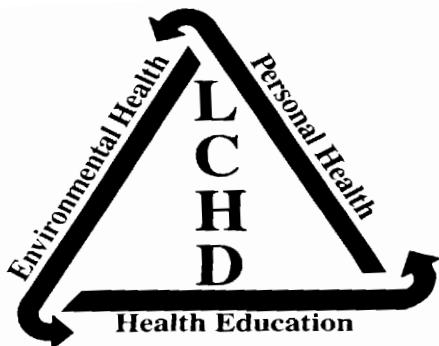


MEDIA RELEASE



Date: January 5, 2022
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

"January is National Radon Action Month"

Ottawa, IL – The LaSalle County Health Department is encouraging residents to test the radon level in their home. Radon is a radioactive gas that occurs naturally in most soil. As radon travels through the soil, it can easily move through small spaces in a foundation and enter a building, where it becomes trapped and accumulates in the air.

Radon has no taste, smell, or color. Testing is the only way to find out if there is a dangerous level of radon in your home. The best time to test for radon is during cold weather when windows and doors are closed.

Most radon exposures occur in the home. When people breathe in radon, it damages the lungs, which can cause lung cancer. According to the Centers for Disease Control and Prevention (CDC), radon is the second leading cause of lung cancer after cigarette smoking. Radon can be found throughout Illinois and levels can vary from one home to another, even in the same neighborhood. It's estimated more than 1,100 people in Illinois develop radon-related lung cancer each year according to the Illinois Emergency Management Agency (IEMA).

The Environmental Protection Agency (EPA) has established the radon action level at 4 picocuries per liter of air (4 pCi/L). At or above this level, it is recommended that corrective measures be taken to reduce indoor radon levels. Radon mitigation is the only effective way to reduce levels and decrease the risk of lung cancer. The most common radon reduction system involves the installation of a vent pipe and fan, which draws air from underneath a building and displaces it outside. The cost of a system varies depending on the reduction method chosen and building size. Radon is a preventable health threat through testing and mitigation.

According to the IEMA, approximately one in two homes tested in Illinois (45 percent of homes) have radon at or above the EPA action level of 4 pCi/L. In addition, the average Illinois indoor air radon concentration is 5.1 pCi/L. "Testing for radon is simple and inexpensive, and it's the only way to know if your family is at risk. A short-term test is very easy to use and is best completed

during the winter months, when windows and doors are generally closed," said Chris Pozzi, Director of Environmental Health at LaSalle County Health Department.

Homeowners can test their homes with a simple kit. Testing is easy and convenient, taking 3-7 days. Tests should be done on the lowest level of the home that is frequently occupied. Tests should not be done in kitchens, bathrooms, laundry rooms, or utility rooms.

In 2021, LaSalle County Health Department gave out 296 test kits. One hundred fifty-four of those test kits have been submitted for analysis, for a 52% usage rate. One hundred two have produced valid results, with 49 having a result above 4.0 pCi/L. The average result of all kits analyzed in LaSalle County (since October 2019) has been 5.45 pCi/L. Testing homes for elevated levels of radon is simple and inexpensive. And, if discovered, a radon problem can be fixed with a mitigation system.

LaSalle County Health Department, through a grant from the IEMA, has free radon test kits available to residents of LaSalle County. Test kits can be picked up at the health department during regular business hours (Mon.-Fri., 8:00 a.m. to 4:30 p.m.) at 717 E. Etna Road in Ottawa. A staff member will assist you with the instructions on using the test kit, as well as provide information regarding radon, radon measurement, and radon mitigation. Additionally, should your radon test results show a high level of radon in your home, the health department can provide you with a list of licensed radon measurement professionals and licensed radon mitigation professionals for follow-up. Call the LaSalle County Health Department at (815) 433-3366, for more information on radon test kits.

Additional Resources:

Visit <https://www.radon.com/instructions/> to view a testing kit instructional video.

For additional information, please visit:

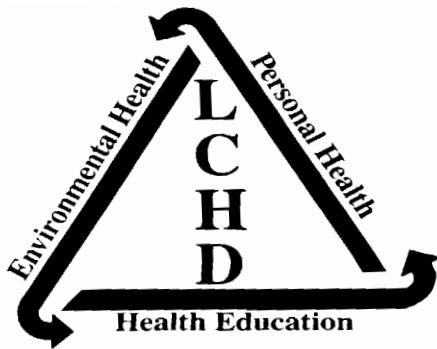
<https://www2.illinois.gov/iema/NRS/Radon/Pages/default.aspx>

<https://www.epa.gov/radon>.

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MEDIA RELEASE



Date: January 5, 2022
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 Moves to Online Scheduling for COVID-19 Tests"

Ottawa, IL – The LaSalle County Health Department is now scheduling ALL COVID-19 tests online. The appointment link is now active and anyone needing a COVID-19 test on January 7, 2022 or after, **MUST** schedule their test online.

Access the link at: <https://hipaa.jotform.com/220026540796151>

The new online scheduling system will alleviate the wait time individuals experienced when needing to schedule an appointment for COVID testing.

At the time of scheduling your appointment, the following information will be required:

- Name, Date of Birth, Gender
- Street Address and Cell Phone Number
- Email
- Any symptoms experiencing
- Pick appointment date and time, based on availability
- Electronic Signature of Consent

In addition, you will need to pick the type of test you are needing from a drop-down menu. The three options are:

Abbott BinaxNow (Rapid Antigen) test – No Cost

- This test is meant for symptomatic individuals. Please note if you are currently asymptomatic or are asymptomatic upon arrival, you should complete the send out PCR or Rapid Molecular Test. The send out PCR results will be available within 3-5 days.

Send Out Molecular/PCR test – No Cost

- If you chose the send out PCR, please note that you will receive an email from the Midwest Coordination Center on how to set up your account to receive your results within 3-5 days. Please complete ahead of your scheduled appointment.

Abbott IDNOW Rapid Molecular/NAAT test -- \$41 Fee

- This \$41 fee MUST be paid ahead of your scheduled appointment. If it is not, you will not be able to be tested using that method and a send out PCR will be performed instead.

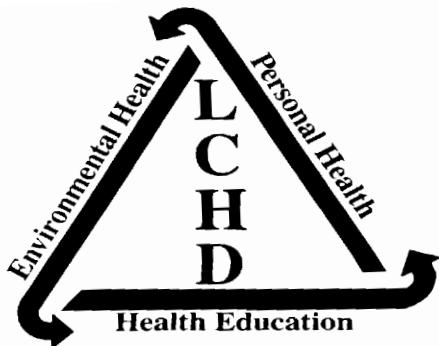
You can pay at: <https://www.govpaynow.com/gps/user/plc/a0008c> and select **COVID Testing \$41**.

For additional questions, please contact the LaSalle County Health Department at 815-433-3366.

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MEDIA RELEASE



Date: January 14, 2022
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 Addresses Some Common Questions as they have Moved to Online Scheduling for COVID-19 Tests"

Ottawa, IL – The LaSalle County Health Department recently moved to scheduling ALL COVID-19 tests online. Overall, the transition to online scheduling has been smooth and well received, as the main goal was to reduce the wait time individuals experienced when calling into the department to schedule an appointment. However, there are some clarifications and common questions we have been receiving and would like to address:

- 1) **Testing children under 3 years old.** We request the presence of two accompanying adults for the safety of the child and the most accurate results.
- 2) **Walk-ins are no longer accepted.** You will be directed to make an appointment online.
- 3) **Please cancel your appointment if no longer needed.** This allows the appointment to be opened back up for someone else who needs it. To cancel, please look at the email confirmation you received when scheduling your appointment. There are directions at the bottom of the email if you need to cancel. For individuals who do not have email, please call 815-433-3366.
- 4) **Please make sure to input your Cell Phone Number, Email, and Date of Birth correctly.** This information is crucial for receiving your results.

The three options of COVID testing we offer are as follows. Please read the guidelines carefully before you schedule.

Abbott BinaxNOW (Rapid Antigen) test – No Cost

- This test is meant for symptomatic individuals. Please note if you are currently asymptomatic or are asymptomatic upon arrival, you will be directed to complete either the send out PCR (Free) or Rapid Molecular Test (\$41). The send out PCR results will be emailed within 3-5 days from the date the lab receives the sample to the email you provided. The Rapid Molecular Test results will be available within 15-20 minutes.

Send Out PCR test – No Cost

- If you schedule a send out PCR, you will receive an email from the Midwest Coordination Center (MCC) and YOU MUST follow the instructions to COMPLETE your online HIPAA & Testing Consents PRIOR to your appointment.
- The email from the Midwest Coordination Center (MCC) will come from testedandprotected.org. If you do not receive an email, please check your spam folder.
- The send out PCR results will be emailed within 3-5 days from the date the lab receives the sample to the email you provided.
- **ANY** Send out PCR tests collected on Friday, **CANNOT BE SHIPPED OUT (the lab will not allow us to ship on Fridays) until the following Monday.** Please take this into consideration when scheduling a testing appointment.

Abbott IDNOW Rapid Molecular/NAAT test -- \$41 Fee

- This \$41 fee MUST be paid ahead of your scheduled appointment. If it is not, you will not be able to be tested using that method and a send out PCR will be performed instead.

You can pay at: <https://www.govpaynow.com/gps/user/plc/a0008c> and select **COVID Testing \$41.**

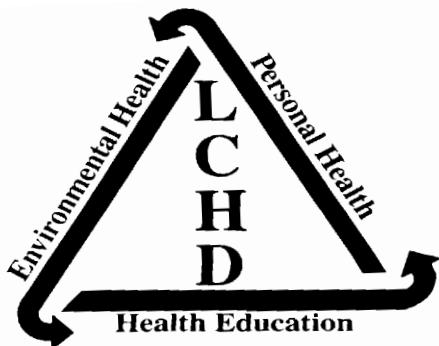
- The Rapid Molecular Test results will be available within 15-20 minutes.

Schedule a COVID-19 testing appointment: <https://hipaa.jotform.com/220026540796151>. For additional questions, please contact the LaSalle County Health Department at 815-433-3366.

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MEDIA RELEASE



Date: January 19, 2022
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

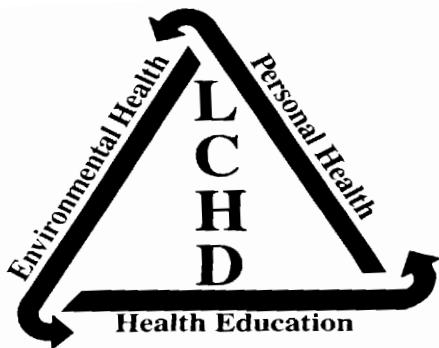
"January is Cervical Cancer Month"

OTTAWA, IL—In recognition of Cervical Cancer Awareness Month the LaSalle County Health Department is urging women over the age of 21 to be screened for cervical cancer. The goal is to eradicate cervical cancer in Illinois by women taking charge and getting screened. During 2021 an estimated 14,480 women in the United States were diagnosed with cervical cancer, according to the State of Illinois. We want to remind people that even though we are dealing with the COVID-19 pandemic, it is extremely important that women keep up with their annual screenings. Cervical cancer, when caught early, is nearly 100 percent curable.

The American Cancer Society (ACS) reports that between 60 and 80 percent of American women with newly diagnosed invasive cervical cancer have not had a Pap Smear in the last five years and /or may have never had one. Cervical Cancer is one of the most common types of cancer worldwide and one of the most preventable and treatable when detected early. In addition to increasing awareness of cervical cancer there are some preventative steps that women can take. Studies have shown, regular exercise, a healthy diet, routine screenings and getting the cervical cancer vaccine to help prevent Human Papilloma Virus (HPV), decreases the risk for cervical cancer. Licensed HPV vaccines for females and males are available. The Centers for Disease Control and Prevention (CDC) recommends 11 or 12 year old girls and boys begin the HPV vaccine series. (Vaccination can be started at age 9.) The vaccination series must be completed by age 45. 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 has a Illinois Breast and Cervical Cancer Program (IBCCP) available which can pay for Pap Smear tests for LaSalle or Grundy County women, ages 21-64 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 815-433-3366 or visit our website at www.lasallecounty.org

MEDIA RELEASE



Date: February 3, 2022
To: All Media
From: LaSalle County Health Department
717 Etna Road
Ottawa, IL 61350
Contact: Leslie Dougherty (#74314) or Jenny Barrie (#74315)
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. 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 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
- High Blood Pressure
- Diabetes
- Being Overweight
- Family history of early heart disease
- Age (55 or older for women)
- Being physically inactive
- Smoking

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 physically active and decreasing your stress level can also have added benefits.

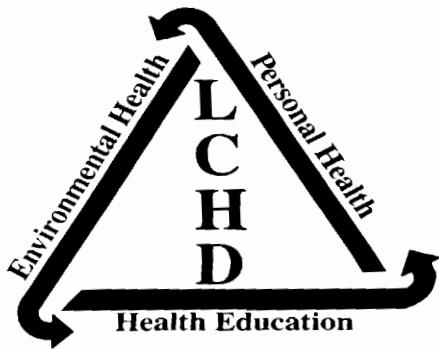
If you experience any of the following symptoms, do not wait before calling for help. Call 911 or get to the hospital right away if you experience any of the following.

- 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 23, 2022
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 Moves to testing for COVID-19 on Tuesday, Wednesday, and Thursday"

Ottawa, IL - The LaSalle County Health Department is scheduling **ALL** COVID-19 tests online. Due to the decreased demand for testing, beginning February 28th COVID-19 testing will only be available by appointment on Tuesday, Wednesday, and Thursday mornings from 9:00am until noon. No walk-ins will be accepted. The link is now active and anyone needing a COVID-19 test should schedule their test online. Access the link at:

<https://hipaa.jotform.com/220026540796151>

At the time of scheduling your appointment, the following information will be required:

- Name, Date of Birth, Gender
- Street Address and Cell Phone Number
- Email
- Any symptoms experiencing
- Pick appointment date and time, based on availability
- Electronic Signature of Consent

In addition, you will need to pick the type of test you are needing from a drop-down menu. The three options are:

Abbott BinaxNOW (Rapid Antigen) test – No Cost

- This test is meant for symptomatic individuals. Please note if you are currently asymptomatic or are asymptomatic upon arrival, you should complete the send out PCR or Rapid Molecular Test. The send out PCR results will be available within 3-5 days.

Send Out PCR test – No Cost

- If you schedule a send out PCR, you will receive an email from the Midwest Coordination Center (MCC) and YOU MUST follow the instructions to COMPLETE your online HIPAA & Testing Consents PRIOR to your appointment.
- The email from the Midwest Coordination Center (MCC) will come from testedandprotected.org. If you do not receive an email, please check your spam folder.
- The send out PCR results will be emailed within 3-5 days from the date the lab receives the sample to the email you provided.

Abbott IDNOW Rapid Molecular/NAAT test -- \$41 Fee

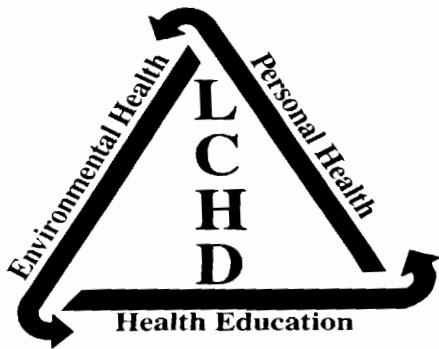
- This \$41 fee MUST be paid ahead of your scheduled appointment. If it is not, you will not be able to be tested using that method and a send out PCR will be performed instead.
- You can pay at: <https://www.govpaynow.com/gps/user/plc/a0008c> and select COVID Testing \$41.
- The Rapid Molecular Test results will be available within 15-20 minutes.

For additional questions, please contact the LaSalle County Health Department at 815-433-3366.

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MEDIA RELEASE



Date: February 25, 2022
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

“COVID-19 Vaccines Available at LaSalle County Health Department”

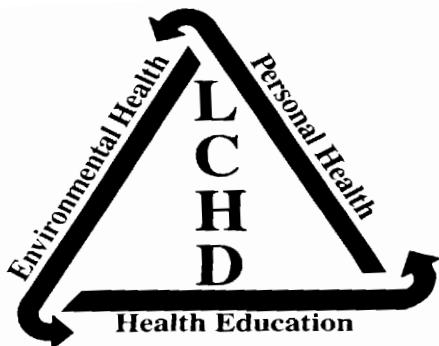
Ottawa, IL - The LaSalle County Health Department has COVID -19 vaccine available at the Health Department by appointment only, Monday through Friday. The Health Department has Johnson and Johnson, Moderna, and Pfizer vaccine available.

Beginning March 1, 2022, due to a decrease in demand, residents who still need to be vaccinated or are in need of a Booster dose should call the Health Department at 815-433-3366 to make an appointment. Online scheduling will no longer be available.

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MEDIA RELEASE



Date: March 18, 2022
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

OTTAWA, IL -- The LaSalle County Health Department would like to announce that World TB Day is Thursday, March 24th. This is the 140th anniversary of Robert Koch's discovery of the TB bacillus. When Koch announced his discovery on March 24, 1882 in Berlin, Germany, tuberculosis was responsible for the death of one of every seven people living in Europe and the United States.

The Stop TB Partnership has selected the theme for this year's World TB Day: "Invest to End TB. Save Lives." Its design is to build public awareness that tuberculosis today remains an epidemic in much of the World causing the deaths of several million people each year. The disruptions caused by the pandemic have led to increased mortality from TB, decreased the number of people diagnosed and treated for TB, and dangerously affected the rights of people with TB. The general symptoms of TB disease include feeling sick or weak, weight loss, fever and night sweats. TB of the lungs causes the general symptoms plus coughing, sometimes producing blood, and chest pain.

TB is caused by an organism called *Mycobacterium tuberculosis*. When a person with active TB disease coughs or sneezes, tiny particles containing *M. tuberculosis* may be expelled into the air. If another person inhales air that contains these particles, transmission from one person to another may occur. However, not everyone infected with the TB germ becomes sick; as a result, two TB related conditions exist; latent TB infection (LTBI) and active TB disease -- both of which are treatable and curable. There are an estimated 13 million persons in the United States with latent TB infection, and about 10% of these infected individuals will develop TB disease at some point in their lives. TB is not a disease of the past, TB can infect anyone.

Today, one-third of the World's population is infected with TB and about 2 million people die of this disease each year, even though it is curable. To find out more about TB, or to see about getting tested for a possible TB exposure, contact the LaSalle County Health Department at 815-433-3366 or visit our website at www.lasallecounty.org. ###



MEDIA RELEASE



Date: March 31, 2022
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 Recognizes 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 "Public Health Is Where You Are," will be observed April 4-10, 2022.

Making communities safe and healthy is public health's top priority. 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.

As a reminder, here are a few of the programs and services the Health Department offers on a regular basis. Citizens are encouraged to call 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.
- Women, Infants, and Children (WIC) - The mission of the LaSalle County WIC program 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 five years. The WIC program provides health screening, nutrition education and counseling, and supplemental foods including formula for infants.
- 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.
- Low-cost childhood and adult immunizations - Please call the Health Department to schedule an appointment.

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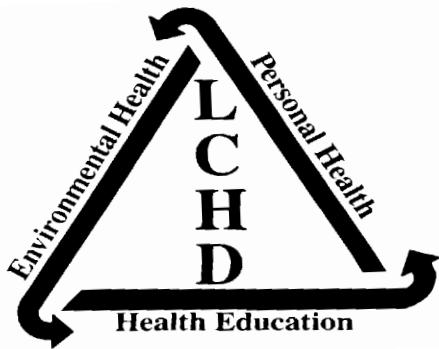
- COVID-19 Vaccinations – Individuals who need to start the COVID-19 vaccination series or receive a booster, should call the Health Department to schedule an appointment. The Health Department has Johnson and Johnson, Moderna, and Pfizer available.
- COVID-19 Testing - ALL COVID-19 tests can be scheduled online. Access the link at: <https://hipaa.jotform.com/220026540796151>
- Free Radon Test Kits – The Health Department, through a grant from the IEMA, has free radon test kits available to residents of LaSalle County. Test kits can be picked up at the health department during regular business hours (Mon.-Fri., 8:00 a.m. to 4:30 p.m.) at 717 E. Etna Road in Ottawa. A staff member will assist you with the instructions on using the test kit, as well as provide information regarding radon, radon measurement, and radon mitigation. Additionally, should your radon test results show a high level of radon in your home, the health department can provide you with a list of licensed radon measurement professionals and licensed radon mitigation professionals for follow-up.

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. For additional information on programs and services offered, please contact the LaSalle County Health Department at 815-433-3366 or visit the Health Department's website at www.lasallecounty.org.

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MEDIA RELEASE



Date: April 20, 2022
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

“COVID-19 Vaccines Available at LaSalle County Health Department”

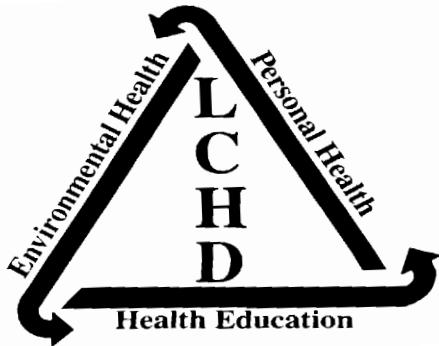
Ottawa, IL - The LaSalle County Health Department has COVID -19 vaccine available at the Health Department by appointment only, Tuesday, Wednesday and Thursday. The Health Department has Johnson and Johnson, Moderna, and Pfizer vaccine available.

Residents who still need to be vaccinated or are in need of a Booster dose should visit our website www.lasallecounty.org, click on the COVID-19 Resource Page and then the Vaccine information icon to schedule an appointment.

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MEDIA RELEASE



Date: May 2, 2022
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 – While mosquitoes have not been shown to transmit COVID-19, they can transmit other diseases such as West Nile virus, St. Louis encephalitis virus, and La Crosse encephalitis virus. While spending time outdoors, please remember to wear an EPA-registered insect repellent to help prevent mosquito bites.

The LaSalle County Health Department has begun collecting dead crows, blue jays, and robins and will continue this process until October 15, 2022. 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 twenty 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 are the criteria the Health Department uses to determine if a bird is eligible to submit for testing:

1. The bird is dead and the carcass is in good condition. Birds should be dead for less than 48 hours prior to collection, and have not started decomposing (no strong odor, no bloating, no maggots, eyes are not deflated or dried).
2. The bird has no obvious cause of death. Birds with obvious injuries such as wounds or missing parts should not be submitted for testing. 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 <https://dph.illinois.gov/topics-services/diseases-and-conditions/west-nile-virus/dead-bird-collection> 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 will be distributed

to licensed mosquito control applicators from local municipalities and villages throughout the county.

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.

***Please Note:**

The LaSalle County Health Department does not collect and test birds for Avian Flu. **To report sick or dead domestic/owner poultry to: The Illinois Department of Agriculture at 217-782-4944 or USDA APHIS Veterinary Services at 1-866-536-7593**

To report sick or dead wild birds (5 or more) to: your local [IDNR District Wildlife Biologist](#) or USDA Wildlife Services at 1-866-487-3297

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MEDIA RELEASE



Date: May 4, 2022
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

"May is Lyme Disease Awareness Month"

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 2 cases of Lyme disease confirmed in the county in 2021.

YEAR	NUMBER OF HUMAN CASES
2017	2
2018	4
2019	8
2020	5
2021	2

LaSalle County Health Department is an Illinois Statewide Tick Surveillance Program partner. Because ticks carry a number of diseases that affect people and animals, the data and ticks collected through this program help with surveillance to determine the risk of disease throughout Illinois.

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.

"Remember to apply an EPA-registered insect repellent when spending time outdoors. Frequent tick checks increase the likelihood of finding a tick before it can transmit disease. Talk to your doctor if you have been bitten by a tick and experience fever, chills, muscle and joint aches, or a rash," says Chris Pozzi, Director of Environmental Health at LaSalle County Health Department.

Simple tips to avoid tick exposure include:

- Wear light-colored clothing to make ticks easier to find. Tuck long pants into socks and boots.

-More-

- Apply an EPA-registered insect repellent containing 20% DEET, picaridin, IR3535, or Oil of Lemon Eucalyptus according to label directions.
- 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. Avoid wooded, bushy areas with high grass and leaf litter.
- Conduct full-body tick checks on family members (underarms, ears, belly button, behind knees, between legs, waist, hair and scalp) every two to three hours. Also check any gear or pets taken on outings.
- Put your clothes in the dryer on high for 10 minutes (or one hour for damp clothes) to kill ticks.
- Bathe or shower within two hours after coming indoors.
- If you find a tick on yourself, it is often helpful to keep the tick for species identification. Place the tick in rubbing alcohol or in a sealed bag/container to bring to your healthcare provider or local health department for submission to IDPH. A submission form can be found on the [IDPH website](#).

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 or visit their website at [www.lasallecounty.org](#). Also, please visit the Illinois Department of Public Health's (IDPH) interactive tick surveillance map created by their Vector Control staff. The map shows what ticks have been identified in Illinois by county, in addition to the diseases they were tested for and number of positive results.

<https://idph.maps.arcgis.com/apps/MapSeries/index.html?appid=976061db733441eb977ef5cf2facd5c4>

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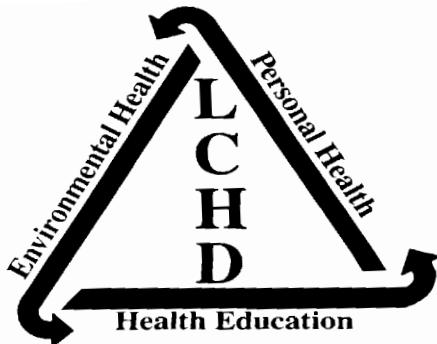


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www.twitter.com/LaSalleCoHealth

MEDIA RELEASE



Date: June 1, 2022
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

"New Public Health Administrator Hired"

Ottawa, IL – Bill Johnson, President of the LaSalle County Board of Health, announced that Christine Pozzi, BS, LEHP, will be the new Public Health Administrator beginning on June 6, 2022. Bill Johnson said, "Chris Pozzi has a wealth of knowledge and experience that she brings to her new position as Public Health Administrator. As a long-term employee of the LaSalle County Health Department her 29 years of experience is a tremendous asset to the Board of Health."

Ms. Pozzi is a LaSalle County native who began her career with the Health Department in 1992 as an Associate Sanitarian. She became a Sanitarian in 1993, and then became the Wastewater Coordinator in 1995. Ms. Pozzi then became the Environmental Health Division's Supervising Sanitarian in 2001 and was promoted to Environmental Health Division Director in 2016.

Chris Pozzi replaces Julie Kerestes who will retire on June 3, 2022. Ms. Kerestes has been the Public Health Administrator at the LaSalle County Health Department since 2001. Ms. Kerestes has had a 36-year public health career. She came to work at the newly formed LaSalle County Health Department in 1987. Ms. Kerestes and Ms. Pozzi have worked very closely together in all aspects of Public Health Administration including administrative and fiscal duties, personnel operations, policy development, and during the COVID pandemic.

Attached Picture: Christine Pozzi, BS, LEHP, LaSalle County Health Department Public Health Administrator.

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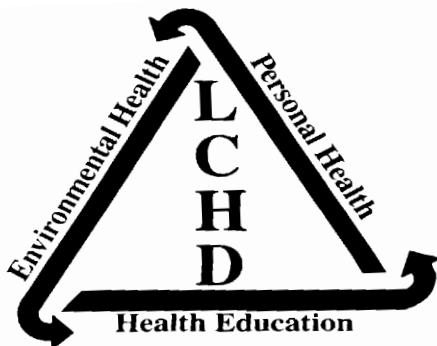
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www.lasallecounty.org

MEDIA RELEASE



Date: June 24, 2022
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

"Board of Health Retirees"

Ottawa, IL – On June 23, 2022, the LaSalle County Health Department recognized two retiring Board of Health members. William Johnson is retiring from the Board of Health after 23 years of service. Mr. Johnson joined the board as a County Board member in 1999. After leaving the County Board he continued to serve on the Board of Health as a member at large. Mr. Johnson was elected and has served as Board of Health President since 2002.

Jack Wayland is retiring from the Board of Health after 35 years of service. Mr. Wayland has served since the first meeting of the Board of Health in November 1986, after the Health Department was created. Mr. Wayland served as the Board of Health Treasurer from 1986 until 2002 and then as the Board's Vice President since 2008.

According to Chris Pozzi, the Department's Administrator, "both board members will be sorely missed. Their history, experience, and dedication serving the Health Board, the residents of LaSalle County, and the Department can not be replaced. I appreciate all the support they have shown the Health Department and staff over the years."

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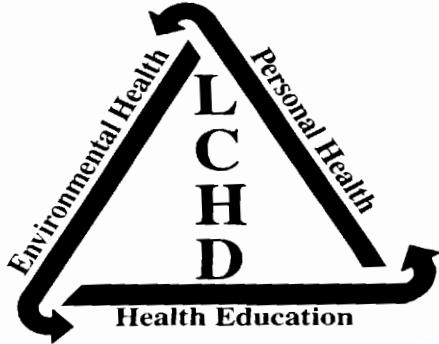


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MEDIA RELEASE



Date: July 7, 2022
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 Offers COVID-19 Vaccines for Children Six Months of Age and Older"

LaSalle County Health Department is now offering COVID-19 vaccines for children six months of age and older. Earlier this month, the Center for Disease Control and Prevention (CDC) endorsed the Advisory Committee on Immunization Practices' (ACIP) recommendation that all children 6 months through 5 years of age should receive a COVID-19 vaccine. Parents and caregivers can now get their children 6 months through 5 years of age vaccinated with the Pfizer-BioNTech or Moderna vaccines to better protect them from COVID-19. All children, including children who have already had COVID-19, should get vaccinated. **At this time the Health Department will only be offering Moderna vaccine.**

- The Moderna COVID-19 vaccine is authorized to be given to children six months through five years with 28 days between the two doses. Each dose is one-quarter of the adult dose.

To schedule an appointment for a COVID vaccination please visit our website www.lasallecountyil.gov and click on the "COVID-19 Vaccine Information" icon. There you will find links to schedule an appointment for a dose of Moderna.

Day of Appointment Instructions:

- If you do not feel well the day of your appointment, do not come to the vaccination clinic.
- **Please arrive at your scheduled appointment time.**
- Patients under the age of 18 must be accompanied by a parent or guardian. If you are bringing more than one child 6 months through five years please bring an additional adult.

- The Health Department is located at 717 E. Etna Rd., Ottawa. COVID-19 child vaccinations will be given inside the Health Department.
- All attendees over the age of two will need to wear a face covering.
- All attendees must follow instructions and maintain social distancing. Please stay 6ft. apart when waiting in line.
- **PLEASE BRING:**
 - ✓ Bring a copy of your printed ticket or a screenshot of the ticket on your phone.
- You **MUST** have an APPOINTMENT to get vaccinated.
- Individuals should wear clothing to allow easy access to the upper portion of the arm or thigh for injection.

For additional information, please contact the LaSalle County Health Department at 815-433-3366 or visit the Health Department's website at www.lasallecountyil.gov.

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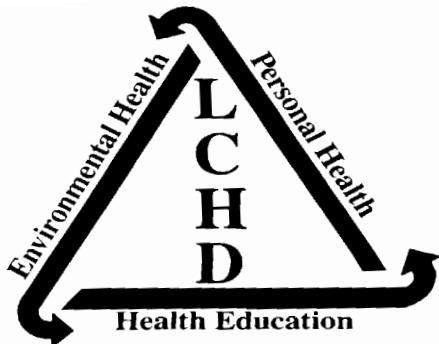


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MEDIA RELEASE



Date: July 27, 2022
To: All Media
From: LaSalle County Health Department
717 Etna Road
Ottawa, IL 61350
Contact: Jenny Barrie (ext.74314)
Leslie Dougherty (ext.74315)
Phone: (815) 433-3366
For Immediate Release

“Illinois Breastfeeding Month”

FOR IMMEDIATE RELEASE:

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

OTTAWA, IL— The State of Illinois recognizes August as Breastfeeding Promotion Month and nationally, World Breastfeeding Week is celebrated August 1st thru August 7th. 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. Another benefit worth mentioning is 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). 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.

-MORE-

Practice the ABC's of Breastfeeding.

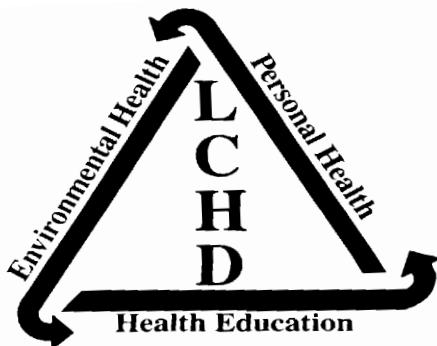
- A – Awareness to when your baby is showing signs of needing to feed and responding to those cues.
- B – Be patient and allow your baby to guide you on the journey in the early days of breastfeeding. Unlike formula feeding which is typically more scheduled, breastfeeding is driven by the babys demand.
- 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.

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MEDIA RELEASE



Date: July 29, 2022
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

"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. Connie Brooks, 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."

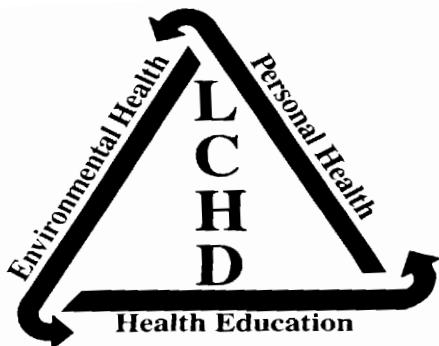
LaSalle County Health Department is located at 717 Etna Road, Ottawa, IL. It is important that you call for an appointment and bring your child's vaccination record with you on the day of the appointment. We can bill most private insurance, Medicaid, CHIP (Children's Health Insurance Program), and participate 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.lasallecountyil.gov.

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MEDIA RELEASE



Date: August 30, 2022
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

“28th Annual Food Service Seminar”

Ottawa, IL – The LaSalle County Health Department will be sponsoring their Twenty-Eighth Annual Food Service Seminar on September 12, 2022. 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 Orkin Pest Control, the Illinois Department of Public Health, Peoria County Health Department, Lake County Health Department, Sysco/Ecolab and the Village of Hoffman Estates. They will provide information on Pest Control, IDPH Food Program Update, Cold Brew, Risk Based Inspections and Intervention Strategies, Cleaning, Sanitizing and Disinfecting and What to Expect During a Health Inspection.

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

within our community.

Per CDC guidelines, as you prepare and handle food, follow these four steps to help prevent foodborne illness (also called food poisoning):

- Clean: Wash your hands, utensils, and surfaces often when you cook.
- Separate: Raw meat, turkey, chicken, seafood, and eggs can spread germs. Separate them from cooked food and fresh produce.
- Cook: Use a food thermometer to make sure foods are cooked to an internal temperature that kills germs.
- Chill: Refrigerate perishable foods (foods likely to spoil or go bad quickly) and leftovers within 2 hours, or within 1 hour if the food is exposed to temperatures above 90°F (like a hot car or summer picnic).

For more information about National Food Safety Education Month, visit the CDC website at

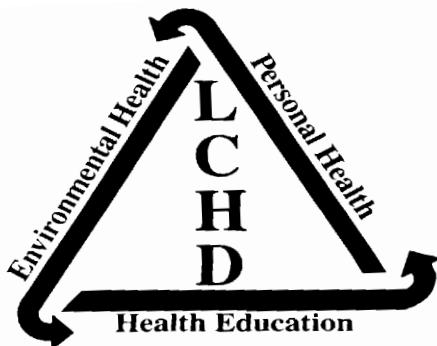
<https://www.cdc.gov/foodsafety/education-month.html>. To pre-register for the food service seminar,

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

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MEDIA RELEASE



Date: September 2, 2022
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 Grand Ridge tested positive for West Nile virus. The mosquitoes were collected on August 31st and Environmental Health staff conducted 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 Jennifer Osborn, Director of Environmental Health, “This is the time of year we expect to see West Nile virus activity increase. Mosquitoes will remain active until the first hard frost, so it is important that everyone take precautions to protect themselves from mosquitoes and the viruses they carry. 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, especially during the evening hours, 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 *Culex* mosquitoes, 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

-More-

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 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 light-colored, long-sleeved shirt, and apply an EPA-registered 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, old tires, stagnant pools, 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 larvae.

A complete listing of West Nile virus statistics for LaSalle County is available on the Health Department’s web site at www.lasallecountyil.gov. 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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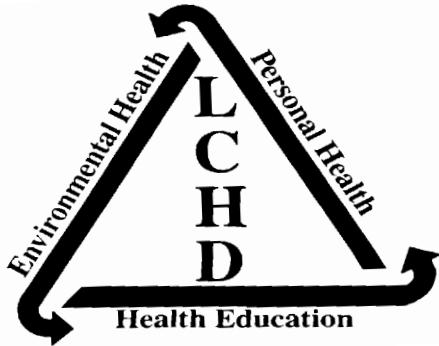
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www.lasallecountyil.gov

MEDIA RELEASE



Date: September 9, 2022
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 has Booster Doses of the Bivalent Vaccine"

On August 31, 2022, the FDA amended the emergency use authorizations (EUAs) of the Moderna COVID-19 Vaccine and the Pfizer-BioNTech COVID-19 Vaccine to authorize bivalent formulations of the vaccine. LaSalle County Health Department will begin offering booster doses on a weekly basis, **by appointment only**. On Tuesdays and Thursdays, Moderna will be offered, and on Wednesdays, it will be Pfizer.

The bivalent COVID-19 boosters are ready to administer now that the Advisory Committee on Immunization Practices (ACIP) has voted to recommend them and the CDC has endorsed them. The bivalent boosters contain the Omicron BA.4 and BA.5 strains of COVID-19.

Bivalent vaccines can be used as a single booster dose at least two months following a primary series or booster vaccination. The bivalent COVID-19 boosters have been authorized for people ages 12 years+ (Pfizer-BioNTech) and for people ages 18 years+ (Moderna) who have completed the primary series.

To schedule an appointment for a booster dose vaccination please visit our website www.lasallecountyil.gov and click on the "COVID-19 Vaccine Information" icon. There you will find links to schedule an appointment for a booster dose of the bivalent.

Important Things to Remember:

- You **MUST** have your vaccination record card for your appointment.
- If you do not have it, please visit IDPH Vax Verify at:
https://idphportal.illinois.gov/s/?language=en_US to get a copy of your vaccination record.

Day of Appointment Instructions:

- ✓ If you do not feel well the day of your appointment, do not come to the vaccination clinic.

- ✓ **Please arrive at your scheduled appointment time.**
- ✓ The Health Department is located at 717 Etna Rd., Ottawa. COVID-19 booster vaccinations will be given in the Vaccination Trailer (look for the yellow sign), which is located next to the COVID Testing Trailer and is in the Health Department's parking lot.
- ✓ All attendees will need to wear a face covering.
- ✓ All attendees must follow instructions and maintain social distancing.
- ✓ If the patient is under the age of 18, they must be accompanied by a parent or guardian.
- ✓ **PLEASE BRING:**
 - ✓ **Bring a copy of your printed ticket or a screenshot of the ticket on your phone.**
 - ✓ **Bring your vaccination record card**
- You **MUST** have an APPOINTMENT to get vaccinated.
- If you need assistance, please bring someone with you. Otherwise, we ask that only people receiving the vaccine come to the clinic.
- Individuals should wear clothing to allow easy access to the upper portion of the arm for injection.

For additional information, please contact the LaSalle County Health Department at 815-433-3366 or visit the Health Department's website at www.lasallecountyil.gov.

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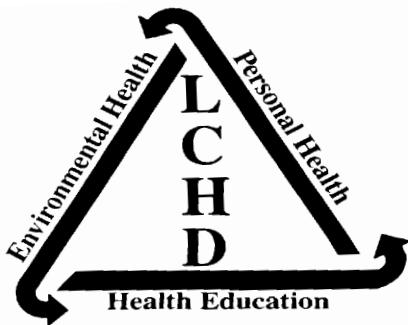


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MEDIA RELEASE



Date: September 9, 2022
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

"LaSalle County Health Department Identifies First Case of Monkeypox Virus in the County"

Ottawa, IL – Public health officials have identified the first probable case of monkeypox virus (MPV) in a LaSalle County resident. The case is considered probable until confirmed by the Centers for Disease Control and Prevention (CDC). LaSalle County Health Department (LCHD) is collaborating with the Illinois Department of Public Health (IDPH) to complete contact tracing for the case to identify any close contacts and provide vaccines to those identified as an exposure risk. This contact tracing approach is appropriate given the nature and transmission of the virus, and to coordinate timely risk assessment and appropriate post-exposure response. At this time, LaSalle County Health Department has not identified any additional cases in the county. To protect patient confidentiality, no further details relating to the patient will be disclosed.

According to Chris Pozzi, LaSalle County Health Department Administrator, "at this point in the investigation there is no indication there is a great risk of local spread of the virus. MPV does not spread as easily as the COVID-19 virus and typically requires close skin-to-skin contact. However, people should be aware of symptoms and that anyone in close contact with a person with MPV can get it regardless of gender identity or sexual orientation."

According to the CDC, person-to-person transmission is possible through close physical contact with body fluids, monkeypox sores, items that have been contaminated with fluids or sores (clothing, bedding, etc.), or through respiratory droplets following prolonged face-to-face contact.

Monkeypox symptoms usually start within three weeks of exposure to the virus. You may experience all or only a few of the symptoms of monkeypox:

- Fever
- Headache
- Muscle aches and backache
- Swollen lymph nodes
- Chills
- Exhaustion

-more-

- A rash that can look like pimples or blisters that appear on the face, inside the mouth, and on other parts of the body, like the hands, feet, chest, genitals, or anus.

People who do not have monkeypox symptoms cannot spread the virus to others. However, anyone in close contact with a person with monkeypox can get it and should take steps to protect themselves.

Degree of Exposure: Higher

Exposure Characteristics

- Contact between an exposed individual's broken skin or mucous membranes with the skin lesions or bodily fluids from a person with monkeypox -OR-
- Any sexual or intimate contact involving mucous membranes (e.g., kissing, oral-genital, oral-anal, vaginal, or anal sex (insertive or receptive)) with a person with monkeypox -OR-
- Contact between an exposed individual's broken skin or mucous membranes with materials (e.g., linens, clothing, objects, sex toys) that have contacted the skin lesions or bodily fluids of a person with monkeypox (e.g., sharing food, handling or sharing of linens used by a person with monkeypox without having been disinfected[†] or laundered)

Degree of Exposure: Intermediate

Exposure Characteristics

- Being within 6 feet for a total of 3 hours or more (cumulative) of an unmasked person with monkeypox without wearing a surgical mask or respirator -OR-
- Contact between an exposed individual's intact skin with the skin lesions or bodily fluids from a person with monkeypox -OR-
- Contact between an exposed individual's intact skin with materials (e.g., linens, clothing, sex toys) that have contacted the skin lesions or bodily fluids from a person with monkeypox without having been disinfected[†] or laundered -OR-
- Contact between an exposed individual's clothing with the person with monkeypox's skin lesions or bodily fluids, or their soiled linens or dressings (e.g., during turning, bathing, or assisting with transfer)

Degree of Exposure: Lower

Exposure Characteristics

- Entry into the living space of a person with monkeypox (regardless of whether the person with monkeypox is present), and in the absence of any exposures above

Degree of Exposure: No Risk

Exposure Characteristics

- No contact with the person with monkeypox, their potentially infectious contaminated materials, nor entry into their living space

What should you do if you have symptoms of MPV?

- See a healthcare provider if you notice a new or unexplained rash or other monkeypox symptoms.
- Remind the healthcare provider that monkeypox is circulating.
- Avoid close contact (including intimate physical contact) with others until a healthcare provider examines you.
- Avoid close contact with pets or other animals until a healthcare provider examines you.
- If you're waiting for test results, follow the same precautions.
- If your test result is positive, stay isolated until your rash has healed, all scabs have fallen off, and a fresh layer of intact skin has formed.

While there currently is no specific treatment approved for MPV infections, antiviral drugs used to treat smallpox can sometimes be used, as smallpox and monkeypox viruses are genetically similar. If you have symptoms of monkeypox, talk to your health care provider, even if you don't think you had contact with someone who has monkeypox.

The monkeypox virus was discovered in 1958 and is endemic in parts of the world. Since March 2022 the Centers for Disease Control and Prevention (CDC) has been tracking multiple clusters of monkeypox that have been reported globally in 95 locations that do not normally report monkeypox.

According to the World Health Organization (WHO), the majority of human monkeypox cases experience mild to moderate symptoms and do not require hospitalization. Vaccines developed to protect against smallpox viruses may be used to prevent monkeypox infections. While LCHD has reported a confirmed case of MPV in LaSalle County, vaccine eligibility remains limited at this time.

LaSalle County Health Department encourages the public to stay informed and aware about the ongoing Monkeypox global outbreak. For more information on MPV visit <https://dph.illinois.gov/monkeypox.html> or <https://www.cdc.gov/poxvirus/monkeypox/>

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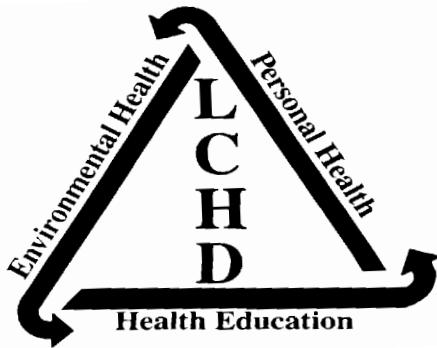
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www.lasallecountyil.gov

MEDIA RELEASE



Date: September 16, 2022
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

"JYNNEOS™ Vaccine Available for Eligible Individuals"

Ottawa, IL – The LaSalle County Health Department is offering the JYNNEOS™ vaccine for eligible individuals, by appointment only. JYNNEOS™ vaccine is used for the prevention of smallpox and monkeypox (MPV) disease among people determined to be at high risk for infection. JYNNEOS™ vaccine is a two-dose vaccine given under the skin 28 days apart. Currently, the Centers for Disease Control and Prevention (CDC) is not encouraging mass vaccination for the general public or for all sexually active people. As vaccine supply increases guidance is subject to change.

Currently, eligibility requirements to receive JYNNEOS™ vaccine are very specific. According to the Illinois Department of Public Health (IDPH) those who are currently eligible to receive vaccination are:

1. Anyone who has had close contact (e.g., household members with close physical contact or intimate partners) with someone diagnosed with MPV regardless of sex, gender, or sexual orientation.
2. Any sexually active gay, bisexual or other same gender loving man, sexually active trans, non-binary, or gender nonconforming individuals.

If you meet these eligibility requirements, consider getting vaccinated if you met recent partners through online applications or social media platforms, or at clubs, raves, sex parties, saunas, or exchange goods or services for sex.

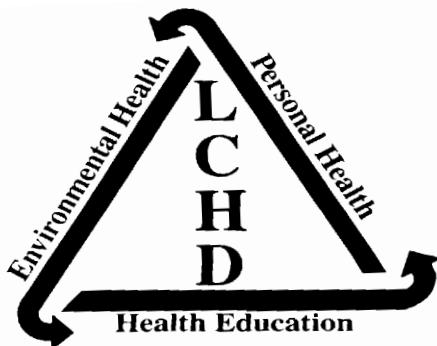
To schedule your vaccine, please visit the County's website www.lasallecountyil.gov and select the Health Department's page and click on the "JYNNEOS™ Vaccine" icon. After verifying vaccine eligibility, individuals will be able to schedule their vaccine appointment. If your desired time or an appointment is not available, please continue to check the website. Additional appointments will be made available based on demand.

For additional information, please contact the LaSalle County Health Department at 815-433-3366 or visit the Health Department's website at www.lasallecountyil.gov.

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MEDIA RELEASE



Date: September 27, 2022
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

“Walk-In Flu Vaccination Available this Week – No Appointment Needed”

Ottawa, IL - The LaSalle County Health Department is offering walk-in flu vaccinations this week. Flu vaccines will be available:

- September 28, 2022 1:00 pm – 4:00 pm.
- October 4, 2022 1:00 pm. – 4:00 pm
- October 26, 2022 9:00 am – 1:00 pm
- November 2, 2022 9:00 am – 1:00 pm
- November 9, 2022 9:00 am – 1:00 pm
- November 16, 2022 9:00 – 1:00 pm

The Health Department is located at 717 Etna Rd., Ottawa. Flu vaccinations will be given in the Vaccination Trailer (**look for the yellow sign**), which is located next to the COVID Testing Trailer and is in the Health Department's parking lot.

Seasonal Influenza Vaccine and Influenza HD (High Dose) Vaccine for persons 65 and older are available. In addition, VFC (Vaccine for Children or CHIP (Children's Health Insurance Program) Flu vaccine is available. This would be for children 6 months through 18 years of age who have Medicaid.

All LaSalle County Health Department influenza vaccines are preservative free. The fee for the seasonal flu shot will be \$25. The fee for influenza High Dose will be \$62.

We offer insurance billing or cash only payment. Debit or credit cards **will not be accepted**. **You must have your insurance card and a Photo ID with you**. No Doctor's order is required. Children under the age of 18 must be accompanied by a parent or guardian. Please wear a mask.

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:

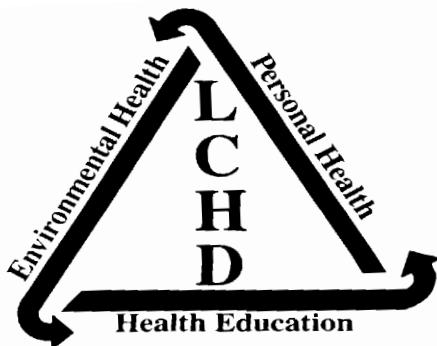
- Clean** –frequently wash your hands with soap and warm water.
- Cover** –cover your cough and sneeze.
- Contain** –contain your germs by staying home if you are sick.

For additional information 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: September 29, 2022
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 is found and treated early.

A mammogram – the screening test for breast cancer – can help find breast cancer early when it is 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 (IBCCP) 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 their deductible for those who are insured. Take advantage of this opportunity for early detection. You are important to your family.

Call (815) 433-3366 for further information on how to receive a free mammogram and pap test.

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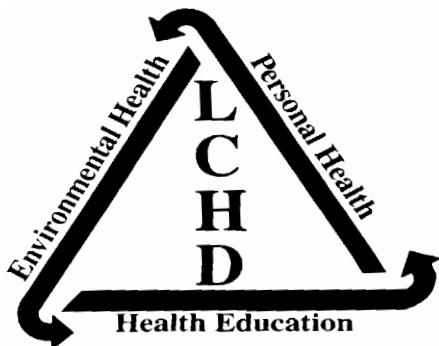
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www.lasallecountyil.gov

MEDIA RELEASE



Date: November 10, 2022
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 year the Great American Smoke Out is Thursday, November 17th. 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.

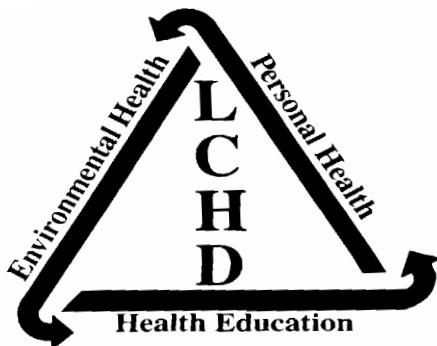
The LaSalle County Health Department would like to encourage everyone to join in on the campaign against smoking, which is the most preventable cause of death in the United States today. Smoking is associated with increased risk for cancers of the mouth, nasal cavities, pharynx, larynx, esophagus, stomach, pancreas, liver, cervix, kidney, bladder, and myeloid leukemia. And yet according to the CDC about 30.8 million Americans still smoke. Quitting smoking is not easy, and it's not a matter of willpower. The nicotine in tobacco is addictive, and that's what makes quitting so hard. The good news is we know more than ever before about what works best to help people quit.

The Great American Smoke Out is more than a reminder of the dangers smoking poses to your health. It's a call to act. 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. No matter your age, or how long you've been smoking, quitting improves health both immediately and over the long term. Some long-term benefits include reduced risk for heart disease and certain cancers. For help in trying to quit you can contact the Illinois Department of Public

Health's Quit line at 1-866-QUIT-YES that's 1-866-784-8937. Every day 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.lasallecountyil.gov.

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MEDIA RELEASE



Date: November 28, 2022
To: All Media

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

Contact: Jenny Barrie (ex 74315) or Leslie Dougherty (ex 74314)
Phone: (815) 433-3366
For Immediate Release

“World AIDS Day”

OTTAWA, IL --World AIDS Day is December 1, 2022. It is a day of solidarity for people around the world who are affected by HIV. According to the Centers for Disease Control and Prevention, this is a day for voices to unite by sharing experiences, remembering those lost, and standing together in the fight against HIV. While great strides have been made over the four decades since the first known reported cases of AIDS, this disease remains a public health challenge. World AIDS Day is an opportunity for every community and each individual to honor the more than 32 million people who have died worldwide from AIDS-related illness.

Increased knowledge of the disease and improved diagnostic and treatment methods have led to significant advances in the clinical management of HIV and a delay in the progression from HIV to AIDS, and thus, individuals receiving treatment in the U.S. are living longer. In the role of prevention, it is important for individuals to know their HIV status since many individuals remain free of clinical signs for months to years.

HIV is spread by the exchange of blood, semen, or vaginal secretions between individuals. The most common routes of transmission are 1) having unprotected sex with an infected person, 2) sharing drug injection equipment with an infected person, and 3) from mother to infant at the time of birth or through breastfeeding.

LaSalle County Health Department offers free, confidential HIV testing and counseling services to individuals at risk who are over the age of 12. Appointments preferred. Individuals may call 815-433-3366 to schedule an appointment. For more information you can also visit our website at www.lasallecountyil.org.

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www.twitter.com/LaSalleCoHealth

www.lasallecountyil.org

MEDIA RELEASE



Date: December 30, 2022
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

"January is Cervical Cancer Month"

OTTAWA, IL—In recognition of Cervical Cancer Awareness Month the LaSalle County Health Department is urging residents to "Sock it to Cancer" on January 17th. Sock it to Cancer is a day where people can wear and show off their teal socks to support Cervical Cancer Awareness Month. We encourage 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. During 2022 an estimated 14,100 women in the United States were diagnosed with cervical cancer, according to the State of Illinois. Cervical cancer, when caught early, is nearly 100 percent curable.

The American Cancer Society (ACS) reports that between 60 and 80 percent of American women with newly diagnosed invasive cervical cancer have not had a Pap Smear in the last five years and /or may have never had one. Cervical Cancer is one of the most common types of cancer worldwide and one of the most preventable and treatable when detected early. In addition to increasing awareness of cervical cancer there are some preventative steps that women can take. Studies have shown, regular exercise, a healthy diet, routine screenings and getting the cervical cancer vaccine to help prevent Human Papilloma Virus (HPV), decreases the risk for cervical cancer. Licensed HPV vaccines for females and males are available. The Centers for Disease Control and Prevention (CDC) recommends 11 or 12 year old girls and boys begin the HPV vaccine series. (Vaccination can be started at age 9.) The vaccination series must be completed by age 45. HPV vaccination is offered at LaSalle County Health Department by appointment and those who are interested in vaccination or want more information can call the Health Department.

The LaSalle County Health Department has a Illinois Breast and Cervical Cancer Program (IBCCP) available which can pay for Pap Smear tests for LaSalle or Grundy County women, ages 21-64 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 815-433-3366 or visit our website at www.lasallecountyil.gov

