



Health Matters Logan County Department of Public Health

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Attention WIC Families!

It's time for the Farmers Market coupons again. Each adult and child is eligible to receive a booklet of coupons that can be used at our local farmers markets. Markets are located at Latham Park and the fairgrounds on Saturday mornings. The coupons can start being used in July and will be available for pick up at the end of June.

Also if you would like to receive WIC services and the Farmers Market coupons, give us a call at 217-735-2317. WIC provides services for pregnant women, infants, and children under the age of 5.

A Word from the Administrator

Greetings from all of us at the Logan County Department of Public Health. It's been a long winter, and as I write this in late April, we are just now beginning to receive some of the spring weather that we have long awaited. It was nice to finally get some yard work done this weekend when just a few short weeks ago, I was shoveling snow off my driveway. By the time you read this, we should be well into the warm weather and I certainly hope everyone has a safe and enjoyable summer.

First of all, I appreciate the comments I get from people in the community and we find your feedback always helpful. Usually when I talk to people about the services we offer at Logan County Department of Public Health (LCDPH), the response I hear most is "I was not aware LCDPH offers all these services." As administrator, it is nice to hear that people are surprised and appreciate all we do, but in the same token, I am reminded of the numbers of people who do not take advantage of our services because they are not aware everything we have available. In the upcoming years, I hope to increase this awareness, because the more people we can serve, the healthier a community we will build.

When I ask myself why LCDPH should be the resource of choice to serve the public health needs, I can think of the following reasons:

- We have a pleasant facility with an experienced, friendly and professional staff. Many of our long-time employees are life-long county residents who know the community and the people they serve.
- We are one of the few agencies in the state housing public health (prevention services), and a medical and dental clinic (Southern Illinois University, SIU Center for Family Medicine) under one roof to serve all your health needs.
- We offer a vast array of immunization services to prevent influenza (flu), shingles, meningitis, pneumonia, hepatitis A & B, HPV, typhoid and chickenpox just to name a few. In addition, we offer back to school immunizations.
- Our clinic also provides a variety of screening services including free hepatitis C testing and blood pressure checks. LCDPH lab services include tests for blood glucose, hemoglobin, lead, tuberculosis and others.
- If you have outdated or unused non-liquid pharmaceuticals in your home, to safely dispose of these, you can drop them off at LCDPH and we will assure they are disposed of properly.
- Not to mention, we offer educational services, maternal child health and nutrition programs, local disease surveillance and environmental health protection.
- By utilizing LCDPH's services, you are making a valuable reinvestment of your local dollars into your community.

Finally, we are again open full time! Beginning in April, our Friday hours have expanded to 4:30pm. We at LCDPH thank you for your support and we look forward, as always, to serving you by keeping the community healthy. For more information regarding our offerings, we invite you to log onto our website at www.lcdph.org or call us at 217-735-2317.

Best Regards,
Don Cavi, MS, LEHP
Public Health Administrator

Back-to-School Immunizations



Immunizations should be included on every back-to-school checklist. LCDPH is reminding parents that Illinois law requires students in Illinois schools to be immunized against certain vaccine-preventable diseases. Every child entering school or attending child care facilities is required to comply with the Illinois immunization laws.

Each year, hundreds of parents and children visit the LCDPH clinic to meet school-entry immunization requirements. LCDPH offers a pleasant environment with a professional, experienced, friendly, and local staff. For public convenience and to

keep waiting time to a minimum, LCDPH urges families to come in as soon as possible to beat the rush for back-to-school immunizations.

LCDPH currently operates Monday through Friday from 7:30 am—4:00 pm. All major insurance is accepted. Please call LCDPH with any questions at 217-735-2317. For additional information regarding department services, you can log onto our website at www.lcdph.org.

New Shingles Vaccine Available at LCDPH

In the U.S., one out of every three people will develop shingles during their lifetime. While anyone who has had chickenpox can get shingles, it most commonly occurs in people over age 60, along with people who have weakened immune systems. Shingles is a painful rash that develops on one side of the face or body. One to five days before the rash appears, people often have pain, itching and tingling in the area where the rash develops. The rash typically consists of blisters that scab over in 7-10 days and the rash will usually clear up within 2-4 weeks. Other symptoms of shingles can include fever, headache, nerve pain, chills, or upset stomach.

The Logan County Department of Public Health (LCDPH) is now offering the new shingles vaccine which is given as a two-shot series separated by 2 to 6 months. The vaccine works by helping your immune system keep the shingles virus in check. The sooner you get vaccinated, the sooner you will improve your chances of protecting yourself from shingles. The vaccine is not a treatment for shingles and its accompanying symptoms such as nerve pain; however, it is a vaccine to help you reduce your risk of getting shingles in the future.

The new vaccine is recommended for healthy adults age 50 and older. You should get the new shingles vaccine even if in the past you had shingles, received the Zoster Vaccine Live and are not sure if you had chickenpox. If you have had shingles in the past and the rash has gone away, you can receive the vaccine to help prevent future occurrences of the disease. There is no specific length of time that you need to wait after having shingles before you can receive the vaccine, but generally you should make sure the shingles rash has gone away before getting vaccinated. If you have recently received the Zoster Vaccine Live, you should wait at least 8 weeks before getting the new vaccine.

LCDPH accepts most major insurance plans including Medicare Part D. You may only be responsible for paying your plan's approved co-pay at the time of service. To be safe, it is recommended to call LCDPH ahead of time to ask about any co-pay.

LCDPH is open Monday-Friday from 7:30am-4:30pm. All public health services will stop 45 minutes prior to closing. If you have questions regarding the shingles vaccine, please call LCDPH at 217-735-2317. For additional information regarding health department services, log onto the LCDPH website at www.lcdph.org.

Source: Centers for Disease Control and Prevention (CDC)

Doing It is a new national HIV testing and prevention campaign designed to motivate all adults to get tested for HIV and know their status. As part of the *Act Against AIDS* initiative, *Doing It* delivers the message that HIV testing should be a part of everyone's regular health routine to keep ourselves and our community healthy. He's doing it. She's doing it. We're doing it. YOU should be doing it, too.

LCDPH provides confidential HIV/AIDS, Sexually Transmitted Infections (STI), and Hepatitis C testing and counseling. Call for an appointment at 217-735-2317.



Source: CDC

Temporary Food Establishments

It is that time of year again! The weather is getting warmer, and soon people will begin hosting public functions. It is good to keep in mind that any event that involves serving food for public consumption, regardless of whether there is a fee for the food or not, is to be regulated by the Health Department. This does not include family gatherings or potlucks.

Anyone planning to operate a temporary food establishment or prepare food for the public on a temporary basis, regardless of duration, must complete and submit application paperwork to the department at least five working days prior to operation.

Temporary establishments operating for only one day will be asked only to complete and submit an "Application for Temporary Food Establishment Non-Licensed Event" form and checklist. There is no inspection or fee associated with the application and the Health Department will review this in advance of the event to provide assurance that operators will adhere to proper food safety measures. Temporary food establishments operating more than one day must complete an "Application for Temporary Permit" and submit this to the Health Department prior to the event. It is important to submit the application with applicable fees to the department within 5 working days of the event to avoid late fees. The Health Department will need to conduct an opening inspection at the start of operations.

In addition, it is unlawful to prepare food for public consumption from a private home or non-regulated kitchen in Logan County since home-kitchens are not approved by Illinois State Law and the Logan County Food Ordinance. If you would like to prepare and/or serve food to the public, and are interested in starting your own food establishment business, you are urged to first contact the Health Department at 217-735-2317 to seek assistance in assuring you are in compliance with Illinois and Logan County regulations.

If you would like additional information regarding temporary food requirements, you can contact the department or log onto their website at www.lcdph.org. The website also contains useful food safety information and printable forms for your convenience.

“911 Good Sam”

Fatal drug overdoses are a deadly problem in Illinois. Illinois is one of 16 states where more people die of drug overdoses than car accidents.

Friends and family fear arrest and don't call 911 or get medical help, causing unnecessary deaths.

Instead, they flee the scene of the overdose resulting in a fatal overdose. Fast, emergency medical treatment can save lives.

This law saves lives by asking friends and family to call 911 or get medical help. This new law protects friends and family who seek medical help or call 911 and individuals who need emergency medical attention from prosecution for drug possession. They are protected only if small amounts of drugs are found, such as less than 3 grams of heroin or cocaine. Law enforcement can still prosecute for drug sales or if large amounts of drugs are found.

Don't run. Call 911.

Look for these potential signs and symptoms...



Blue or purple fingernails and lips



Unresponsiveness to voice or touch



Pinpoint-sized pupils



Recognizing an Opioid Overdose



When a person overdoses, breathing will slow dangerously and may stop altogether, eventually leading to brain damage or death.



Slow heartbeat or low blood pressure



Slow, irregular, or stopped breathing



Pale, clammy skin



If you suspect an opioid overdose, call 911 and get emergency medical assistance immediately.

Opioid Data Dashboard

The Opioid Data Dashboard is an interactive way to share information on how opioids are affecting people in Illinois. The dashboard consists of three categories:

1. Morbidity and Mortality: rate of fatal and non-fatal opioid overdoses by county and zip code;
1. Trends: fatal and non-fatal opioid overdoses by age group, race, sex, and cause; and
1. Prescription Opioids: rate, by county, of opioids being prescribed and daily average of opioids being prescribed.

Find it at: idph.illinois.gov/OpioidDataDashboard

Source: Illinois Department of Public Health

Logan County Opioid Task Force 2018 Goals

4 Pillar Strategy: A Framework for Action

Prevention

Objective 1: Increase evidenced-based drug prevention education for Logan County students.

Strategies include:

- Promote drug disposal.
- Research current opioid policies for local physicians and midlevel providers.
- Continue to educate school personnel regarding trauma informed care and mental health.
- Provide parent education to help recognize signs of substance abuse.

Objective 2: Provide education and resources about alcohol, tobacco and other drugs to Logan County families.

Strategies include:

- Enhancing family influence marketing campaign.
- Providing parents support to recognize high risk behavior.
- Encouraging and increasing awareness of family-oriented and substance-free events.

Objective 3: Create community awareness of local drug use and prevention efforts.

Strategies include:

- Increasing awareness of drug addiction and its impact on the community.
- Educating and encouraging prescription drug safety.
- Providing screening tools to Logan County youth.

Overall Goal

Reduce heroin/opioid use, overdose, and death in Logan County

Harm Reduction

Objective 4: Decrease further harm to users and the community.

Strategies include:

- Public education on Good Samaritan Law.
- Create and distribute signs and symptoms cards.
- Continue promotion of access to naloxone,
- Increase data collection.

Enforcement

Objective 5: Support enforcement efforts by expanding education and community resources.

Strategies include:

- Identify and train additional Safe Passages guides.
- Increase support and knowledge of enforcement efforts.
- Supporting Logan County drug court accreditation.

Treatment

Objective 6: Increase awareness of and access to treatment and recovery resources.

Strategies include:

- Promote Safe Passages program.
- Encourage local Medically Assisted Treatment.
- Build/develop resources for people in recovery.
- Continue distribution of treatment and recovery resources.

For more information on how you can get involved call Angela Stoltzenburg at 217-605-5008 or email her at stoltzenburg.angela@mhsil.com.





Public Health
Prevent · Promote · Protect
LOGAN COUNTY

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Hours: Monday-Friday
7:30am-4:30pm

All public health services end 45 minutes prior to closing

We now accept all major health insurances, including Medicare Part B and D.

Find us on the web and on Facebook!
www.lcdph.org

We now accept all major credit and debit cards!



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Most teens first try drugs and alcohol during summer.

Influence your kids, and their friends to make healthy choices this summer.

Preventing Drug and Alcohol Addiction Starts at Home

- Be a good role model.
- Be involved – ask who, what, where, when, and why.
- Spend time together as a family.
- Be consistent, firm, and loving – set boundaries for your teen and stick to them.
- Have honest conversations about the real effects of drug and alcohol use.



Parents Matter.

Find tips at: samhsa.gov/underage-drinking

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