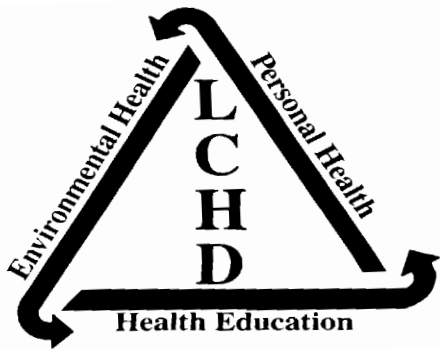
Ottawa, IL – A summary report of the progress made within the LaSalle County Naloxone Program for the 2018 calendar year is now available on the Health Department’s website at www.lasallecounty.org. Our award winning program was initiated in 2015 from a training request to the Health Department by the LaSalle County Sheriff’s Office. The request was referred to the LaSalle County Medical Reserve Corps (MRC) Coordinator, making the LaSalle County MRC the point organization. The unit developed an Opioid 101 course and gained approval from the Illinois Department of Human Services Division of Alcoholism and Substance Abuse as well as the Illinois Law Enforcement Training and Standards Board in January 2016. Full implementation for the program occurred in February 2016.

The LaSalle County Naloxone Program has exceeded expectations of those involved. It continues to train officers, work to change misconceptions about opioid addiction, improve relations with law enforcement and the Medical Reserve Corps, provide avenues for expansion, and, most importantly, save lives. The LaSalle County Medical Reserve Corps 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 Matthew Devine, MRC Coordinator at 815-433-3366 ext. 74316.

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MEDIA RELEASE



Date: March 19, 2019

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

Contact: Leslie Dougherty (ext. 74314) or
Jenny Barrie (ext. 74315)

Phone: (815) 433-3366
For Immediate Release

NEWS RELEASE

"Flu Shots Available"

FOR IMMEDIATE RELEASE:

OTTAWA, IL – Flu season is still upon us. The LaSalle County Health Department is reminding everyone 6 months and older that it's not too late to still get vaccinated against seasonal influenza (flu). Anyone interested in receiving a flu shot should call the Health Department. All LaSalle County Health Department influenza vaccines are preservative free. The fee for the seasonal flu shot will be \$25. Insurance billing will be provided for Medicare part B and Medicaid eligible clients and also for most health insurance companies. Vaccine for Children (VFC) program available to cover children that qualify for free vaccine. **You must have your insurance card with you.** No Doctors order is required. Children must be accompanied by a parent or guardian.

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.

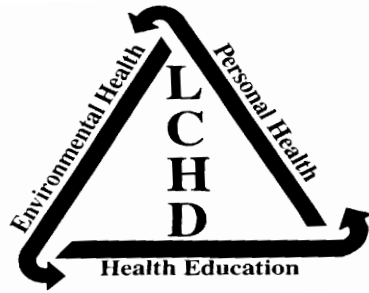
*Remember the 3 C's: clean, cover, and contain.

- Clean – frequently wash your hands with soap and warm water.
- Cover – cover your cough and sneeze.
- Contain – contain your germs by staying home if you are sick.

For more information on influenza you can call 1-815-433-3366 or you may visit our website at www.lasallecounty.org. Or like us on Facebook/Twitter.

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MEDIA RELEASE



Date: March 25, 2019

To: All Media

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

Contact: Jenny Barrie (ext. 74315)
Leslie Dougherty (ext. 74314)

Phone: (815) 433-3366
For Immediate Release

“LaSalle County Health Department Holds Educational Events in Observance of 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, with the theme “Creating the Healthiest Nation: For Science. For Action. For Health.,” will be observed April 1-7, 2019. 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 for generations to come.

Please join us this week at the Health Department for some important educational events. No appointment is required, and all events are free and open to the public.

Monday, April 1st, Wednesday, April 3rd, and Thursday, April 4th 8:00 a.m.-4:30 p.m.

- Breastfeeding Counseling – If you are an expectant mother who is considering breastfeeding, our certified lactation consultant will be available to offer support and education during these times.

Friday, April 5th 10:00 a.m.-1:00 p.m.

- Opioid Education Awareness Day - Naloxone (Narcan) training will be provided by the Human Service Center (HSC), a non-profit behavioral health organization located in Peoria. Other agencies planning to be in attendance are Buddy’s Purpose, LaSalle County Medical Reserve Corps (MRC), and The Perfectly Flawed Foundation. Information on awareness, education, and substance use resources and support will be provided.

As a reminder, here are a few of the programs and services the Health Department offers on a regular basis. Citizens are encouraged to stop in and speak with a staff member for additional information and questions.

- Illinois Breast and Cervical Cancer Program (IBCCP) – Do you qualify for a free mammogram and pap smear? Our IBCCP nurse is available to answer eligibility questions and enroll qualified women.
- Family Case Management/WIC- These programs offer services for pregnant women and infants. They provide nutritional evaluations, counseling, and education to eligible women, infant, and children. In addition, receiving SNAP benefits will qualify participants for WIC and can be used together, to spread food dollars.

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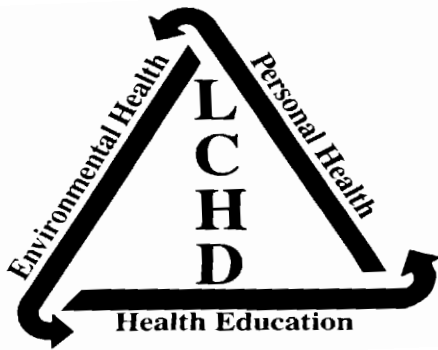
- Free HIV tests and Hepatitis C Screening (finger stick test) – If you feel you should be tested or have questions regarding your risk factors, our communicable disease nurse is available to answer questions in a confidential setting.
- Hepatitis A Vaccination – The Health Department can provide Hepatitis A vaccination free of charge for high risk individuals. Illinois is experiencing an outbreak and the majority of cases are among individuals at high risk for infection—including men who have sex with men (MSM), homeless individuals, and/or those who use drugs. Most of the outbreak cases are among individuals who use illicit drugs and the majority have been hospitalized.

The LaSalle County Health Department will also 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. 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.

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MEDIA RELEASE



Date: April 5, 2019

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

Contact: Leslie Dougherty(ext.74314) or Jenny Barrie(ext.74315)

Phone: (815) 433-3366
For Immediate Release

“April is STD Awareness Month”

Ottawa, IL -- LaSalle County Health Department would like to acknowledge that April is STD (Sexually Transmitted Disease) Awareness Month. According to the CDC, 2.3 million new cases of the three nationally notifiable sexually transmitted diseases — chlamydia, gonorrhea and syphilis — were reported by Americans in 2017. It was yet another record-breaking year for STDs in the United States, and the epidemic is showing no signs of slowing down.

Chlamydia remains to be the most common STD with nearly two – thirds of all new infections acquired by patients aged 15 – 24 years of age. In LaSalle County in 2018 we had 343 cases of Chlamydia. Because chlamydia is asymptomatic in the majority of patients, they do not seek medical attention, and it continues to spread and remain highly prevalent.

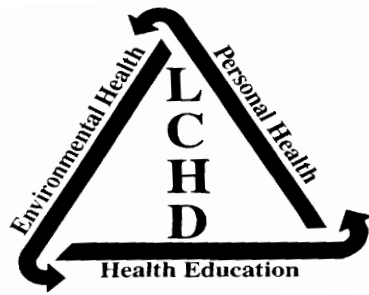
The second leading notifiable STD was gonorrhea which has increased 18.6 % in the United States. Here in LaSalle County in 2018 we had 69 cases. And syphilis has increased every year since 2001. The CDC noted that the rate of congenital syphilis more than doubled since 2013, highlighting the threat to reproductive aged women. In 2018 LaSalle County had 12 cases.

The good news is that these infections are highly treatable, and easily diagnosed. The cause for concern is because undiagnosed and untreated infections can lead to sterility and long-term consequences including cancer. LaSalle County Health Department works with all medical facilities and clients to assure treatment is adequate and in accordance with CDC guidelines. People can decrease their chances of contracting STD's by practicing abstinence, limiting their number of sexual partners, practicing safer sex, and knowing their partners sexual history. For more information on STD's and whether you should be tested 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: April 17, 2019
To: All Media
From: LaSalle County Health Department
717 Etna Road
Ottawa, IL 61350
Contact: Jenny Barrie (ext. 74315)
Leslie Dougherty (ext. 74314)
Phone: (815) 433-3366
For Immediate Release

“Measles Awareness”

OTTAWA, IL – Measles has been highlighted in the news frequently since the beginning of 2019, as there have been multiple outbreaks of measles in the United States. According to the Centers for Disease Control and Prevention (CDC), there have been 555 individual cases of measles confirmed in 20 states since January 1, 2019. This is the second-greatest number of cases reported in the U.S. since measles was eliminated in 2000. Illinois is included in the list of states that have reported cases, with 7 cases being reported on the Illinois Department of Public Health’s (IDPH) website. Currently, LaSalle County has no confirmed cases of measles.

Measles is a serious, highly contagious disease caused by a virus. The virus is spread easily through the air when an infected person coughs or sneezes or by direct contact with infected nose or throat secretions. It is so contagious that if one person has it, 9 out of 10 people around him or her will also become infected if they are not protected. A person can get measles just by being in a room where a person with measles has been, even up to two hours after that person has left. An infected person can spread measles to others even before knowing he/she has the disease—from four days before developing the measles rash through four days afterward.

Symptoms of measles include a rash that starts on the face and neck and then spreads, a high fever, runny nose, cough and red, watery eyes. The fever starts about 10 days (range seven to 18 days) after exposure. The rash appears about 14 days after exposure. Infants and adults usually are sicker than children and teenagers. Treatment includes bed rest, lots of fluids and medicine for fever and headache. Antibiotics do not help – either to cure measles or to prevent it. There are no anti-viral drugs for treating measles. The virus can cause serious health complications, such as pneumonia or encephalitis, and even death. If you think you have measles, please call your physician’s office.

Measles was declared eliminated from the U.S. in 2000 thanks to a highly effective vaccination program. Eliminated means that the disease is no longer constantly present in this country. However, measles is still common in many parts of the world, including some countries in

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Europe, Asia, the Pacific, and Africa. Worldwide, about 20 million people get measles each year (CDC). Even if your family does not travel internationally, you could come into contact with measles anywhere in your community. Every year, measles is brought into the United States by unvaccinated travelers (Americans or foreign visitors) who get measles while they are in other countries. Anyone who is not protected against measles is at risk.

The best protection against measles is the measles-mumps-rubella (MMR) vaccine. MMR vaccine provides long-lasting protection against all strains of measles. Children need two doses of MMR vaccine for best protection. The vaccine is recommended for children at 12 months of age, and the second vaccination is typically given at 4-6 years of age. The second vaccination of measles vaccine is now required in Illinois for all children kindergarten through 12th grade.

Anyone born after January 15, 1957, who has not had at least one dose of measles vaccine after 12 months of age or who has not had the measles should be immunized. All persons working in health care settings should receive two doses of measles vaccine (MMR) unless they have had the disease and, therefore, are immune. Anyone planning to travel internationally, should make sure they are protected against measles and other dangerous diseases before they go abroad. If your infant is traveling overseas, the vaccine recommendations are a little different:

- If your baby is 6 through 11 months old, he or she should receive 1 dose of MMR vaccine before leaving.
- If your child is 12 months of age or older, he or she will need 2 doses of MMR vaccine (separated by at least 28 days) before departure.

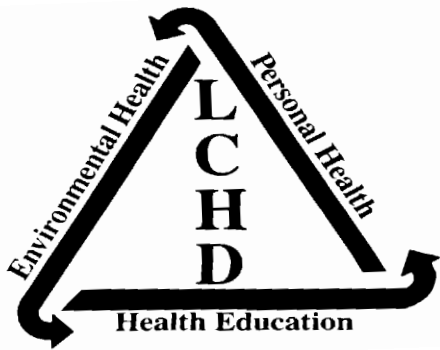
Women should not get the vaccine if they are already pregnant or if they plan to get pregnant within three months after getting the vaccine.

The health department holds monthly childhood immunization clinics. Adult vaccines, which include travel vaccines and information specific to an international destination are also available at the department. The health department can bill vaccines to private insurance and offers low-cost childhood and adult immunizations. Appointments are required. For more information on measles, vaccines, or immunization clinics please contact the LaSalle County Health Department at (815) 433-3366 or visit our website at www.lasallecounty.

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MEDIA RELEASE



Date: May 1, 2019

To: All Media

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

Contact: Jenny Barrie (ext. 74315)
Leslie Dougherty (ext. 74314)

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 1, 2019 and will continue this process until October 15, 2019. Dead birds are important sentinels for early detection of West Nile virus activity. West Nile virus generally appears in birds and mosquitoes before it is transmitted to humans. Over the past seventeen 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.

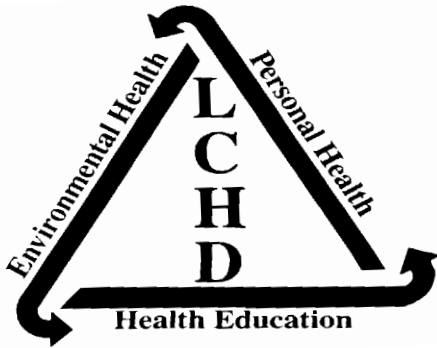
As in past years, Health Department staff is getting ready to begin testing mosquitoes for West Nile virus. The mosquito collection and testing equipment was purchased with grant money. The Health

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 has been 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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For Immediate Release

“Breastfeeding Education”

FOR IMMEDIATE RELEASE:

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

OTTAWA, IL— LaSalle County Health Department WIC Program promotes breastfeeding as the normal and healthiest way to feed infants. Several nurses in the Family Health program are certified in Lactation Counseling, and all staff are educated to provide assistance to any LaSalle County resident with breastfeeding information and resources or to answer any questions or concerns. Recently, all staff participated in an annual training presented by Ann Spika, BSN, CLC. If anyone is seeking assistance with lactation, please call LaSalle County Health Department at (815) 433-3366.

LaSalle County Health Department along with medical authorities, including the American Academy of Pediatrics (AAP) and the American College of Obstetricians and Gynecologists support and encourage all new mothers to embrace breastfeeding as the preferred method of infant feeding for the first year of life. Illinois’ Breastfeeding initiative 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.

Breastfeeding provides both nutritional and non-nutritional benefits to the infant and mother.

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 by 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 medical conditions from mild to severe, such as ear infections, gastro-intestinal problems, to childhood cancers and many other conditions. According to the AAP breastfeeding is also associated with a reduction in sudden infant death syndrome (SIDS).

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Babies are born expecting to breastfeed! However, there is a “learning curve” for mother and baby as they initiate breastfeeding. This is a key opportunity for friends and family to provide support to the new mom. Expert professional support and education is also available if needed.

Practice the ABC’s of Breastfeeding.

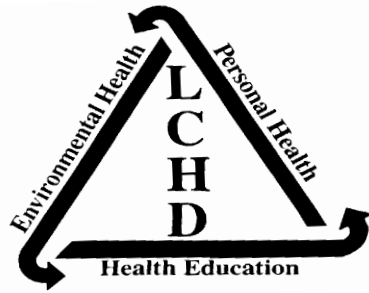
- A – Awareness to when your baby is showing signs of needing to feed and responding to those cues.
- B – Be patient and allow your baby to guide you on the journey in the early days of breastfeeding. Unlike formula feeding which is typically more scheduled, breastfeeding is driven by the baby's demand.
- C – Comfort. The more comfortable and relaxed the mom is, the more enjoyable feedings will be.

Breastfeeding for any amount of time benefits both moms and babies. We congratulate all breastfeeding moms on making this choice! For more information on breastfeeding you can contact the LaSalle County Health Department at 433-3366.

ENC. Attachment Picture



MEDIA RELEASE



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To: All Media

From: LaSalle County Health Department
717 Etna Road
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Contact: Jenny Barrie (ext. 74315)
Leslie Dougherty (ext. 74314)

Phone: (815) 433-3366
For Immediate Release

OTTAWA – In observance of Lyme Disease Awareness month and the warmer weather our area has been experiencing, it's important to take precautions against tick bites and the illnesses they can carry. Illnesses like Rocky Mountain spotted fever, Lyme disease, tularemia, and ehrlichiosis can cause mild symptoms or severe infections. In LaSalle County, Lyme disease is the tick-related illness seen most commonly. There were 4 cases of Lyme disease confirmed in the county in 2018.

YEA R	NUMBER OF HUMAN CASES
2014	5
2015	6
2016	2
2017	2
2018	4

Lyme disease is caused by bacteria called *Borrelia burgdorferi* and is transmitted to humans through the bite of infected blacklegged ticks. The risk of exposure to ticks is greatest in the woods and in the edge area between lawns and woods; however, ticks can also be carried by animals onto lawns and gardens and into houses by pets. Campers, hikers, outdoor workers, and others may be exposed to infected ticks in wooded, brushy, and grassy places. People who spend time in heavily wooded areas where infected ticks are common are at higher risk for exposure.

“Tick exposure can occur year-round, but ticks are more active during warmer months (April-September). Frequent tick checks increase the likelihood of finding a tick before it can transmit disease. While antibiotics can treat illnesses due to bites, it's best to avoid tick exposure altogether by taking

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some simple precautions,” says Chris Pozzi, Director of Environmental Health at LaSalle County Health Department.

Simple tips to avoid tick exposure include:

- Wear light-colored, protective clothing—long-sleeved shirts, long trousers, boots or sturdy shoes and a head covering. Tuck long pants into socks and boots.
- Apply insect repellent containing 10 percent to 30 percent DEET primarily to clothes.
- Use products that contain permethrin to treat clothing and gear, such as boots, pants, socks and sleeping tents. Or look for clothing pre-treated with permethrin.
- Walk in the center of trails so weeds do not brush against you.
- Check yourself, children, other family members and pets for ticks every two to three hours (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. Remove the tick as soon as possible to reduce your chances of getting an infection from the tick bite. 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 to remove the tick. Avoid twisting or jerking. If the mouthparts remain in the skin, leave them alone. In most cases, they will fall out in a few days.

Don't use nail polish, petroleum jelly, or a hot match to make the tick detach.

3. Clean the bite area and your hands with rubbing alcohol or soap and water.

If you become ill with a fever and/or rash after being in an area where ticks may be, please contact your health care provider. The most common symptoms of tick-related illnesses can include fever, chills, aches, pains, and rash (not in all cases). Early recognition and treatment of the infection decreases the risk of serious complications.

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.

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

JUNE 20, 2019

NEWS RELEASE

“NATIONAL HIV TESTING DAY”

FOR IMMEDIATE RELEASE:

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

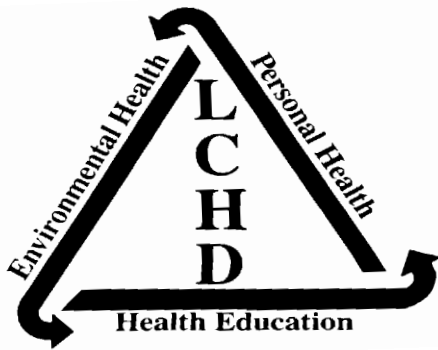
Ottawa, IL – June 27 is National HIV Testing Day, an annual occasion to encourage people to get an HIV test. The Centers for Disease Control (CDC) recommends that everyone between the ages of 13 and 64 get tested for HIV at least once as part of routine health care. People at higher risk should get tested more often. The goal of the campaign is to identify people who don't know they are HIV positive so they can access treatment. LaSalle County Health Department offers free HIV finger stick tests and encourage interested individuals to come on June 27th from 9:00 am – 3:00pm. There is no appointment necessary these will be done on a walk-in basis.

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 seven 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. You can also access our website at www.lasallecounty.org, or like us on Facebook/Twitter.

MEDIA RELEASE



Date: June 26, 2019

To: All Media

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

Contact: Jenny Barrie (ext. 74315)
Leslie Dougherty (ext. 74314)

Phone: (815) 433-3366
For Immediate Release

“Participants Needed to Assist in Data Collection for I-Tick Hub”

Ottawa, IL – LaSalle County Health Department now participates as a partner in the I-TICK (Illinois Tick Inventory Collaboration Network) program that engages citizens across Illinois in helping gather data on ticks. Because ticks can carry a number of diseases that affect people and animals, the data and ticks collected through this program will help in surveillance to determine the risk of disease in our area and throughout Illinois.

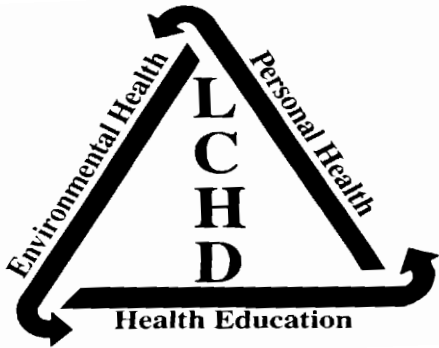
Acting as one in a hub of partners, LaSalle County Health Department is recruiting participants to use collection kits to gather ticks for analysis. Anyone whose work or hobbies take them outdoors on a regular basis can sign up for a free I-TICK instruction kit and participate. Whether people are in town, hiking, working, or walking the dog, participants will collect ticks found on themselves or their pets or livestock, and record the location and date of collection. The timespan for collection will be any five days over a two-week period from now through December. The participants will return the completed kits to LaSalle County Health Department to be forwarded to the University of Illinois Champaign-Urbana for analysis.

Individuals who would like to participate in this I-TICK data collection program should pick up an I-TICK collection kit at the LaSalle County Health Department. For additional information on the I-TICK program, call 814-433-3366 or email environmentalhealth@lasallecounty.org.

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MEDIA RELEASE



Date: July 9, 2019

To: All Media

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

Contact: Leslie Dougherty (ext. 74314) Jenny Barrie (ext. 74315)

Phone: (815) 433-3366
For Immediate Release

“Free Measles, Mumps, and Rubella vaccine available to the public”

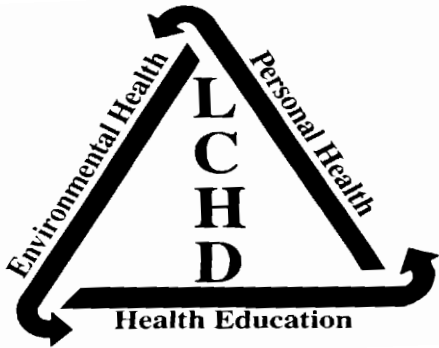
Ottawa, IL - - The LaSalle County Health Department will be holding a free MMR (Measles Mumps and Rubella) vaccination mobile clinic this Friday, July 12th. This clinic made possible by grant funds will be held at the Southside Ottawa Save A Lot parking lot, 1002 1st Avenue, from 10:00am -2:00pm.

With measles continuing to rise across the United States, the Health Department is taking action to prevent cases of measles and increase vaccination rates. The Centers for Disease Control (CDC) recommends people get the MMR vaccine to protect against measles, mumps and rubella. LaSalle County Health Department is administering this vaccine at no charge. Our goal is to have residents be fully immunized against vaccine preventable diseases.

The CDC recommends all children get two doses of MMR. Adults who do not have evidence of immunity should get at least one dose of MMR vaccine. People 6 months of age and older who will be traveling internationally should be protected against measles. Healthcare personnel without evidence of immunity should get two doses of MMR vaccine, separated by at least 28 days. Women of childbearing age should check with their doctor to make sure they are vaccinated before they get pregnant. Please bring your shot record (if available) on the day of the clinic. Additional mobile clinics will be offered in LaSalle County in the coming weeks with locations and times to be announced.

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MEDIA RELEASE



Date: July 18, 2019

To: All Media

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

Contact: Leslie Dougherty (ext. 74314) Jenny Barrie (ext. 74315)

Phone: (815) 433-3366
For Immediate Release

“Free Measles, Mumps, and Rubella vaccine available to the public”

Ottawa, IL - - The LaSalle County Health Department will be holding a free MMR (Measles Mumps and Rubella) vaccination mobile clinic Wednesday, July 31st. This clinic made possible by grant funds will be held at Sullivan Foods parking lot, 1102 Meriden Street, Mendota IL. from 10:00am -2:00pm.

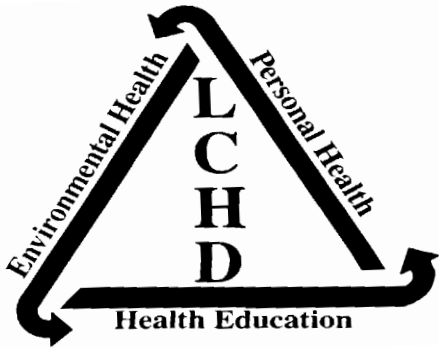
With measles continuing to rise across the United States, the Health Department is taking action to prevent cases of measles and increase vaccination rates. The Centers for Disease Control (CDC) recommends people get the MMR vaccine to protect against measles, mumps and rubella. LaSalle County Health Department is administering this vaccine at no charge. Our goal is to have residents be fully immunized against vaccine preventable diseases.

The CDC recommends all children get two doses of MMR. Adults who do not have evidence of immunity should get at least one dose of MMR vaccine. People 6 months of age and older who will be traveling internationally should be protected against measles. Healthcare personnel without evidence of immunity should get two doses of MMR vaccine, separated by at least 28 days. Women of childbearing age should check with their doctor to make sure they are vaccinated before they get pregnant. Please bring your shot record (if available) on the day of the clinic. Additional mobile clinics will be offered in LaSalle County in the coming weeks with locations and times to be announced.

ENC. picture

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MEDIA RELEASE



Date: July 19, 2019
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

“Mobile Hepatitis C Screening Available”

Ottawa, IL - - LaSalle County Health Department is offering a free mobile Hepatitis C screening clinic. The first mobile clinic will be on Tuesday, July 23rd in Mendota from 11:00 – 2:00. It will be held in the Mendota city parking lot, which is located at the Southwest intersection of Rt. 34 (6th Ave.) & 8th St. This is a **FREE** clinic with test results in 20 minutes and does not require a blood draw. This is a finger stick test. Hepatitis C is a liver infection caused by the hepatitis C virus. Hepatitis C can range from a mild illness lasting a few weeks to a serious, lifelong illness. Hepatitis C is often described as “acute,” meaning a new infection or “chronic,” meaning lifelong infection.

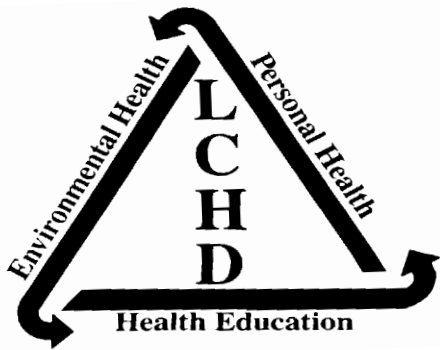
Those who are most at risk for Hepatitis C infection include:

- Anyone born between 1945 – 1965
- Injection drug users
- Healthcare workers
- Blood exposure
- Men who have sex with men
- HIV positive individuals
- Unprofessional tattoos or body piercings
- Anyone who has been incarcerated

Additional Hepatitis C testing mobile clinics will be offered in LaSalle County in the coming weeks with locations and times to be announced. For more information regarding Hepatitis C you can visit our website at www.lasallecounty.org

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MEDIA RELEASE



Date: July 19, 2019
To: All Media
From: LaSalle County Health Department
717 Etna Road
Ottawa, IL 61350
Contact: Jenny Barrie (ext. 74315)
Leslie Dougherty (ext. 74314)
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 Peru tested positive for West Nile virus. The mosquitoes were collected on July 18th and Environmental Health staff were able to conduct the confirmatory test on the mosquitoes at the Health Department today. 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 important 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 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 60 and individuals with weakened immune systems are at higher risk for severe illness from West Nile virus.

Monitoring for West Nile virus includes laboratory tests for mosquito batches, dead crows, blue

-More-

jays, and robins, as well as testing humans with West Nile virus-like symptoms. People who observe a sick or dying crow, blue jay, or robin should contact the health department, which will determine if the bird will be picked up for testing.

There are some simple precautions you can take to *Fight the Bite*. 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

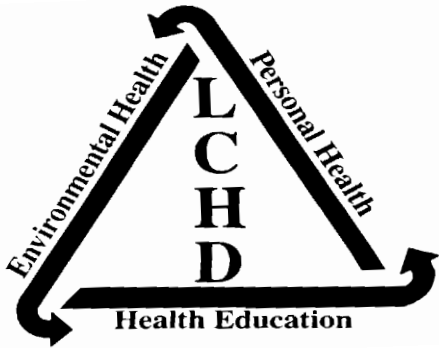
Department’s web site at www.lasallecounty.org. A state-wide listing is available at the Illinois

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: July 24, 2019

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

“Mobile Hepatitis C Screening Available”

Ottawa, IL - - LaSalle County Health Department is offering a free mobile Hepatitis C screening clinic. This mobile clinic will be on Friday, July 26th in Ottawa from 11:00 – 2:00. It will be held in the Ottawa North Kroger parking lot, which is located at 2701 N. Columbus St. Ottawa, IL. This is a **FREE** clinic with test results in 20 minutes and does not require a blood draw. This is a finger stick test. Hepatitis C is a liver infection caused by the hepatitis C virus. Hepatitis C can range from a mild illness lasting a few weeks to a serious, lifelong illness. Hepatitis C is often described as “acute,” meaning a new infection or “chronic,” meaning lifelong infection.

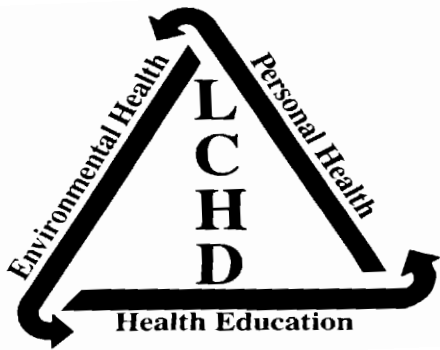
Those who are most at risk for Hepatitis C infection include:

- Anyone born between 1945 – 1965
- Injection drug users
- Healthcare workers
- Blood exposure
- Men who have sex with men
- HIV positive individuals
- Unprofessional tattoos or body piercings
- Anyone who has been incarcerated

Additional Hepatitis C testing mobile clinics will be offered in LaSalle County in the coming weeks with locations and times to be announced. For more information regarding Hepatitis C you can visit our website at www.lasallecounty.org

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MEDIA RELEASE



Date: July 29, 2019
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

“Syringe Drop Off Site”

Ottawa, IL - - LaSalle County Health Department will be hosting a syringe drop off at our location 717 Etna Road, Ottawa, IL on August 6th and 7th from 9:00 am – 3:00 pm. This two day event will provide the community an opportunity to safely dispose of any used syringes they may have.

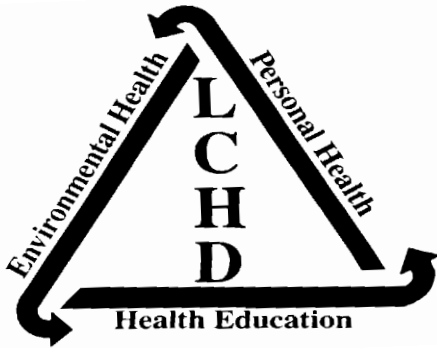
Every year millions of people throughout the country use billions of needles, syringes, and lancets – also called sharps – to manage medical conditions at home. Finding ways to safely dispose of used medical sharps is an important public health priority.

- Medical sharps may be placed in either a medical sharps container purchased from a pharmacy or health care provider, or in a heavy-plastic or metal container.
- Household containers, such as plastic detergent bottles, can be used if heavy duty tape is used to secure the lid to the container and the words “Do Not Recycle” are written on the container with a permanent marker.
- Never place the container in the recycle bin.
- The container should also be puncture-proof with a tight-fitting lid.
- Please refrain from using a clear or glass container.
- Please do not overfill the containers.
- Please keep the containers out of reach from children and pets.

Residents who drop off their syringe containers will each receive a new container provided by the Health Department free of charge. When that Health Department labeled container is full we will then accept it back for disposal. For more information or questions regarding safe needle disposal 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: August 1, 2019

To: All Media

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

Contact: Leslie Dougherty (ext. 74314) Jenny Barrie (ext. 74315)

Phone: (815) 433-3366
For Immediate Release

“Free Measles, Mumps, and Rubella vaccine available to the public”

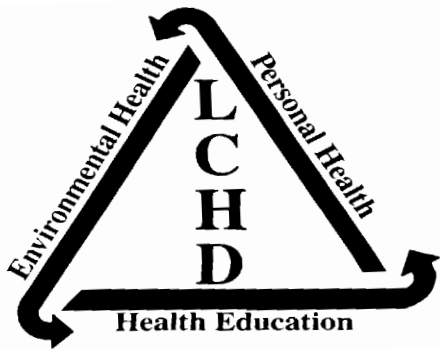
Ottawa, IL - - The LaSalle County Health Department will be holding a free MMR (Measles Mumps and Rubella) vaccination mobile clinic Wednesday, August 14th. This clinic is made possible by using the OSF King Care-A-Van. The mobile health center, donated by Don and Val King, of rural Manlius, promotes wellness in rural communities. This free clinic made possible by grant funds will be held at Streator City Park, South Lot, which is located at 301 N. Vermillion St., Streator IL. from 11:00am -2:00pm.

With measles continuing to rise across the United States, the Health Department is taking action to prevent cases of measles and increase vaccination rates. The Centers for Disease Control (CDC) recommends people get the MMR vaccine to protect against measles, mumps and rubella. LaSalle County Health Department is administering this vaccine at no charge. Our goal is to have residents be fully immunized against vaccine preventable diseases.

The CDC recommends all children get two doses of MMR. Adults who do not have evidence of immunity should get at least one dose of MMR vaccine. People 6 months of age and older who will be traveling internationally should be protected against measles. Healthcare personnel without evidence of immunity should get two doses of MMR vaccine, separated by at least 28 days. Women of childbearing age should check with their doctor to make sure they are vaccinated before they get pregnant. Please bring your shot record (if available) on the day of the clinic.

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MEDIA RELEASE



Date: August 2, 2019

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

“Mobile Hepatitis C Screening Available”

Ottawa, IL - - LaSalle County Health Department is offering a free mobile Hepatitis C screening clinic. This clinic is made possible by using the OSF King Care-A-Van. The mobile health center, donated by Don and Val King, of rural Manlius, promotes wellness in rural communities.

This mobile clinic will be on Monday, August 12th in Streator from 1:30 – 3:30. It will be held in the Streator City Park, South lot, which is located at 301 N. Vermillion Street, Streator, IL. This is a **FREE** clinic with test results in 20 minutes and does not require a blood draw. This is a finger stick test. Hepatitis C is a liver infection caused by the hepatitis C virus. Hepatitis C can range from a mild illness lasting a few weeks to a serious, lifelong illness. Hepatitis C is often described as “acute,” meaning a new infection or “chronic,” meaning lifelong infection.

Those who are most at risk for Hepatitis C infection include:

- Anyone born between 1945 – 1965
- Injection drug users
- Healthcare workers
- Blood exposure
- Men who have sex with men
- HIV positive individuals
- Unprofessional tattoos or body piercings
- Anyone who has been incarcerated

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Additional Hepatitis C testing mobile clinics will be held at the following locations in LaSalle County:

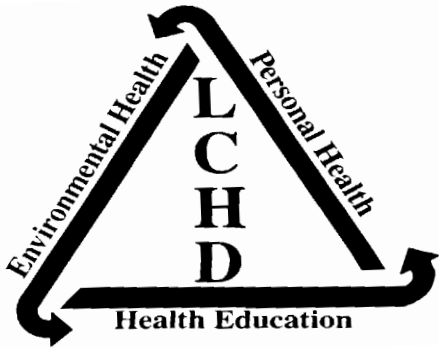
August 20th in LaSalle at the St. Patrick's Church parking lot on the corner of 4th Street and Joliet Street, LaSalle, IL from 11:00 – 2:00 pm.

August 22nd in Marseilles in front of the Nursing Services Building, 227 S. Main Street, Marseilles, IL from 11:00 – 2:00 pm.

For more information regarding Hepatitis C you can visit our website at www.lasallecounty.org

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MEDIA RELEASE



Date: August 5, 2019

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. This annual observance highlights the efforts of LaSalle County Health Department to protect patients of all ages against vaccine-preventable diseases through on-time vaccination. Our goal is to have residents be fully immunized against vaccine preventable diseases.

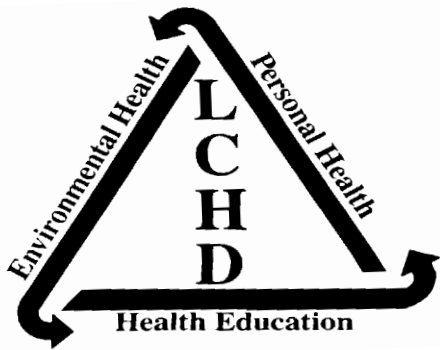
Getting vaccinated according to the recommended immunization schedule is one of the most important things a parent can do to protect their child's health. Whether it's a baby entering a daycare facility, a toddler heading to preschool, students in elementary through High School, or even College Freshmen, 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. Debra Hart, 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 the second Thursday of every month. LaSalle County Health Department is located at 717 Etna Road, Ottawa, IL. It is important that you call for an appointment and bring your child's shot record with you on the day of the appointment. We can bill most private insurance, Medicaid, CHIP, and participate in the VFC (Vaccines for Children) program.

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

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MEDIA RELEASE



Date: August 27, 2019
To: All Media
From: LaSalle County Health Department
717 Etna Road
Ottawa, IL 61350
Contact: Jenny Barrie (ext. 74315)
Leslie Dougherty (ext. 74314)
Phone: (815) 433-3366
For Immediate Release

“27th Annual Food Service Seminar”

Ottawa, IL – The LaSalle County Health Department will be sponsoring their Twenty-Seventh Annual Food Service Seminar on September 9, 2019. 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 3:30 p.m. The day will consist of speakers from Carle Foundation Hospital, the Illinois Department of Public Health, Lake County Health Department, and Quik-Kill Pest Eliminators, Inc. They will provide information on Food Allergies: A Growing Public Health Issue, a Teamwork Approach to Investigating Foodborne Illness Outbreaks, the Illinois Food Code with a focus on inspection forms, Special Processes, and HACCP, and Pest Control in Establishments.

September is National Food Safety Education Month. It provides an opportunity to raise awareness about steps that can be taken to prevent food poisoning. 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 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

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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 CDC website at

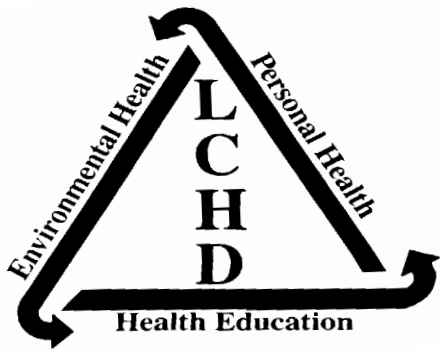
<https://www.cdc.gov/foodsafety/education-month.htm>. To pre-register for the food service seminar,

please call the LaSalle County Health Department at (815) 433-3366 or visit www.lasallecounty.org.

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MEDIA RELEASE



Date: September 11, 2019

To: All Media

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

Contact: Leslie Dougherty ext.74314 or Jenny Barrie ext. 74315

Phone: (815) 433-3366
For Immediate Release

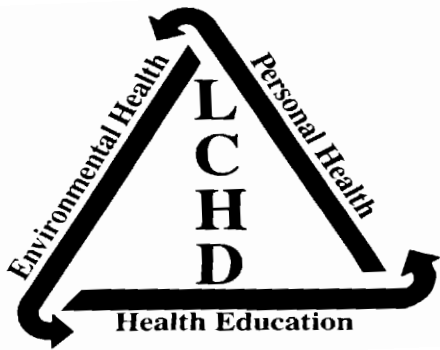
“Quilt Raffle Tickets Available”

OTTAWA, IL -- The LaSalle County Health Department is pleased to announce the donation of a beautiful quilt, crafted by the Cotton Cure out of Hillsboro, Oregon. This quilt will be raffled off with the proceeds to benefit LaSalle and Grundy County women in need of mammograms and pap smears, who do not fall under the guidelines of our Illinois Breast and Cervical Cancer Program. Tickets for the quilt are available at the Health Department and are \$1.00 for one ticket or \$5.00 for six.

The goal of this program is to reduce mortality from breast and cervical cancer by offering screening services such as mammograms and pap smears. For more information regarding breast cancer and your health, make a donation to the program or to see if you qualify, contact the LaSalle County Health Department at 433-3366, or visit our website at www.lasallecounty.org.



MEDIA RELEASE



Date: September 16, 2019
To: All Media
From: LaSalle County Health Department
717 Etna Road
Ottawa, IL 61350
Contact: Leslie Dougherty (ext74314) or Jenny Barrie (ext74315)
Phone: (815) 433-3366
For Immediate Release

NEWS RELEASE

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

FOR IMMEDIATE RELEASE:

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

OTTAWA, IL – The LaSalle County Health Department is urging everyone 6 months and older to get vaccinated against seasonal influenza (flu). The LaSalle County Health Department has received its shipment of flu vaccine and will begin hosting flu clinics at the Health Department beginning on Thursday, September 26th. Seasonal Influenza Vaccine and Influenza HD (High Dose) Vaccine for persons 65 and older will be available. All LaSalle County Health Department influenza vaccines are preservative free. The fee for the seasonal flu shot will be \$25. The fee for influenza HD will be \$50. Insurance billing will be provided for Medicare part B and Medicaid eligible clients and also for most health insurance companies. **You must have your insurance card with you.** No Doctors order is required. Children must be accompanied by a parent or guardian.

The clinic schedule will be as follows:

Thursday, September 26th from 1:00 – 4:00 pm LaSalle County Health Department

Tuesday, October 8th from 1:00 – 4:00 pm LaSalle County Health Department

Thursday, November 7th from 10:00 am – 4:00 pm LaSalle County Health Department

The flu vaccine’s effectiveness varies from year to year. But for those who still get the flu, the symptoms are milder than in those who have not been immunized. Influenza HD will be given to persons 65 and

-More -

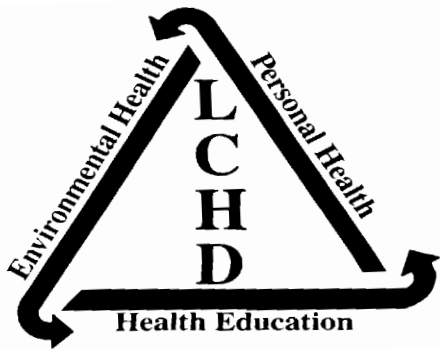
older. Human immune defenses become weaker with age. Aging decreases the body's ability to have a good immune response. A higher dose of protection in the vaccine is added to give older persons a better immune response. This additional protection is intended to create a stronger immune response which 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.

For more information on influenza you can call 1-815-433-3366 or you may visit our website at www.lasallecounty.org . Or like us on Facebook/Twitter.

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MEDIA RELEASE



Date: September 26, 2019

To: All Media

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

Contact: Jenny Barrie (ext. 74315)
Leslie Dougherty (ext. 74314)
LaSalle County Animal Control 815-434-8661

Phone: (815) 433-3366
For Immediate Release

“World Rabies Day”

OTTAWA, IL – World Rabies Day is September 28, 2019. Established in 2007, it aims to raise awareness about rabies and help the world come together to fight the preventable disease. The theme for 2019 is “Rabies: Vaccinate to Eliminate,” which focuses on the foundation of all rabies control efforts. According to the Center for Disease Control (CDC), “in the United States, rabies deaths are very rare thanks to successful animal control and vaccination programs. But around the world, rabies kills more than 59,000 people every year. The most affected countries are in Africa and Asia, and almost half of the victims are children under the age of 15.”

The good news is that rabies can be prevented through vaccination of both animals and people. 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 the eyes, nose, mouth or a wound. Without preventive treatment, rabies is a fatal disease. If you have been bitten or exposed to a bat, seek immediate medical attention. Bat bites may not be felt while sleeping, and special consideration also needs to be taken when a bat is found in a child’s room or in a disabled person’s living area. Rabies treatment should be considered and the local health department should be contacted immediately to determine if treatment is necessary.

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Whether you are a pet owner, a parent, or an outdoor enthusiast, there are steps you can take to keep yourself and your family free from rabies throughout the year. Here are some tips to protect yourself and others from rabies:

1. Take Pets to a Veterinarian for Their Rabies Shot

A veterinarian can make sure your pets – like dogs, cats, and ferrets – are up to date on their rabies shot and protected from getting rabies. All dogs and cats should be vaccinated around four months of age, and then again one year later. After these two shots, your veterinarian will develop a vaccination plan that is best for your pet and complies with local laws. This is important, since animals that have not received a rabies shot and are in contact with potentially rabid wild animals may need to be quarantined or euthanized.

2. Protect Your Family Around the Home

There are things you can do around the home to help reduce the risk of rabies to you and your pets.

- Keep your pets indoors. When you let your dog or cat go outside, it's best to have a fenced-in yard and make sure someone is there to watch it and keep it safe. Use a leash when walking your dog.
- Keep your pets' food in a place where only your pets have access to it and keep garbage securely covered. These items may attract wild animals or stray animals to your yard.
- Understand the risk from bats. While most wild animals are found primarily outdoors, bats can sometimes fly into buildings. This includes your home and even the room where you sleep.
- Indoor-only cats do occasionally develop rabies because of bats in the home. It is important to keep all cats up to date on rabies vaccination, even if they never leave your home.
- 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 are able to do so without putting yourself at risk for physical (more) contact or being bitten, try to cover the bat with a large can or bucket, and close the door to the room.

3. Keep Away From Wildlife and Unfamiliar Animals

In the United States, rabies is most often seen in wild animals such as raccoons, bats, skunks and foxes. One of the best ways to protect yourself and your family is to avoid contact with wild animals. Do not feed or handle them, even if they seem friendly. You should also avoid dogs and cats that are unfamiliar to you and your family. These animals may be in contact with wildlife and can also spread rabies to humans.

If you see an animal acting strangely, report it to animal control. Some things to look for are:

- General sickness
- Problems swallowing
- Lots of drool or saliva
- An animal that appears more tame than you would expect

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- An animal that bites at everything
- An animal that's having trouble moving or may even be paralyzed

Never pick up or touch dead animals. The rabies virus may still be present in the saliva or nervous tissue, especially if they have only been dead for a short time. If you see a dead animal, call animal control. If a bat is in your home, do not release the bat outdoors until after speaking with animal control or public health officials.

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. Information about rabies activity in Illinois can be found at <http://www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/rabies>

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MEDIA RELEASE



Date: October 3, 2019
To: All Media
From: LaSalle County Health Department
717 Etna Road
Ottawa, IL 61350
Contact: Leslie Dougherty (ex 74314) or Jenny Barrie (ex 74315)
Phone: (815) 433-3366
For Immediate Release

“October is Breast Cancer Awareness Month”

OTTAWA, IL – October is Breast Cancer Awareness Month. Breast cancer is the most common cancer diagnosed in women other than skin cancer and is the second leading cause of cancer deaths for women. The good news is that most women can survive breast cancer if it's found and treated early.

A mammogram – the screening test for breast cancer – can help find breast cancer early when it's easier to treat. Low income women and women with no insurance 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.

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 may qualify if you are a LaSalle or Grundy County resident between the ages of 21 -64 for breast and cervical cancer screenings. Through IBCCP, LaSalle County Health Department is working to increase breast and cervical cancer awareness and break that cycle of late stage treatment. IBCCP provides FREE mammograms and Pap Smears for those women who qualify and assistance with paying the deductible for those who are insured. Take advantage of this opportunity for early detection. You are important to your family.

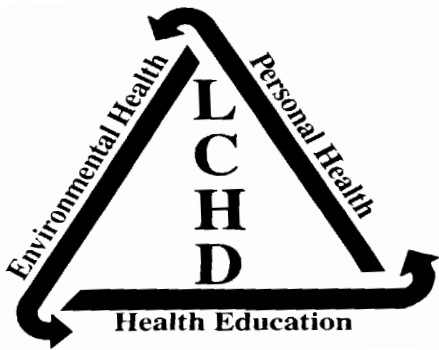
For those women who do not qualify for the IBCCP program or have related charges not covered by the IBCCP grant there are a limited amount of community donated funds to assist with those services. To support this endeavor we will be selling our Breast Cancer Quilt raffle tickets at the front desk and at local health fairs we will be attending. Tickets are \$1.00 a piece or 6 tickets for \$5. The drawing will be held on December 2nd and you need not be present to win. Call (815) 433-3366 for further information on how to receive a free mammogram and pap test.

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Enc: In honor of Breast Cancer Awareness Month, LaSalle County Health Department has decorated their lobby and are selling quilt tickets.



MEDIA RELEASE



Date: October 31, 2019

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

Contact: Leslie Dougherty (ext. 74314) or
Jenny Barrie (ext. 74315)

Phone: (815) 433-3366
For Immediate Release

NEWS RELEASE

"Flu Shots Available"

FOR IMMEDIATE RELEASE:

OTTAWA, IL – Flu season is upon us. The LaSalle County Health Department is reminding everyone 6 months and older to get vaccinated against seasonal influenza (flu). We will be holding our next flu clinic on **Thursday, November 7th at the Health Department from 10:00 am to 4:00 pm.** We will have Influenza HD (High Dose) available for anyone over 65. 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.

All LaSalle County Health Department influenza vaccines are preservative free. The fee for the seasonal flu shot will be \$25. The fee for influenza HD will be \$50. Insurance billing will be provided for Medicare part B and Medicaid eligible clients and also for most health insurance companies. Vaccine for Children (VFC) program available to cover children that qualify for free vaccine. **You must have your insurance card with you.** No Doctors order is required. Children must be accompanied by a parent or guardian.

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.

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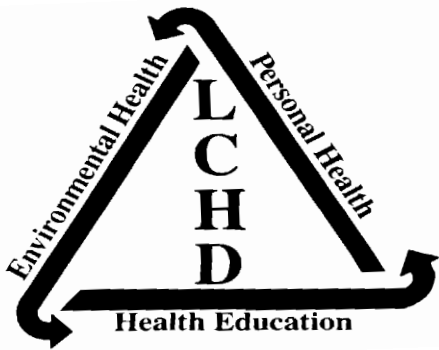
*Remember the 3 C's: clean, cover, and contain.

- Clean – frequently wash your hands with soap and warm water.
- Cover – cover your cough and sneeze.
- Contain – contain your germs by staying home if you are sick.

If you are unable to make our flu clinic, we also accept walk ins or you can call for an appointment. For more information on influenza you can call 1-815-433-3366 or you may visit our website at www.lasallecounty.org. Or like us on Facebook/Twitter.

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MEDIA RELEASE



Date: November 14, 2019
To: All Media
From: LaSalle County Health Department
717 Etna Road
Ottawa, IL 61350
Contact: Leslie Dougherty (ex.74314) or Jenny Barrie (ex.74315)
Phone: (815) 433-3366
For Immediate Release

“ GREAT AMERICAN SMOKE OUT ”

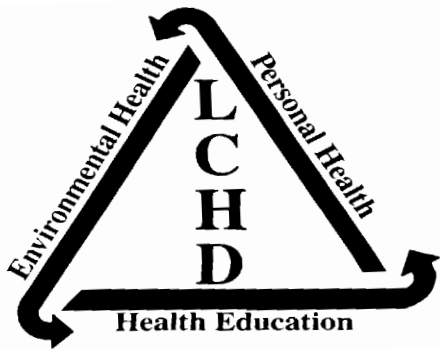
OTTAWA, IL -- This years Great American Smoke Out is Thursday, November 21st. The Great American Smoke Out is sponsored by the American Cancer Society (ACS) and celebrated the third Thursday each November. This annual event challenges smokers to quit for at least 1 day with the hopes that they will quit 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 according to the CDC about 34.3 million Americans still smoke.

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. 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 visit our website at www.lasallecounty.org/hd.

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MEDIA RELEASE



Date: November 26, 2019

To: All Media

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

Contact: Leslie Dougherty (ex 74314) or Jenny Barrie (ex 74315)

Phone: (815) 433-3366
For Immediate Release

“Additional Flu Clinic for National Influenza Week”

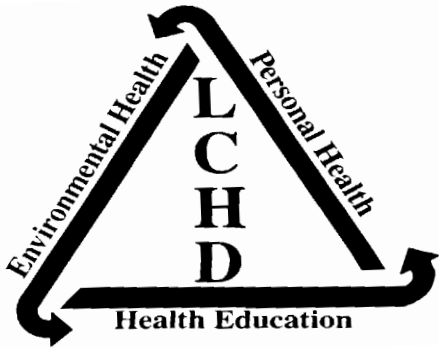
Ottawa, IL - - National Influenza Vaccination Week, observed December 1–7, highlights the importance of continuing flu vaccination through the holiday season and beyond. In recognition of National Influenza Vaccination Week the LaSalle County Health Department will be holding an additional Flu clinic on **Thursday, December 5th from 3:00 – 6:00 pm**. The clinic will be held at the Health Department, 717 Etna Road, Ottawa. This additionally scheduled clinic is to target school aged children and working individuals who could not make our previous clinics. We will also have high dose available for those 65 and over who still need a flu shot. No appointment is needed.

All LaSalle County Health Department influenza vaccines are preservative free. The fee for the seasonal flu shot will be \$25. The fee for influenza HD will be \$50. Insurance billing will be provided for Medicare part B and Medicaid eligible clients and also for most health insurance companies. Vaccine for Children (VFC) program available to cover children that qualify for free vaccine. You must have your insurance card with you. No Doctors order is required. Children must be accompanied by a parent or guardian.

For more information regarding influenza you can contact the LaSalle County Health Department (815) 433-3366 or visit our website at www.lasallecounty.org.

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MEDIA RELEASE



Date: December 2, 2019

To: All Media

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

Contact: Leslie Dougherty (ex 74314) or Jenny Barrie (ex 74315)

Phone: (815) 433-3366
For Immediate Release

“Quilt Raffle Winner”

FOR IMMEDIATE RELEASE:

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

OTTAWA, IL -- The LaSalle County Health Department is pleased to announce the winner of the beautiful quilt, crafted and donated by the Cotton Cure out of Hillsboro, Oregon. Sheri Mayo from Midland, Texas was the winner. Over \$350 in quilt ticket sales will benefit LaSalle and Grundy County women in need of mammograms and Pap smears, who don't fall under the guidelines of our Illinois Breast and Cervical Cancer Program.

The goal of this program is to reduce mortality from breast and cervical cancer by offering screening services such as mammograms and pap smears. For more information regarding breast cancer and your health, make a donation to the program or to see if you qualify, contact the LaSalle County Health Department at 433-3366, or visit our website at www.lasallecounty.org.

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