



# Health Matters

## Logan County Department of Public Health

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## A Word from the Administrator

by Don Cavi

Greetings to all from the Logan County Department of Public Health!

Looking back at 2018, we saw progress in our efforts to improve health throughout the community. Unfortunately, influenza (flu) cases in Logan County, much like the rest of the nation, were alarmingly high last season and, thankfully, many more people took advantage of getting their flu shot. This past autumn, the number of immunizations we provided have increased by 25%! I would like to remind everyone that flu season typically runs until May; therefore, it's not too late to get your flu shot.

Please note, however, at this time there is a dilemma as manufacturers are out of supply leaving many providers short of, or out of stock. Logan County Department of Public Health (LCDPH) is no exception and we encourage you to call ahead to make sure we have the flu vaccine available. LCDPH is your locally-rooted and established agency to get your flu shot and we encourage you to take advantage of what your community health department offers. As always, a friendly local staff awaits you, no appointment is needed and all insurance is accepted!

Our partnership with Southern Illinois University (SIU) Center for Family Medicine continues to flourish as we approach our third year. At the LCDPH clinic, SIU continues to see increases in their number of medical patients and, as always, the dental program continues to serve the community well. In 2018, SIU added the services of a licensed clinical social worker and they continue to make use of telemedicine as a direct connection to specialized physicians. It's great to see the community taking advantage of these services as we continue to strengthen our commitment with SIU to assure greater access to healthcare for all!

In 2018, LCDPH has begun conducting random routine inspections of public facilities in cooperation with the Illinois Department of Public Health to ensure compliance with the Smoke Free Illinois Act. Facilities not in compliance may be subject to fines. In addition, LCDPH Division of Environmental Health is now conducting food safety inspections in accordance with the Federal Food and Drug Administration inspection model as adopted by the Illinois Department of Public Health. Although this inspection format no longer includes a percentage grading scale, each inspection report for local food establishments will be posted on the agency website to view in its entirety at [WWW.LCDPH.ORG](http://WWW.LCDPH.ORG).

LCDPH and its partner Abraham Lincoln Memorial Hospital in the summer of 2018 completed a health needs assessment in conjunction with other community partners to determine what health issues will demand top priority over the course of the next several years. The top priorities identified for LCDPH to challenge from 2020-2025 are mental health, drug/opioid abuse and obesity.

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### WIC TILL 5

- Saves you money on food
- Has caring staff that will provide education about breastfeeding
- Call WIC at 217-735-2317 or go online to [www.lcdph.org](http://www.lcdph.org) to find out more

# A Word from the Administrator Continued

by Don Cavi

Finally, to address the growing concern regarding mental health, the Logan County Board approved of forming a County Mental Health Advisory Committee to keep the Board informed of the latest developments to improve services throughout the community. LCDPH is actively engaged in this process and hopes are high that this committee will play a key role over the coming years to, among other things, mobilize and educate the community, increase awareness, enhance and improve access to services and utilize best practices to best serve the behavioral health needs of Logan County residents.

Thanks to all for taking advantage of the services your health department offers to help keep you and your family healthy. We look forward to another productive year and wish you the very best!

Best Regards,

Don Cavi, MS, LEHP  
Public Health Administrator

## Hepatitis A: What You Need to Know

by Mary Anderson

In recent months we have heard about outbreaks of Hepatitis A in Illinois. Hepatitis A is a virus that causes inflammation to the liver which affects the liver's ability to function. It is highly contagious. The virus is able to live outside the body for months. Freezing will not destroy it although high temperature boiling of 185 degrees Fahrenheit or higher for at least one minute does kill the virus.

The most common way to get hepatitis A is by ingesting the virus from objects, food or drinks contaminated by small, undetected amounts of stool from an infected person. The virus enters the mouth, multiplies in the body and is eliminated in the stool of the infected person. If another person consumes food or drink handled by an infected person who does not practice good handwashing, that person will likely become infected.

There are cases where shellfish ingested from sewage-contaminated water were a source of infection. Men who have sex with men are at increased risk as are those who use any type of illegal drug – not just injectable. If the immune system is down, much like HIV infections, the risk of infection increases. Homeless individuals have higher rates of hepatitis A.

Symptoms usually occur 28 to 30 days after being exposed to the virus. See your doctor promptly if symptoms develop. The symptoms include fever, fatigue, appetite loss, nausea, vomiting, diarrhea which would consist of clay colored stools, abdominal pain, dark colored urine, joint pain, intense itching and jaundice (yellowing of the eyes and skin). Not everyone infected with the virus will have all these symptoms.

Many people, especially children, have no symptoms and can still spread the virus. A person can spread the virus to others up to 2 weeks before symptoms appear. A blood test confirms the presence of hepatitis A in your body.

Child day-care is a setting where hepatitis A is more likely to occur, especially if good hygiene is not practiced after changing diapers. Also, young children are still learning about good hygiene and will not be as careful when washing their hands. Timely, thorough and frequent handwashing is the number one method of prevention. (Continued on pg. 4)

# New Breastfeeding Peer Counselor

by Dana Oltmanns

Logan County's WIC Program is happy to introduce our new Breastfeeding Peer Counselor, Sara.

She is eager to offer support to breastfeeding moms and babies in our community!

You can reach out to her at 217-735-2317 or 217-870-1109.



during the shutdown

Visit [SIGNUPWIC.COM/OPEN](http://SIGNUPWIC.COM/OPEN) for your local clinic's hours.

## What does a Peer Counselor Do?

- Listens to you
- Contacts you during your pregnancy to answer your infant feeding questions and helps you prepare for a new baby
- "Answers any questions or concerns you might have after your baby is born
- Shows you how to get more help from other healthcare professionals if needed
- Provides facts and information on preparing for breastfeeding.



**Healthy Women, Infants and Children**

## FAST FACTS

Breast milk is a living substance that contains live cells, including stem cells, which go on to become other body cell types like brain, heart, kidney, or bone tissue.

Source: Medela,LLC.

## FAST FACTS

3000

Americans die from foodborne diseases every year



1 in 6

Americans get sick from foodborne diseases every year

# New Inspection Reports

by Fay Allison



If you've seen recent food inspection scores on the LCDPH website, you may have noticed things are changing. Illinois Department of Public Health adopted the Food and Drug Administration (FDA) Food Code as Part of their Illinois Food Code.

On July 1, 2018, LCDPH Department of Environmental Health began Risk-Based Inspections based on the FDA code and is now utilizing the corresponding inspection forms. The new inspection form does not utilize a numerical grading system, of which most are accustomed. Instead, the form uses a grading rubric which assigned an establishment a status of Pass, Pass with Conditions, or Fail. These ratings are based on the number of foodborne illness risk factors and repeat violations that are observed at the time of the inspection.

Effective January 1, 2019, the State of Illinois has changed the inspection forms, again, and has done away with the grading rubric. Logan County Department of Public Health has switched to digital inspection reports and full inspections will be posted (as opposed to just scores) on the LCDPH website for the public to read in their entirety. The inspection page will be updated quarterly and can be found at [WWW.LCDPH.ORG](http://WWW.LCDPH.ORG) and our Facebook page.



## Public Health Prevent · Promote · Protect **LOGAN COUNTY**

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Fax: (217) 735-1872

Hours: Monday-Thursday  
7:30am-4:30pm  
Friday  
7:30am-12:00pm

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

Find us on the web and  
on Facebook!

[www.lcdph.org](http://www.lcdph.org)

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

We now accept all major credit and debit cards!



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# Hepatitis A: What You Need to Know

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Most people recover in a few weeks without any complications. Rarely is the disease fatal. There are no antibiotics to treat the infection. Doctors recommend bed rest and hydration during the recovery period. Once recovered, the individual is immune for life and does not continue to carry the virus. It is important during the recovery period to avoid alcohol which could further damage the liver.

If you feel you have been likely exposed to anyone infected with hepatitis A, contact your doctor or your health department. Preventative treatment reduces your chances of becoming ill.

To prevent yourself from getting hepatitis A, there is a vaccine for children one year of age and older, adolescents and adults. Two doses of vaccine are needed given at least 6 months apart. Studies have shown that immunity has lasted 20 years after vaccination. If you plan to travel, get your vaccine at least 2 weeks prior to departure. Those who have an allergy to neomycin should not receive the vaccine. Avert hepatitis A during an outbreak by getting your vaccination now.

Source: Centers for Disease Control and Prevention



### FREE LUNCHES FOR KIDS AGAIN THIS SUMMER!

Anyone 18 and under can enjoy free lunch this summer thanks to a grant from the United States Department of Agriculture. The lunchtime meals will be served on Tuesdays, Wednesdays and Thursdays from June 5 – August 1. Adults can purchase a meal for \$2. No registration. No cost.

While the program is being operated by Lincoln Elementary School District #27, any child from anywhere can participate. To find Summer Meal Program sites throughout the country, visit **1-866-348-6479** or text "Summer Meals" to **97779**.