



Health Matters

Logan County Department of Public Health

IN THIS ISSUE

A Word From the Administrator

On behalf of the Logan County Department of Public Health (LCDPH), it is a pleasure to serve the community as we strive to continue our mission to prevent disease, promote wellness, and protect your health.

If you have stopped by LCDPH recently, you may have noticed some changes as we have added a warmer feel to the lobby and corridors. Paintings and canopy images of some of the county noteworthy locations and attractions now grace the walls, and this is still a work in progress. We always strive to serve the community in the best possible way and, if there is anything we can do to improve your visit, we want to know. You can share your thoughts on our website contact link or email at us at info@lcdph.org.

With back-to-school immunizations behind us and with flu season in full swing, we hope the community takes advantage of our convenient, no appointment clinic as we prepare for another unpredictable winter. As always, LCDPH provides a full spectrum of vaccines to meet your needs and we bill directly to your insurance. This year, we are offering the RSV vaccine and information about RSV is addressed in this newsletter. Another vaccine we offer protects from shingles. Although anyone may be at risk, it is estimated that one third of the population will develop shingles in their lifetime. Shingles symptoms include a painful rash which is attributed to the virus that causes chicken pox. Even if you have not had chicken pox, you may still be at risk, and it is worth considering this vaccine if you are over age 50.

Behavioral health remains a top priority in Logan County and throughout the country as LCDPH continues to serve on the Logan County Mental Health Advisory Committee. The advisory team is committed to assessing needs, seeking resources, and making recommendations to the County to best address priority behavioral health needs. The group meets quarterly, and the public is welcome to attend. The next meeting is November 9th at LCDPH (11:30am). Anyone planning to attend is encouraged to call LCDPH at 217-735-2317 beforehand so seating and space can be arranged.

(continued on Page 2)

A Word From the Administrator

Page 1

Should You Get the RSV Vaccine?

Page 2

WIC Till 5

Page 3

Don't Let Foodborne Illness Be On The Menu This Holiday Season

Page 3

Stay Connected

Page 4

STRESS MANAGEMENT

Here are 4 ideas, but finding what works for you is key to your stress management.

- 1 Listen to music
- 2 Connect to nature
- 3 Get ample sleep
- 4 Practice breathing techniques

A Word From the Administrator (Cont.)

Staying on the subject of behavioral health, since Logan County is a prominent farming community, it bears noting that the State of Illinois, through the assistance of the Illinois Department of Agriculture and SIU School of Medicine, has been expanding its Farm Family Resource Initiative. This program aims to provide farmers in need of mental health assistance with easier access to mental health help. One such service is a newly created Farmer Assistance Hotline which is available 24/7 at 1-833-FARM-SOS. Mental health is a growing concern in the farming community, and we encourage those in need to take advantage of this service.

As always, we invite you to visit LCDPH for all your preventative, primary care, and dental needs as we continue our strong affiliation with SIU Center for Family Medicine. For more information regarding LCDPH services, you can visit our website at WWW.LCDPH.ORG, or you can call us at 217-735-2317. We are proud to serve the community for over 50 years and always appreciate your support!

Best Regards,

Don Cavi, MS, LEHP
Public Health Administrator

Should You Get the RSV Vaccine?

by Kara Davis

According to the CDC, in the United States, annually, there are an estimated 60,000–160,000 hospitalizations and 6,000–10,000 deaths due to Respiratory Syncytial Virus (RSV) among adults ages 65 years and older. RSV is a common respiratory virus that usually causes mild, cold-like symptoms. While most people recover in a week or two, RSV can be serious in infants and older adults.

In older adults, RSV causes substantial morbidity and mortality, including lower respiratory tract disease, hospitalization, and death. Risk factors for severe RSV include heart and lung disease, kidney disorders, liver disorders, and diabetes. In addition, people who are moderately or severely immunocompromised, who are frail, elderly, and persons living in nursing homes are also at high risk for severe RSV.

Thankfully, there is now a single-dose vaccine available to help protect from RSV which is recommended for people ages 60 and older. You should talk with your health care provider about whether RSV vaccination is right for you. There is no maximum age for getting the RSV vaccine.

The Logan County Department of Public Health (LCDPH) has you covered this RSV and flu season by offering the vaccine you need. No appointment is necessary and LCDPH bills private insurance directly. In addition, **Medicare Part D prescription drug plan will pay for the RSV vaccine**. To be safe, it is recommended to call LCDPH ahead of time to ask about your coverage.

It's important to stay healthy this respiratory season and LCDPH is here to protect you!



Source: Centers for Disease Control and Prevention (CDC)

WIC Till 5

by Dana Oltmanns

The Women, Infant, and Children (WIC) nutrition program not only serves pregnant, breastfeeding, and postpartum women and their infants, but WIC also serves children up to age 5. WIC helps pregnant women, new mothers, and young children eat well and stay healthy.

WIC has made changes in how services are provided as half of the services are now done remotely. This means you will need to come to the Logan County Department of Public Health (LCDPH) only twice per year! LCDPH also offers an evening after-hour clinic once a month to accommodate those who cannot attend the health department between the hours of 8:00AM—4:30PM.

LCDPH encourages families that have children aged 1-4 to contact WIC if not participating in the program already. The WIC income requirements are on the LCDPH website at www.lcdph.org. If you are receiving federal Supplemental Nutrition Assistance Program (SNAP) benefits, you can still qualify for WIC. If you do not qualify for other programs, you may still qualify for WIC.

During the Farmers Market season, LCDPH provides farmers market coupons to those enrolled in WIC. The coupons are good until October 31st and can be used at other markets in the state.

Are you interested in enrolling? If so, the WIC staff at LCDPH would love to talk to you. Please call 217-735-2317 (ext. 4).

Don't Let Foodborne Illness Be On The Menu This Holiday Season

by Fay Allison

The holiday season is a time for friends and families to come together and enjoy each other's company. It is also a time of year that sharing food and germs could lead to loved ones becoming ill. It is important to remember food safety during the holidays in order to prevent foodborne illness.

Anybody can get a foodborne illness, but most people don't think about food safety until they, or someone they know, gets sick after eating contaminated food. Each year, about 1 in 6 Americans (or 48 million people) get sick, 128,000 are hospitalized, and 3,000 die from foodborne diseases.

For most people, symptoms of foodborne illness include vomiting and diarrhea. Young children, pregnant women, adults over 65, and people with weak immune systems are more likely to get food poisoning as well as more severe symptoms. **Please seek medical help for the following symptoms: fever over 101.5°F, bloody stool, frequent vomiting, diarrhea lasting more than 3 days, and signs of dehydration including decrease in urination, dry mouth and throat, and dizziness upon standing.**



Prevent foodborne illness by following these 4 simple steps:

1. Clean: wash hands and food-preparation surfaces often. Rinse fresh fruits and vegetables under running water.
2. Separate: Keep raw meat, poultry, seafood, and eggs separate from ready to eat foods.
3. Cook: Use a food thermometer to ensure that foods are cooked to a safe internal temperature.
4. Chill: Keep your refrigerator below 40°F and refrigerate food within 2 hours.

Source: Centers for Disease Control and Prevention (CDC)



PRSRT STD
US POSTAGE
PAID
SPRINGFIELD, IL
PERMIT# 500

Public Health
Prevent · Promote · Protect
LOGAN COUNTY

109 Third Street
PO Box 508
Lincoln, IL 62656-0508

Phone: (217) 735-2317
Fax: (217) 735-1872
Email: info@lcdph.org

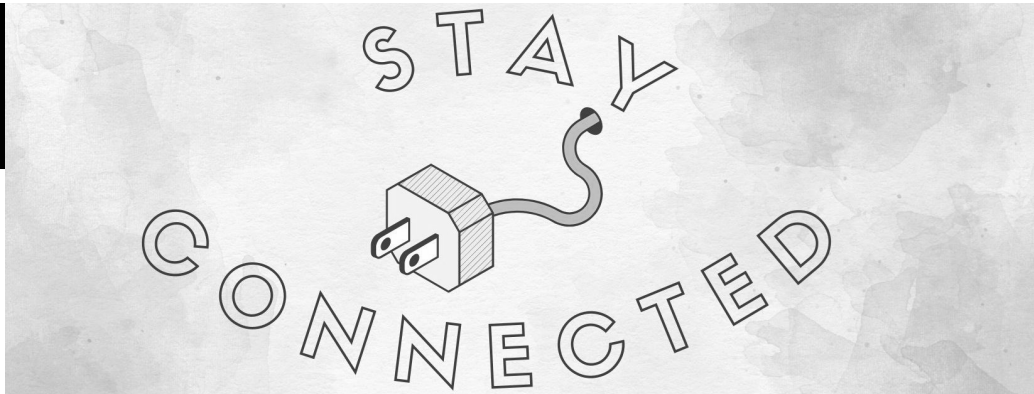
Hours: Monday-Friday
7:30am-4:30pm

**All public health services end
45 minutes prior to closing.**

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

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

We accept all major credit and
debit cards!



Use the camera on your smartphone to scan the QR codes below to get
connected with our Facebook page and join our email list!

This institution is an equal
opportunity provider. Funding
provided in whole or in part by the
Illinois Department of Human
Services and the Illinois
Department of Public Health.

Contributing Editor:
Fay Allison, BS
Environmental Health Supervisor &
Emergency Response Coordinator



Follow us on Facebook!



Sign up to be on our email list!