



# LaSalle County Health Department News Releases 2006



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**LaSalle County Health Department  
717 Etna Road  
Ottawa, IL 61350**

**815-433-3366**

**December 21, 2006**

**NEWS RELEASE**

**“Is Avian Flu and Pandemic Flu the same thing?”**

**FOR IMMEDIATE RELEASE**

**FOR INFORMATION, please contact Leslie Dougherty or Jenny Barrie at 815-433-3366**

**OTTAWA, IL** –Many of us have heard about “bird flu”, but some of us may still have some unanswered questions. One question commonly asked is “when they talk about avian flu (bird flu) does it mean the same thing as pandemic flu”? Avian flu (bird flu) is a disease of wild and farm birds caused by avian influenza viruses. Pandemic flu is a worldwide outbreak of influenza that occurs when a new type of influenza virus appears. This is a virus people have little or no immunity to, and for which there is no vaccine available. Avian flu viruses typically do not infect humans. However, in recent years there have been a number of confirmed cases of human infection from bird flu viruses. Many of these confirmed cases have occurred from direct or close contact with infected birds.

The spread of bird flu viruses from an infected person to another person is rare. However, a worldwide pandemic outbreak could occur if a bird flu virus were to change so it could be passed person-to-person very easily. This possibility does concern scientists and health officials, therefore, the avian flu viruses are being monitored very closely for any changes indicating the risk of a pandemic outbreak.

For more information on seasonal flu or pandemic flu, please call the Health Department at 815-433-3366. Seasonal flu or pandemic flu information is also available at [www.pandemicflu.gov](http://www.pandemicflu.gov) , [www.cdc.gov/flu](http://www.cdc.gov/flu), or [www.lasallecounty.org/hd](http://www.lasallecounty.org/hd).

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**LaSalle County Health Department  
717 Etna Road  
Ottawa, IL 61350  
815-433-3366**

**November 30, 2006**

**NEWS RELEASE**

**“Is There A Vaccine Available to Protect Against Pandemic Flu?”**

**FOR IMMEDIATE RELEASE**

**FOR INFORMATION, please contact Leslie Dougherty or Jenny Barrie at 815-433-3366**

**OTTAWA, IL** –Currently, there is no vaccine available to protect people against a pandemic flu outbreak. This is due to the fact that flu vaccine has to be made specifically for the virus causing the pandemic. Therefore, a specific pandemic influenza vaccine cannot be produced until a pandemic influenza virus emerges and is identified. Once the virus has been identified it will likely take 4-6 months to develop, test, and begin producing a vaccine. To date, there is no pandemic influenza outbreak occurring in the world, however, federal officials are researching and working on the production of vaccine for several existing avian influenza (bird flu) viruses that could potentially cause an outbreak.

For more information on pandemic flu, please call the Health Department at 815-433-3366. Pandemic flu information is also available at [www.pandemicflu.gov](http://www.pandemicflu.gov), [www.cdc.gov/flu](http://www.cdc.gov/flu), or [www.lasallecounty.org/hd](http://www.lasallecounty.org/hd).

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**LaSalle County Health Department  
717 Etna Road  
Ottawa, IL 61350  
815-433-3366  
November 16, 2006**

**NEWS RELEASE**

**“Area Restaurants Added to the Illinois Smoke-free Restaurant Recognition Program”**

**FOR IMMEDIATE RELEASE:**

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

**Ottawa, IL** -- The LaSalle County Health Department has, through the Illinois Smoke-Free Restaurant Identification Program, identified eighteen area establishments that classify themselves as smoke-free. The following list notes the additions:

*In Ottawa, Bianchi's, KFC/Long John Silvers, and McDonald's have been identified as smoke-free.*

*In Streator, Burger King, Hunan Restaurant, Pizza Hut, and Subway have been identified as smoke-free.*

*In Peru, Dairy Queen, Hy-Vee, McDonald's, Pizza Hut, and Target have been identified as smoke-free.*

*In Mendota, both McDonald's locations, Subway, and The Alee have been identified as smoke-free.*

*In Seneca, Fuzzy's Diner is smoke-free.*

*In Utica, Celebrations 150 is smoke-free.*

The LaSalle County Health Department would like to offer our congratulations to these restaurants, and will be presenting each establishment with a framed certificate from the Illinois Department of Public Health.

To view a complete listing of smoke-free restaurants in LaSalle County, visit our website at [www.lasallecounty.org](http://www.lasallecounty.org). To qualify, restaurants must not allow smoking in any part of the facility. If an area establishment has had a change in their smoking status, please feel free to contact the LaSalle County Health Department. To request pamphlets on smoke-free dining or for more information on the Illinois Smoke-Free Restaurant Recognition Program, please contact the Health Department at (815) 433-3366.

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

**NOVEMBER 14, 2006**

**N E W S R E L E A S E**

**“ GREAT AMERICAN SMOKEOUT ”**

FOR IMMEDIATE RELEASE:

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

**OTTAWA, IL --** The LaSalle County Health Department would like to announce that Thursday, November 16<sup>th</sup> is the Great American Smokeout. This year marks the 30<sup>th</sup> annual Great American Smokeout sponsored by the American Cancer Society (ACS) and celebrated the third Thursday each November.

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. This year alone, approximately 172,570 new cases of lung cancer will be diagnosed in the U.S., and an estimated 163,510 people will die from the disease. Smoking is also associated with increased risk for cancers of the mouth, nasal cavities, pharynx, larynx, esophagus, stomach, pancreas, liver, cervix, kidney, bladder, and myeloid leukemia. Over 400,000 deaths annually in the U.S. are directly related to smoking according to the ACS. One of every six deaths is attributed to the effects of smoking.

The Great American Smokeout is an upbeat effort to encourage smokers to give up cigarettes for 24 hours, if only to prove to themselves that they can. Nonsmokers are encouraged to participate as well. By adopting a smoker you can give them the support they may need to help them be successful. Everyday thousands are leaving the pack behind. Now it is your turn to do the same.

For more information on how to quit smoking or for some quit tips please contact the LaSalle County Health Department's Health Education Division at 433-3366 or 1 (800) 247-5243. Or visit our website at [www.lasallecounty.org/hd](http://www.lasallecounty.org/hd).

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**LaSalle County Health Department  
717 Etna Road  
Ottawa, IL 61350**

**815-433-3366**

**November 2, 2006**

**NEWS RELEASE**

**“LaSalle County Health Department’s Flu Clinics to Begin in November”**

**FOR IMMEDIATE RELEASE:**

**FOR INFORMATION OR INTERVIEWS;** contact Leslie Dougherty at 433-3366.

**OTTAWA, IL** – The LaSalle County Health Department has received its full shipment of influenza (flu) vaccine and will sponsor several vaccination clinics throughout the county. The fee for a flu vaccination this year will be \$20. Billing will be provided for Medicare part B and Public Aid eligible clients who receive the vaccination. Typically, late October through December are the best months to be vaccinated because influenza activity in the United States generally peaks between late December and early March. People who are at high risk for complications from influenza include:

- All children 6-59 months of age.
- People 65 of age and older.
- Residents of long-term care facilities.
- People who have long-term health problems.
- People with certain conditions such as neuromuscular disorders that can cause breathing problems.
- People with a weakened immune system.
- People 6 months to 18 years of age on long-term aspirin treatment.
- Women who will be pregnant during influenza season.
- People who can spread influenza to those at high risk.
- Household contacts and out-of-home caretakers of infants from 0-23 months of age.
- Physicians, nurses, family members, or anyone else in close contact with people at risk of serious influenza.
- Influenza vaccine is also recommended for adults 50-64 years of age and anyone else who wants to reduce their chance of catching influenza.

A Doctor’s order is required for children aged 6 months through 17 years. All children must be

accompanied by a parent or guardian.

Influenza, commonly called the flu, is caused by viruses that infect the respiratory tract. Typically, symptoms of flu infection include fever, chills, and respiratory symptoms such as cough, sore throat, headache, muscle aches, and extreme fatigue. The flu is spread easily from person to person, often when an infected person coughs or sneezes and the virus enters another person's body through the mucous membranes of the eyes, nose, or mouth. For most, the flu lingers for a week or two and then they recover. For others, the flu can cause serious and potentially life-threatening medical complications, such as pneumonia.

Influenza vaccine contains three strains that represent the flu viruses likely to circulate in the United States in the upcoming winter. This year vaccine will include A/New Caledonia, A/Wisconsin, and B/Malaysia like strains. The vaccine is highly purified and non-infectious so a person cannot get the flu from the vaccine.

The flu vaccine, which is recommended every year, does not always protect a person from getting the flu. It is 70 to 90 percent effective in preventing influenza among healthy adults, but for those who still get the flu, the symptoms are milder than in those who have not been immunized. 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. We also recommend you avoid exposing your children to high-risk areas, such as heavily trafficked areas. Parents are also encouraged to keep children exhibiting "flu-like" symptoms home and out of childcare and school to minimize transmission.

This is also a good time for certain individuals to get a pneumonia vaccination. They must check with their physicians to see if one is recommended. Pneumococcal disease caused by bacteria (*Streptococcus pneumoniae*) which can cause serious infections. These infections include pneumonia and meningitis and can be prevented by getting a "Pneumonia shot". People who should get a pneumonia shot include:

- All persons aged 65 and older
- Adults and children with chronic illnesses of heart, lung, kidney, or liver
- Diabetics
- All persons with a weak immune system caused by HIV, cancer, organ transplant, immunosuppressive medicine such as corticosteroids, or splenectomy

A pneumonia shot is usually necessary only once for those over the age of 65.

For those under 65 with a chronic illness it is recommended that it be repeated once after five years. People should get the shot even if they have had a pneumonia illness in the past.

The pneumonia vaccine will be available at all of the flu clinic sites. A physician's order is required. There will be a \$30 fee for the shot. Medicare will be billed for Medicare part B eligible clients. A receipt can be given upon request for those who would like to submit it to their insurance company. For more information on influenza you may visit our website at [www.lasallecounty.org/hd](http://www.lasallecounty.org/hd). The flu/pneumonia clinic sites are as follows: (see attached pages)



**LaSalle County Health Department  
717 Etna Road  
Ottawa, IL 61350  
815-433-3366**

October 27, 2006

**NEWS RELEASE**

**“Preparing for a Pandemic Flu Outbreak”**

**FOR IMMEDIATE RELEASE**

**FOR INFORMATION, please contact Leslie Dougherty or Jenny Barrie at 815-433-3366**

**OTTAWA, IL** –The effects of a pandemic outbreak can be minimized if actions are taken before hand to prepare. Preparing for any emergency situation or disaster will help bring confidence and peace of mind during the event. One of the most important issues regarding pandemic flu is being prepared at home. If you have a plan in place to take care of your family, including pets any additional challenges may not seem as difficult. As you and your family prepare and plan for a pandemic, think about the challenges you might face. It is possible essential services might be disrupted. A pandemic flu outbreak could cause a major impact on society as potential restrictions are placed on travel, schools, and businesses. Therefore, the following checklist has been developed to help with individual and family planning efforts. These items would be extremely beneficial to place in a family emergency kit:

\*Store a two week supply of water and food. For example:

- Bottled water
- Canned juices
- Ready-to-eat canned meats, fish, fruits, vegetables, beans, and soups
- Canned or jarred baby food and formula
- Crackers
- Dried fruit
- Peanut butter or nuts
- Dry cereal or granola
- Protein bars or fruit bars
- Pet food and supplies

\*Store medical and emergency supplies:

- Ask your doctor and insurance company if you can get an extra supply of your regular prescription drugs

-Have non-prescription drugs and other health supplies on hand. For example:

\*soap and water, or alcohol-based hand sanitizer

\*pain relievers

\*stomach remedies

\*cough and cold medications

\*fluid with electrolytes

\*vitamins

-Thermometer

-Flashlight

-Batteries

-Portable radio

-Manual can opener

-Garbage bags

-Tissues, toilet paper, disposable diapers

For more information on pandemic flu, please call the Health Department at 815-433-3366. Pandemic flu information is also available at [www.pandemicflu.gov](http://www.pandemicflu.gov) , [www.cdc.gov/flu](http://www.cdc.gov/flu), or [www.lasallecounty.org/hd](http://www.lasallecounty.org/hd).

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**LaSalle County Health Department  
717 Etna Road  
Ottawa, IL 61350  
815-433-3366**

**October 20, 2006**

**NEWS RELEASE**

**“LaSalle County Health Department Confirms First Case of West Nile Virus in LaSalle County”**

**OTTAWA, IL** – A confirmed case of West Nile virus has been identified in LaSalle

County. The confirmed case is a 53-year old female with West Nile neuroinvasive disease.

Illness from West Nile virus is usually mild and includes fever, headache and body aches, but serious illness, such as encephalitis and meningitis, and death are possible. Neuroinvasive disease is the most severe form of the West Nile virus and affects a person’s nervous system. Specific types of neuroinvasive disease include: West Nile encephalitis, West Nile meningitis or West Nile meningoencephalitis. Encephalitis refers to an inflammation of the brain, meningitis is an inflammation of the membrane around the brain and the spinal cord, and meningoencephalitis refers to inflammation of the brain and the membrane surrounding it. Persons older than 50 years of age have the highest risk of severe disease. Treatment involves intensive supportive therapy for more severe cases. Most people who get infected with West Nile virus have either no symptoms or mild symptoms. If you are experiencing symptoms stated above, please contact your physician for testing. There is no vaccine to prevent contraction of the disease.

West Nile virus is transmitted through the bite of a mosquito that has picked up the virus by feeding on an infected bird. Most people with the virus have no clinical symptoms of illness, but some may become ill three to 14 days after the bite of an infected mosquito.

This year, one (1) horse, seven (7) birds and 21 samples of mosquitoes have tested positive for the virus. The birds and mosquitoes were collected from various locations throughout the County. Ted Pumo, Environmental Health Director, said “this is the time of the year we would expect to see human cases occurring throughout the nation as well as in Illinois. I encourage individuals to take precautions to prevent being bitten by mosquitoes.”

As temperatures drop, mosquito activity does slow down. However, the cold weather needs to be consistently freezing before the threat of West Nile virus can be minimized. The following precautions should be taken to reduce the risk of any mosquito-borne disease.

- Avoid being outdoors when mosquitoes are most active, especially between dusk and dawn.
- When outdoors, wear shoes and socks, long pants and a long-sleeved shirt.

- Use mosquito repellent that contains DEET, picaridin or oil of lemon eucalyptus according to label instructions. Consult a physician before using repellents on infants.
- Make sure door and windows have tight-fitting screens. Repair or replace screens that have tears or other openings. Try to keep doors and windows shut, especially at night.
- Eliminate all sources of standing water that can support mosquito breeding, including water in bird baths, ponds, flower pots, wading pools, old tires, and any other receptacles.

For further information, please contact the Health Department at 815-433-3366. The complete listing of positive birds, mosquito batches, horses, and humans identified in the county is available on the LaSalle County Health Department's web site at [www.lasallecounty.org/hd](http://www.lasallecounty.org/hd) . A state-wide listing is available at the Illinois Department of Public Health's web site at [www.idph.state.il.us/envhealth/wnv.htm](http://www.idph.state.il.us/envhealth/wnv.htm).

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

**October 3, 2006**

**October is Breast Cancer Awareness Month**

**FOR IMMEDIATE RELEASE:**

**FOR INFORMATION OR INTERVIEWS**, contact Leslie Dougherty at 433-3366.

**OTTAWA, IL** – October is Breast Cancer Awareness Month. In honor of this, LaSalle County Health Department would like to invite residents who have been touched in some way by Breast Cancer, such as personally experiencing breast cancer or supporting a family member or friend who has or had breast cancer, to honor that woman by hanging a pink ribbon with her name on it on our Breast Cancer Tribute Tree. The tree is located in the Health Departments lobby and will be displayed all of October.

LaSalle County Health Department, through our Illinois Breast and Cervical Cancer Program grant, can pay for mammograms and pap tests for women who qualify. If you are a LaSalle or Grundy County resident between the ages of 35 -64, and are of low to moderate income, call 433-3366 or 1-800-247-5243 to see if you qualify.

Low income women 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 tests. As a result, cancers are diagnosed at later stages when it is more difficult to treat and the chances for survival are less.

The LaSalle County Health Department would like to increase breast and cervical cancer awareness and break that cycle for some women by providing free mammograms and pap tests. Through breast self-examinations, mammograms, and pap smears, you can greatly reduce your risk of breast or cervical cancer. We do not yet know what causes breast cancer or how to prevent it, the best protection is to detect it as early as possible and treat it promptly. Don't hesitate, call 433-3366 or 1-800-247-5243 now to see if you qualify or if you would like more information visit the **personal health** page on our website at [www.lasallecounty.org/hd](http://www.lasallecounty.org/hd).

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**LaSalle County Health Department  
717 Etna Road  
Ottawa, IL 61350  
815-433-3366**

**September 28, 2006**

**NEWS RELEASE**

**“How Does Seasonal Flu Differ From Pandemic Flu”**

**FOR IMMEDIATE RELEASE**

**FOR INFORMATION, please contact Leslie Dougherty or Jenny Barrie at 815-433-3366**

**OTTAWA, IL** -As flu season approaches, it is important to take a look at the differences between seasonal influenza (flu) and a pandemic flu. Seasonal flu is a respiratory illness. This illness is caused by a virus that begins to circulate each year, typically in the late fall and throughout the winter. Healthy adults are at less risk for serious complication due to seasonal flu than the young, elderly, and persons with underlying health conditions, who are at an increased risk for serious complications. A yearly vaccination (shot) can help prevent seasonal flu.

Pandemic flu occurs when there is a new flu strain that begins to spread quickly and easily around the world. It can spread rapidly because people have not been exposed to the virus before, and have little or no immunity to the virus. Healthy people may be at an increased risk for serious complications and a vaccine is not expected to be available in the early stages of a pandemic. A pandemic flu outbreak could cause a major impact on society as potential restrictions are placed on travel, schools, and businesses.

For more information on seasonal flu or pandemic flu, please call the Health Department at 815-433-3366. Seasonal flu or pandemic flu information is also available at [www.pandemicflu.gov](http://www.pandemicflu.gov) , [www.cdc.gov/flu](http://www.cdc.gov/flu), or [www.lasallecounty.org/hd](http://www.lasallecounty.org/hd).

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**LaSalle County Health Department  
717 Etna Road  
Ottawa, IL 61350  
815-433-3366**

**September 26, 2006**

**“LaSalle County E.coli 0157:H7 Linked to Bagged Spinach”**

FOR IMMEDIATE RELEASE

FOR MORE INFORMATION, please contact Leslie Dougherty or Jenny Barrie at 815-433-3366

**OTTAWA, IL** – LaSalle County Health Department has received notification that a sample of bagged spinach collected from the home of Illinois’ first case, has been tested at the Illinois Department of Public Health Springfield Laboratory and found to be positive for *E. coli* O157:H7. Further testing will take place to confirm that the strain of *E. coli* isolated from this bagged spinach also matches the outbreak strain. The sample was a package of Dole Baby Spinach with a Use By Date of August 30, 2006. This confirmed case was reported on September 18<sup>th</sup> and linked to the multi-state E.coli 0157:H7 outbreak.

The health department has asked local hospitals to increase surveillance for symptoms of *E. coli* 0157:H7, and at this time we are unaware of any pending cases. The product has been removed from the shelves for the past ten (10) days, therefore we are not anticipating any further cases.

Persons who still have fresh spinach products in their homes need to dispose of them. Persons who feel they have developed diarrhea from consuming fresh spinach or salad blends containing spinach are urged to contact their health care provider and ask that their stool specimen be tested for *E. coli* 0157:H7.

For additional questions or further information, please contact the LaSalle County Health Department at 815-433-3366. For information on E.coli 0157:H7 please visit LaSalle County Health Department’s website at [www.lasallecounty.org/hd](http://www.lasallecounty.org/hd).



### *Escherichia coli* O157:H7

#### **What is *Escherichia coli* ?**

*E. coli* O157:H7, one of hundreds of strains of the bacterium *Escherichia coli*, is an emerging cause of foodborne illness. While most strains are harmless and live in the intestines of healthy humans and animals, this particular strain produces a powerful toxin that can cause severe illness. It was first identified as a cause of illness in 1982 during an outbreak of severe bloody diarrhea traced to contaminated hamburgers. (The combination of letters and numbers refers to specific markers found on the bacterium's surface that distinguish it from other *E. coli*, which have other O and H markers.)

#### **How common is the infection?**

No good national data are available because many laboratories do not routinely test for the organism. Data from one laboratory that does regularly test for *E. coli* O157:H7 suggest that an estimated 20,000 cases may occur in the United States annually. In some parts of the U.S., particularly the northernmost states, this infection is not rare. It may well be a global problem. Now common in Canada, the infection is being increasingly recognized in Europe, South Africa, the southern regions of South America, Australia and Japan.

In Illinois, 100-200 cases of *E. coli* O157:H7 are reported each year.

#### **What sort of illness does it cause?**

Many persons infected with the bacterium develop severe diarrhea and painful abdominal cramps, although some people show few or no symptoms. The diarrhea can be very bloody. Because there is usually little or no fever, a person may think some other condition is causing the bowel to bleed, and this infection may go unrecognized. The illness usually resolves in five to 10 days.

In some persons, particularly children younger than 5 years of age and the elderly, the infection can lead to destruction of red blood cells (hemolytic anemia) and acute kidney failure (also known as uremia). This complication, hemolytic uremic syndrome (HUS), can lead to stroke, seizures and death. About 2 percent to 7 percent of infections lead to HUS. In the United States, *E. coli* O157:H7 infection is the primary cause of HUS, which is the principal cause of acute kidney failure in children. Most children with HUS are hospitalized for about two weeks.

#### **How is *E. coli* diagnosed?**

There are many causes of bloody diarrhea and abdominal cramps. Specific laboratory tests can identify *E. coli* O157:H7 in the stool of an infected person. However, these tests often are not performed unless the laboratory is instructed to do them.

#### **How is *E. coli* treated?**

Most persons recover without antibiotics or other specific treatment in five to 10 days. Antidiarrheal agents, such as loperamide (Imodium®), should be avoided.

HUS, a life-threatening condition that is usually treated in an intensive care unit, often requires blood transfusions and kidney dialysis. With intensive care, the fatality rate for HUS is 3 percent to 5 percent.



## Are there any long-term consequences?

Persons with diarrhea alone usually recover completely, although it may be several months before bowel habits are entirely normal.

Among those who develop HUS, about 8 percent have a poor outcome, such as chronic kidney failure, high blood pressure, stroke, paralysis, bowel resection, blindness or seizures. A decline in kidney function may appear years later in about one-third of those persons who have had HUS. Thus, this infection may be a preventable cause of chronic kidney failure.

## How is *E. coli* O157:H7 spread?

Most cases of *E. coli* O157:H7 infection come from undercooked ground beef. Beef that is still pink, or has blood-tinged juices, has not been cooked enough to kill *E. coli* O157:H7. While the number of organisms required to cause disease is not known, it is suspected to be very small. **Contaminated meat looks and smells normal.** The infection also can result from drinking raw unpasteurized milk or drinking or swimming in sewage-contaminated water.

The bacterium is present in the stools of infected persons, and it can be passed from one person to another if hygiene and hand washing habits are inadequate. This is particularly likely to occur among toddlers who are not fully toilet trained. Family members and playmates of such children are at high risk of becoming infected. Bacteria are usually cleared from the stools within a week after the diarrhea resolves. However, in some cases, particularly in young children, the organism may persist in the stool for weeks after the diarrhea has resolved.

## How does food become contaminated?

The organism can be found on a small number of cattle farms, where it can live in the intestines of healthy cattle. When the animal is slaughtered, the meat may be contaminated by intestinal contents. When this meat is ground, fecal organisms that were on the outside of the meat are then thoroughly mixed throughout the ground beef. These bacteria can survive **unless the meat is thoroughly cooked.**

Bacteria present on a cow's udders or on equipment may get into and contaminate raw milk.

## What can the consumer do to prevent this illness?

- Since hamburger and ground beef may be contaminated with this bacterium, **thorough cooking is essential to prevent** illness. This applies to hamburger prepared at home and hamburger served in restaurants. Hamburgers should be brown or gray on the inside, with clear juices (if any), and the inside should be hot. For advice on how to cook hamburger safely, call the U.S.D.A. Meat and Poultry Hotline, 800-535-4555 (voice and TTY), or your county extension home economist.
- Raw unpasteurized milk can transmit many diseases, including *E. coli* O157:H7 infection, even if it is obtained from healthy cattle. Consume only pasteurized milk and pasteurized milk products.
- When someone develops *E. coli* O157:H7 infection, careful hand washing with soap and warm water will reduce the risk of spreading it. Frequent supervised hand washing with soap and warm water is particularly important if the patient is a young child. If feasible, young children with *E. coli* O157:H7 infection who are still in diapers should not be in contact with uninfected children.
- Treatment of municipal water supplies with adequate levels of chlorine or other effective disinfectants is critical to guard against chance contamination of water when pipes leak or repairs are made.

## What else can be done to prevent the infection?

*E. coli* O157:H7 will continue to be an important public health concern as long as it contaminates meat. It is conceivable that cattle could be vaccinated against the infection, but research into such prevention measures is just beginning.

**Use of product names ® does not constitute product endorsement.**



health fact sheets



Springfield, Illinois 62761

Phone 217-782-4977

Fax 217-782-3987

TTY 800-547-0466

[Questions or Comments](#)

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**LaSalle County Health Department  
717 Etna Road  
Ottawa, IL 61350  
815-433-3366**

**September 18, 2006**

**News Release**

FOR IMMEDIATE RELEASE

FOR MORE INFORMATION; contact Leslie Dougherty or Jenny Barrie at 815-433-3366.

**“LaSalle County Resident Tests Positive for E. coli 0157:H7”**

**OTTAWA, IL** - LaSalle County Health Department received notification this morning from the Illinois Department of Public Health (IDPH) that a LaSalle County resident has tested positive for E. coli 0157:H7. It has been determined that this case matches the nationwide outbreak strain of E. coli 0157:H7 which has been associated with the consumption of pre-packaged fresh spinach. Currently, the LaSalle County resident remains hospitalized.

E. coli 0157:H7, one of hundreds of strains of the bacterium Escherichia coli, is an emerging cause of foodborne illness. While most strains are harmless and live in the intestines of healthy humans and animals, this particular strain produces a powerful toxin that causes severe illness within two to 10 days of ingesting the bacterium.

Many persons infected with the bacterium develop severe diarrhea and painful abdominal cramps, although some people show few or no symptoms. The diarrhea can be very bloody. Because there is usually little or no fever, a person may think some other condition is causing the bowel to bleed, and this infection may go unrecognized. The illness usually resolves itself five to 10 days. In some persons, particularly children younger than 5 years of age and the elderly, the infection can lead to destruction of red blood cells and acute kidney failure. This complication, hemolytic uremic syndrome (HUS), can lead to stroke, seizures, and death.

Persons who develop diarrhea who have consumed fresh spinach or salad blends containing spinach are urged to contact their health care provider and ask that their stool specimen be tested for E. coli 0157:H7.

The LaSalle County Health Department has contacted local hospitals to increase surveillance for potential cases of E.coli 0157:H7. In addition, LaSalle County food service establishments and grocery stores have been contacted to assure the recalled product has been removed from the shelves and properly disposed of.

For additional questions or further information, please contact the LaSalle County Health Department at 815-433-3366. For information on E. coli 0157:H7 please visit LaSalle County Health Department's website at [www.lasallecounty.org/hd](http://www.lasallecounty.org/hd).

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**LaSalle County Health Department  
717 Etna Road  
Ottawa, IL 61350  
815-433-3366**

September 18, 2006

**News Release**

**FOR IMMEDIATE RELEASE**

**FOR MORE INFORMATION; contact Leslie Dougherty or Jenny Barrie at 815-433-3366.**

**“LaSalle County Resident Tests Positive for E. coli 0157:H7”**

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Many persons infected with the bacterium develop severe diarrhea and painful abdominal cramps, although some people show few or no symptoms. The diarrhea can be very bloody. Because there is usually little or no fever, a person may think some other condition is causing the bowel to bleed, and this infection may go unrecognized. The illness usually resolves itself five to 10 days. In some persons, particularly children younger than 5 years of age and the elderly, the infection can lead to destruction of red blood cells and acute kidney failure. This complication, hemolytic uremic syndrome (HUS), can lead to stroke, seizures, and death. Persons who develop diarrhea who have consumed fresh spinach or salad blends containing spinach are urged to contact their health care provider and ask that their stool specimen be tested for E. coli 0157:H7. The LaSalle County Health Department has contacted local hospitals to increase surveillance for potential cases of E. coli 0157:H7. In addition, LaSalle County food service establishments and grocery stores have been contacted to assure the recalled product has been removed from the shelves and properly disposed of. For additional questions or further information, please contact the LaSalle County Health Department at 815-433-3366. For information on E. coli 0157:H7 please visit LaSalle County Health Department's website at [www.lasallecounty.org/hd](http://www.lasallecounty.org/hd).

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**LaSalle County Health Department  
717 Etna Road  
Ottawa, IL 61350  
815-433-3366**

**September 1, 2006**

**News Release**

FOR IMMEDIATE RELEASE

FOR MORE INFORMATION; contact Jenny Barrie or Leslie Dougherty at 815-433-3366.

**“Additional Mosquito Sample Tests Positive for West Nile virus in LaSalle County”**

**OTTAWA, IL** – The LaSalle County Health Department has the following West Nile virus activity to report:

\* One (1) positive mosquito sample collected on August 30<sup>th</sup> in LaSalle

To date this year, a total of seven (7) birds and twenty-three (23) mosquito samples have tested positive for the virus.

Health Department officials are strongly encouraging citizens to be diligent about using insect repellent when they are outdoors. The best way to prevent West Nile disease or any other mosquito-borne illness is to reduce the number of mosquitoes around your home and to take personal precautions to avoid mosquito bites. Precautions include:

- Avoid being outdoors when mosquitoes are most active, especially between dusk and dawn. Use prevention methods whenever mosquitoes are present.
- When outdoors, wear shoes and socks, long pants and a long-sleeved shirt, and apply insect repellent that includes DEET, picaridin or oil of lemon eucalyptus according to label instructions. Consult a physician before using repellents on infants.
- 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, especially at night.
- Eliminate all sources of standing water that can support mosquito breeding, including water in bird baths, ponds, flowerpots, wading pools, old tires and any other receptacles. In communities where there are organized mosquito control programs, contact your municipal government to report areas of stagnant water in roadside ditches, flooded yards and similar locations that may produce mosquitoes.

The LaSalle County Health Department would like to remind residents in the areas of Mendota and Seneca to report any dead crows, blue jays, robins, to the Health Department at 815-433-3366. The general public is also reminded to report any potential mosquito breeding sites. A complete listing of West Nile virus statistics for LaSalle County is available on the Health Department’s web site at [www.lasallecounty.org/hd](http://www.lasallecounty.org/hd). A state-wide listing is available at the Illinois Department of Public Health’s web site at [www.idph.state.il.us](http://www.idph.state.il.us). Go to the West Nile virus

page and select “2006” under surveillance. In addition, the Illinois Department of Public Health has activated the West Nile virus hotline again this year. The number is 866-369-9710 (toll-free) and is available Monday through Friday from 8am-5pm.

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**LaSalle County Health Department  
717 Etna Rd.  
Ottawa, IL 61350  
(815) 433-3366**

**September 1, 2006**

**NEWS RELEASE**

**“Fourteenth Annual Food Service Seminar”**

**FOR IMMEDIATE RELEASE:**

**FOR INFORMATION OR INTERVIEWS:** contact Jenny Barrie 815-433-3366

**Ottawa, IL** – The LaSalle County Health Department will be sponsoring their Fourteenth Annual Food Service Seminar on September 11, 2006. The seminar will be held at Pitstick Pavilion, Rt. 23, Ottawa. 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 12:00 p.m. Speakers include Steve Kerby from Ecolab Pest Control Division who will discuss fruit flies, Connie Brooks from the LaSalle County Health Department who will present information on pandemic flu, Patrick McGarry from the Illinois Department of Public Health who will discuss the recent tobacco legislation affecting food service, and Jamie Burns from the Illinois Department of Public Health who will present information on outbreak investigations. For more information or to pre-register, call the LaSalle County Health Department at (815) 433-3366.

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**LaSalle County Health Department  
717 Etna Road  
Ottawa, IL 61350  
815-433-3366**

**August 24, 2006**

**News Release**

FOR IMMEDIATE RELEASE

FOR MORE INFORMATION; contact Jenny Barrie or Leslie Dougherty at 815-433-3366.

**“Additional Mosquito Samples And A Crow Test Positive for West Nile virus in LaSalle County”**

**OTTAWA, IL** – The LaSalle County Health Department has the following West Nile virus activity to report:

- \* One (1) positive crow collected on August 21<sup>st</sup> in Marseilles
- \* Thirteen (13) positive mosquito samples collected on August 17<sup>th</sup> and 18<sup>th</sup> in Streator

To date this year, a total of seven (7) birds and twenty-two (22) mosquito samples have tested positive for the virus.

Health Department officials are strongly encouraging citizens to be diligent about using insect repellent when they are outdoors. The best way to prevent West Nile disease or any other mosquito-borne illness is to reduce the number of mosquitoes around your home and to take personal precautions to avoid mosquito bites. Precautions include:

- Avoid being outdoors when mosquitoes are most active, especially between dusk and dawn. Use prevention methods whenever mosquitoes are present.
- When outdoors, wear shoes and socks, long pants and a long-sleeved shirt, and apply insect repellent that includes DEET, picaridin or oil of lemon eucalyptus according to label instructions. Consult a physician before using repellents on infants.
- 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, especially at night.
- Eliminate all sources of standing water that can support mosquito breeding, including water in bird baths, ponds, flowerpots, wading pools, old tires and any other receptacles. In communities where there are organized mosquito control programs, contact your municipal government to report areas of stagnant water in roadside ditches, flooded yards and similar locations that may produce mosquitoes.

The LaSalle County Health Department would like to remind residents in the areas of Mendota and Seneca to report any dead crows, blue jays, robins, to the Health Department at 815-433-3366. The general public is also reminded to report any potential mosquito breeding sites. A complete listing of West Nile virus statistics for LaSalle County is available on the Health Department's web site at [www.lasallecounty.org/hd](http://www.lasallecounty.org/hd). A state-wide listing is available at the Illinois Department of Public Health's web site at [www.idph.state.il.us](http://www.idph.state.il.us). Go to the West Nile virus page and select “2006” under surveillance. In addition, the Illinois Department of Public Health has activated the

West Nile virus hotline again this year. The number is 866-369-9710 (toll-free) and is available Monday through Friday from 8am-5pm.

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**LaSalle County Health Department  
717 Etna Road  
Ottawa, IL 61350  
815-433-3366**

**August 18, 2006**

**News Release**

FOR IMMEDIATE RELEASE

FOR MORE INFORMATION; contact Jenny Barrie or Leslie Dougherty at 815-433-3366.

**“Additional Mosquito Samples and Birds Test Positive for West Nile virus in LaSalle County”**

**OTTAWA, IL** – The LaSalle County Health Department has the following West Nile virus activity to report:

\*Two (2) positive blue jays collected on August 9<sup>th</sup> in Peru

\*One (1) positive crow collected on August 14<sup>th</sup> in Leland

\* Six (6) positive mosquito samples collected on August 15<sup>th</sup>, 16<sup>th</sup>, and 17<sup>th</sup> in Streator

To date this year, a total of six (6) birds and nine (9) mosquito samples have tested positive for the virus.

According to Ted Pumo, Director of Environmental Health, “comparing the similarities of the summer environmental conditions that occurred during 2002 and what we are experiencing now in 2006 is extremely alarming.” “During 2002, Illinois led the nation with 884 human West Nile virus cases which, unfortunately, resulted in sixty-seven deaths that year. LaSalle County experienced eleven (11) human cases during 2002, fortunately, no deaths occurred. Therefore, looking at past information and the current rapid increase in the number of birds and mosquito pools testing positive throughout Illinois and LaSalle County, I feel it is imperative that people be very conscientious about self-protection whenever they are outside during the evening hours. We do not want history to repeat itself.”

The best way to prevent West Nile disease or any other mosquito-borne illness is to reduce the number of mosquitoes around your home and to take personal precautions to avoid mosquito bites. Precautions include:

- Avoid being outdoors when mosquitoes are most active, especially between dusk and dawn. Use prevention methods whenever mosquitoes are present.
- When outdoors, wear shoes and socks, long pants and a long-sleeved shirt, and apply insect repellent that

includes DEET, picaridin or oil of lemon eucalyptus according to label instructions. Consult a physician before using repellents on infants.

- 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, especially at night.
- Eliminate all sources of standing water that can support mosquito breeding, including water in bird baths, ponds, flowerpots, wading pools, old tires and any other receptacles. In communities where there are organized mosquito control programs, contact your municipal government to report areas of stagnant water in roadside ditches, flooded yards and similar locations that may produce mosquitoes.

The LaSalle County Health Department would like to remind residents in the areas of Marseilles, Mendota, and Seneca to report any dead crows, blue jays, robins, to the Health Department at 815-433-3366. The general public is also reminded to report any potential mosquito breeding sites. A complete listing of West Nile virus statistics for LaSalle County is available on the Health Department's web site at [www.lasallecounty.org/hd](http://www.lasallecounty.org/hd). A state-wide listing is available at the Illinois Department of Public Health's web site at [www.idph.state.il.us](http://www.idph.state.il.us). Go to the West Nile virus page and select "2006" under surveillance. In addition, the Illinois Department of Public Health has activated the West Nile virus hotline again this year. The number is 866-369-9710 (toll-free) and is available Monday through Friday from 8am-5pm.

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

**August 15, 2006**

**NEWS RELEASE**

"LaSalle County Health Department Holds Pandemic Flu Planning Meeting with Local Agencies"

**FOR IMMEDIATE RELEASE:**

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

OTTAWA, IL - On July 20, 2006 the LaSalle County Health Department hosted an introductory pandemic flu planning meeting. Invitations were extended to key personnel from a variety of agencies throughout the county. Representatives from the Illinois Valley and Ottawa Chapters of the American Red Cross, Illinois Valley Pharmacy Association, Illinois Valley Community Hospital, Mendota Community Hospital, Community Hospital of Ottawa, St. Mary's Hospital, LaSalle County Coroner, LaSalle County Sheriff, LaSalle County Animal Control, LaSalle County Regional Office of Education, LaSalle County Emergency Management Agency, LaSalle County Board Chairman, LaSalle County Medical Society, and Illinois Valley Community College were in attendance.

The purpose of the meeting was to generate discussion regarding departmental and community response of each agency in the event of a pandemic flu outbreak. Participants viewed an informational video regarding an emerging virus which has the potential of becoming the next pandemic. Attending agencies received a draft copy of the health department plan on pandemic flu. They were asked to review and determine their agency's contribution to the plan during a pandemic outbreak. Additionally, the agencies discussed the importance of public education through our local media.

The Health Department, based on recommendations from the committee, has developed an informational pamphlet on pandemic preparedness. This brochure will be distributed to LaSalle County School Officials by the Regional Office of Education, and is available to the general public and can be accessed on the health department's website at [www.lasallecounty.org/hd](http://www.lasallecounty.org/hd).

Following the planning meeting, agencies had the opportunity to participate in a Pandemic Flu Tabletop exercise. The exercise was held on July 27, 2006 at Sauk Valley Community College in Dixon. The exercise was sponsored by the Illinois Association of Public Health Administrators (IAPHA) and funded by local health departments with pandemic flu grant money. Representatives from the Illinois Valley and Ottawa Chapters of the American Red Cross, Community Hospital of Ottawa, Illinois Valley Community Hospital, LaSalle County Animal Control, LaSalle County Health Department, and Mendota Community Hospital participated. This exercise further elaborated on the need for local agencies to coordinate local response efforts.

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**LaSalle County Health Department  
717 Etna Road  
Ottawa, IL 61350  
815-433-3366**

August 11, 2006

**News Release**

FOR IMMEDIATE RELEASE

FOR MORE INFORMATION; contact Jenny Barrie or Leslie Dougherty at 815-433-3366.

**“Mosquitoes Test Positive for West Nile virus in LaSalle County”**

**OTTAWA, IL** – A mosquito sample collected and tested on August 9<sup>th</sup> by the LaSalle County Health Department tested positive for West Nile virus. The positive mosquito sample was found in Marseilles. This is the third sample of mosquitoes that has tested positive for West Nile virus. So far this year, a total of three (3) birds have tested positive for the virus.

The best way to prevent West Nile disease or any other mosquito-borne illness is to reduce the number of mosquitoes around your home and to take personal precautions to avoid mosquito bites.

Precautions include:

- Avoid being outdoors when mosquitoes are most active, especially between dusk and dawn. Use prevention methods whenever mosquitoes are present.
- When outdoors, wear shoes and socks, long pants and a long-sleeved shirt, and apply insect repellent that includes DEET, picaridin or oil of lemon eucalyptus according to label instructions. Consult a physician before using repellents on infants.
- 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, especially at night.
- Eliminate all sources of standing water that can support mosquito breeding, including water in bird baths, ponds, flowerpots, wading pools, old tires and any other receptacles. In communities where there are organized mosquito control programs, contact your municipal government to report areas of stagnant water in roadside ditches, flooded yards and similar locations that may produce mosquitoes.

The LaSalle County Health Department would like to remind the general public

to report any dead crows, blue jays, robins, or potential mosquito breeding sites to the Health Department at 815-433-3366. A complete listing of West Nile virus statistics for LaSalle County is available on the Health Department's web site at [www.lasallecounty.org/hd](http://www.lasallecounty.org/hd). A state-wide listing is available at the

Illinois Department of Public Health's web site at [www.idph.state.il.us](http://www.idph.state.il.us). Go to the West Nile virus page and select "2006" under surveillance. In addition, the Illinois Department of Public Health has activated the West Nile virus hotline again this year. The number is 866-369-9710 (toll-free) and is available Monday through Friday from 8am-5pm.

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**LaSalle County Health Department  
717 Etna Road  
Ottawa, IL 61350  
815-433-3366**

**July 28, 2006**

**News Release**

**“Mosquitoes Test Positive for West Nile virus in LaSalle County”**

FOR IMMEDIATE RELEASE

FOR MORE INFORMATION; contact Jenny Barrie or Leslie Dougherty at 815-433-3366.

**OTTAWA, IL** – The LaSalle County Health Department was notified this week that a mosquito sample collected and tested by the Medical Entomology Program at the Illinois Natural History Survey tested positive for West Nile virus. The positive mosquito sample was found in Peru. This is the second sample of mosquitoes that has come back positive for West Nile virus. So far this year, a total of three (3) birds have tested positive for the virus.

The LaSalle County Health Department is also testing mosquitoes, again this year. Mosquitoes are tested for West Nile virus and St Louis encephalitis. The mosquito collection and testing equipment was purchased with grant money. Also, with the grant money the health department was able to purchase a large quantity of mosquito larvicide. Larvicide is used to treat potential mosquito breeding sites, and was distributed to licensed mosquito control applicators from local municipalities and villages throughout the county.

The best way to prevent West Nile disease or any other mosquito-borne illness is to reduce the number of mosquitoes around your home and to take personal precautions to avoid mosquito bites.

Precautions include:

- Avoid being outdoors when mosquitoes are most active, especially between dusk and dawn. Use prevention methods whenever mosquitoes are present.
- When outdoors, wear shoes and socks, long pants and a long-sleeved shirt, and apply insect repellent that includes DEET, picaridin or oil of lemon eucalyptus according to label instructions. Consult a physician before using repellents on infants.
- 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, especially at night.
- Eliminate all sources of standing water that can support mosquito breeding, including water in bird baths, ponds, flowerpots, wading pools, old tires and any other receptacles. In communities where there are organized mosquito control programs, contact your municipal government to report areas of

stagnant water in roadside ditches, flooded yards and similar locations that may produce mosquitoes.

The LaSalle County Health Department would like to remind the general public to report any dead crows, blue jays, robins, or potential mosquito breeding sites to the Health Department at 815-433-3366.

A complete listing of West Nile virus statistics for LaSalle County is available on the Health Department's web site at [www.lasallecounty.org/hd](http://www.lasallecounty.org/hd) . A state-wide listing is available at the Illinois Department of Public Health's web site at [www.idph.state.il.us](http://www.idph.state.il.us). Go to the West Nile virus page and select "2006" under surveillance. In addition, the Illinois Department of Public Health has activated the West Nile virus hotline again this year. The number is 866-369-9710 (toll-free) and is available Monday through Friday from 8am-5pm.

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**LaSalle County Health Department  
717 Etna Road  
Ottawa, IL 61350  
815-433-3366**

July 21, 2006

**News Release**

**“Crow and Mosquitoes Test Positive for West Nile virus in LaSalle County”**

FOR IMMEDIATE RELEASE

FOR MORE INFORMATION; contact Jenny Barrie or Leslie Dougherty at 815-433-3366.

**OTTAWA, IL** – The LaSalle County Health Department reported that a crow found July 13<sup>th</sup> in Ottawa has tested positive for West Nile virus by the Illinois Department of Agriculture Laboratory in Galesburg. In June, two birds tested positive for West Nile virus. Also, on July 18 the LaSalle County Health Department was notified that a pool of mosquitoes tested positive for West Nile virus. The positive mosquito pool was found in rural Utica and was collected and tested by the Medical Entomology Program at the Illinois Natural History Survey. The Illinois Natural History Survey conducts routine state-wide surveillance of mosquitoes. This is the first documented mosquito activity in the county for 2006.

The LaSalle County Health Department is also testing mosquitoes, again this year. Mosquitoes are tested for West Nile virus and St Louis encephalitis. The mosquito collection and testing equipment was purchased with grant money. Also, with the grant money the health department was able to purchase a large quantity of mosquito larvicide. Larvicide is used to treat potential mosquito breeding sites, and was distributed to licensed mosquito control applicators from local municipalities and villages throughout the county.

The best way to prevent West Nile disease or any other mosquito-borne illness is to reduce the number of mosquitoes around your home and to take personal precautions to avoid mosquito bites. Precautions include:

- Avoid being outdoors when mosquitoes are most active, especially between dusk and dawn. Use prevention methods whenever mosquitoes are present.
- When outdoors, wear shoes and socks, long pants and a long-sleeved shirt, and apply insect repellent that includes DEET, picaridin or oil of lemon eucalyptus according to label instructions. Consult a physician before using repellents on infants.
- 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, especially at night.

- Eliminate all sources of standing water that can support mosquito breeding, including water in bird baths, ponds, flowerpots, wading pools, old tires and any other receptacles. In communities where there are organized mosquito control programs, contact your municipal government to report areas of stagnant water in roadside ditches, flooded yards and similar locations that may produce mosquitoes.

The LaSalle County Health Department would like to remind the general public to report any dead crows, blue jays, robins, or potential mosquito breeding sites to the Health Department at 815-433-3366.

A complete listing of West Nile virus statistics for LaSalle County is available on the Health Department's web site at [www.lasallecounty.org/hd](http://www.lasallecounty.org/hd) . A state-wide listing is available at the Illinois Department of Public Health's web site at [www.idph.state.il.us](http://www.idph.state.il.us). Go to the West Nile virus page and select "2006" under surveillance. In addition, the Illinois Department of Public Health has activated the West Nile virus hotline again this year. The number is 866-369-9710 (toll-free) and is available Monday through Friday from 8am-5pm.

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LaSalle County Health Department  
717 Etna Road  
Ottawa, IL 61350  
433-3366

June 22, 2006

**NEWS RELEASE**

**“Second Crow in LaSalle County Tests Positive For West Nile Virus”**

FOR IMMEDIATE RELEASE:

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

**OTTAWA, IL** – The LaSalle County Health Department reported that a crow found June 12<sup>th</sup> in Streator has tested positive for West Nile virus by the Illinois Department of Agriculture Laboratory in Galesburg.

According to Ted Pumo, Director of Environmental Health at LaSalle County Health Department, “because we are seeing birds testing positive earlier this year than in previous years, we would like to encourage LaSalle County residents to have a heightened awareness that West Nile virus activity is occurring in the county and to take the necessary precautions.” The best way to prevent West Nile disease or any other mosquito-borne illness is to reduce the number of mosquitoes around your home and to take personal precautions to avoid mosquito bites. Precautions include:

- Avoid being outdoors when mosquitoes are most active, especially between dusk and dawn. Use prevention methods whenever mosquitoes are present.
- When outdoors, wear shoes and socks, long pants and a long-sleeved shirt, and apply insect repellent that includes DEET, picaridin or oil of lemon eucalyptus according to label instructions. Consult a physician before using repellents on infants.
- 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, especially at night.
- Eliminate all sources of standing water that can support mosquito breeding, including water in bird baths, ponds, flowerpots, wading pools, old tires and any other receptacles. In communities where there are organized mosquito control programs, contact your municipal government to report areas of stagnant water in roadside ditches, flooded yards and similar locations that may produce mosquitoes.

The LaSalle County Health Department would like to remind the general public to report any dead crows, blue jays, robins, or potential mosquito breeding sites to the Health Department at 815-433-3366.

A complete listing of West Nile virus statistics for LaSalle County is available on the Health Department's web site at [www.lasallecounty.org/hd](http://www.lasallecounty.org/hd) . A state-wide listing is available at the Illinois Department of Public Health's web site at [www.idph.state.il.us](http://www.idph.state.il.us). Go to the West Nile virus page and select "2006" under surveillance. In addition, the Illinois Department of Public Health has activated the West Nile virus hotline again this year. The number is 866-369-9710 (toll-free) and is available Monday through Friday from 8am-5pm.

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LaSalle County Health Department  
717 Etna Road  
Ottawa, IL 61350  
433-3366

June 15, 2006

**NEWS RELEASE**

**“Crow in LaSalle County Tests Positive For West Nile Virus”**

FOR IMMEDIATE RELEASE:

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

**OTTAWA, IL** – The LaSalle County Health Department reported that a crow found June 12<sup>th</sup> in Somonauk has tested positive for West Nile virus by the Illinois Department of Agriculture Laboratory in Galesburg.

The best way to prevent West Nile disease or any other mosquito-borne illness is to reduce the number of mosquitoes around your home and to take personal precautions to avoid mosquito bites.

Precautions include:

- Avoid being outdoors when mosquitoes are most active, especially between dusk and dawn. Use prevention methods whenever mosquitoes are present.
- When outdoors, wear shoes and socks, long pants and a long-sleeved shirt, and apply insect repellent that includes DEET, picaridin or oil of lemon eucalyptus according to label instructions. Consult a physician before using repellents on infants.
- 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, especially at night.
- Eliminate all sources of standing water that can support mosquito breeding, including water in bird baths, ponds, flowerpots, wading pools, old tires and any other receptacles. In communities where there are organized mosquito control programs, contact your municipal government to report areas of stagnant water in roadside ditches, flooded yards and similar locations that may produce mosquitoes.

The LaSalle County Health Department would like to remind the general public to report any dead crows, blue jays, robins, or potential mosquito breeding sites to the Health Department at 815-433-3366.

A complete listing of West Nile virus statistics for LaSalle County is available on the Health Department's web site at [www.lasallecounty.org/hd](http://www.lasallecounty.org/hd) . A state-wide listing is available at the Illinois Department of Public Health's web site at [www.idph.state.il.us](http://www.idph.state.il.us). Go to the West Nile virus page and select “2006” under

surveillance. In addition, the Illinois Department of Public Health has activated the West Nile virus hotline again this year. The number is 866-369-9710 (toll-free) and is available Monday through Friday from 8am-5pm.

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**LaSalle County Health Department  
717 Etna Road  
Ottawa, IL  
815-433-3366**

**June 8, 2006**

**NEWS RELEASE**

**“Additional Cases of Mumps Reported to LaSalle County Health Department”**

FOR IMMEDIATE RELEASE:

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

**OTTAWA, IL** – LaSalle County Health Department has received two additional reports of mumps. This brings LaSalle County’s total mumps cases to 6, with additional cases being investigated. The 6 cases in LaSalle County are not related or epidemiologically linked. Mumps is a communicable disease that is in our community and we anticipate additional cases. Therefore, if you exhibit any signs or symptoms you should contact your physician for testing.

Mumps is a viral infection of the salivary glands that spreads like the flu. So it’s important to cover your nose and mouth when sneezing or coughing, wash your hands often, don’t drink from the same glass or share the same eating utensils as another person. If you have already had mumps you are considered immune and can not contract the virus for a second time.

Symptoms of mumps include sore throat, swelling of the glands close to the jaw, fever, headache and muscle aches. Children who get mumps may develop a mild meningitis (inflammation of the covering of the brain and spinal cord) and sometimes encephalitis (inflammation of the brain). Mumps can also cause serious complications, although rare, which include permanent hearing loss and swelling of the testicles or ovaries.

For further information and updates on mumps cases, please contact the LaSalle County Health Department at 815-433-3366 or visit our website at [www.lasallecounty.org/hd](http://www.lasallecounty.org/hd)

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

**May 18, 2006**

**“DONATION OF MONEY TO HEALTH DEPARTMENT”  
N E W S R E L E A S E**

**FOR IMMEDIATE RELEASE:**

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

OTTAWA, IL -- The LaSalle County Health Department is pleased to announce a donation of \$1,500.00 to our Breast and Cervical Cancer Screening Program was received from the Illinois Valley Business and Professional Women's Club (IVBPW).

The IVBPW held fundraisers during the month of October, which is Breast Cancer Awareness Month and donated the proceeds to the Health Department's Breast and Cervical Cancer Program. This program provides mammograms and pap tests for women in need. Anyone who wishes to see if they qualify for a free mammogram or Pap smear test can contact LaSalle County Health Department at 433-3366 or 1-800-247-5243 or visit our website at [www.lasallecounty.org/hd](http://www.lasallecounty.org/hd).

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**LaSalle County Health Department  
717 Etna Road  
Ottawa, IL  
815-433-3366**

**May 18, 2006**

**NEWS RELEASE**

**“Additional Case of Mumps Reported to LaSalle County Health Department”**

FOR IMMEDIATE RELEASE:

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

**OTTAWA, IL** – LaSalle County Health Department has received another report of mumps. This brings LaSalle County’s total mumps cases to 4, with additional cases being investigated. The 4 cases in LaSalle County are not related or epidemiologically linked. Mumps is a communicable disease that is in our community and we anticipate additional cases. Therefore, if you exhibit any signs or symptoms you should contact your physician for testing.

Mumps is a viral infection of the salivary glands that spreads like the flu. So it’s important to cover your nose and mouth when sneezing or coughing, wash your hands often, don’t drink from the same glass or share the same eating utensils as another person. If you have already had mumps you are considered immune and can not contract the virus for a second time.

Symptoms of mumps include sore throat, swelling of the glands close to the jaw, fever, headache and muscle aches. Children who get mumps may develop a mild meningitis (inflammation of the covering of the brain and spinal cord) and sometimes encephalitis (inflammation of the brain). Mumps can also cause serious complications, although rare, which include permanent hearing loss and swelling of the testicles or ovaries.

For further information and updates on mumps cases, please contact the LaSalle County Health Department at 815-433-3366 or visit our website at [www.lasallecounty.org/hd](http://www.lasallecounty.org/hd)

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**LaSalle County Health Department  
717 Etna Road  
Ottawa, IL 61350  
815-433-3366**

**May 10, 2006**

**NEWS RELEASE**

**“Area Restaurants Added to the Illinois Smoke-free Restaurant Recognition Program”**

**FOR IMMEDIATE RELEASE:**

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

**Ottawa, IL --** The LaSalle County Health Department has, through the Illinois Smoke-Free Restaurant Identification Program, identified eight area establishments that classify themselves as “smoke-free.” In Ottawa, Dragon City, Hank’s Farm, Lin Garden, New Chalet, Pizza Connection, and Triple J Ice Cream have been identified as “smoke-free.” In addition, John’s North Star and Mickey’s Massive Burritos in LaSalle have also been identified as “smoke-free.” The LaSalle County Health Department would like to offer our congratulations to these restaurants, and will be presenting each establishment with a framed certificate from the Illinois Department of Public Health.

To view a complete listing of smoke-free restaurants in LaSalle County, visit our website at [www.lasallecounty.org](http://www.lasallecounty.org). To qualify, restaurants must not allow smoking in any part of the facility. If an area establishment has had a change in their smoking status, please feel free to contact the LaSalle County Health Department. To request pamphlets on smoke-free dining or for more information on the Illinois Smoke-Free Restaurant Recognition Program, please contact the Health Department at (815) 433-3366.

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**LaSalle County Health Department  
717 Etna Road  
Ottawa, IL  
815-433-3366**

**May 5, 2006**

**NEWS RELEASE**

**“Additional Case of Mumps Reported to LaSalle County Health Department”**

FOR IMMEDIATE RELEASE:

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

**OTTAWA, IL** – LaSalle County Health Department has received another report of mumps. This brings LaSalle County’s total mumps cases to 3, with additional cases being investigated. The 3 cases in LaSalle County are not related or epidemiologically linked. Mumps is a communicable disease that is in our community and we anticipate additional cases. Therefore, if you exhibit any signs or symptoms you should contact your physician for testing.

Mumps is a viral infection of the salivary glands that spreads like the flu. So it’s important to cover your nose and mouth when sneezing or coughing, wash your hands often, don’t drink from the same glass or share the same eating utensils as another person. If you have already had mumps you are considered immune and can not contract the virus for a second time.

Symptoms of mumps include sore throat, swelling of the glands close to the jaw, fever, headache and muscle aches. Children who get mumps may develop a mild meningitis (inflammation of the covering of the brain and spinal cord) and sometimes encephalitis (inflammation of the brain). Mumps can also cause serious complications, although rare, which include permanent hearing loss and swelling of the testicles or ovaries.

For further information and updates on mumps cases, please contact the LaSalle County Health Department at 815-433-3366 or visit our website at [www.lasallecounty.org/hd](http://www.lasallecounty.org/hd)

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**LaSalle County Health Department  
717 Etna Road  
Ottawa, IL  
815-433-3366**

**May 3, 2006**

**NEWS RELEASE**

**“Additional Case of Mumps Reported to LaSalle County Health Department”**

FOR IMMEDIATE RELEASE:

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

**OTTAWA, IL** – LaSalle County Health Department has received one additional report of mumps. This brings LaSalle County’s total mumps cases to 2, with additional cases being investigated. The 2 cases in LaSalle County are not related or epidemiologically linked.

Mumps is a viral infection of the salivary glands that spreads like the flu. So it’s important to cover your nose and mouth when sneezing or coughing, wash your hands often, don’t drink from the same glass or share the same eating utensils as another person. If you know someone who has mumps or suspect they may have the disease, it is recommended that they seek medical attention and testing from their physician. If you have already had mumps you are considered immune and can not contract the virus for a second time.

Symptoms of mumps include sore throat, swelling of the glands close to the jaw, fever, headache and muscle aches. Children who get mumps may develop a mild meningitis (inflammation of the covering of the brain and spinal cord) and sometimes encephalitis (inflammation of the brain). Mumps can also cause serious complications, although rare, which include permanent hearing loss and swelling of the testicles or ovaries.

For further information, please contact the LaSalle County Health Department at 815-433-3366 or visit our website at [www.lasallecounty.org/hd](http://www.lasallecounty.org/hd)

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**LaSalle County Health Department  
717 Etna Road  
Ottawa, IL 61350  
815-433-3366**

**April 26, 2006**

**News Release**

**“LaSalle County Health Department Begins Dead Bird Surveillance”**

FOR IMMEDIATE RELEASE:

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

**Ottawa, IL** – The LaSalle County Health Department will begin collecting dead birds on May 1, 2006 and will continue this process through October 15, 2006. This year additional birds have been added to the collection list. All perching birds (“passiformes”) such as the crow, blue jay, grackle, starling, sparrow, finche, robin, cardinal, flycatcher, swallow, catbird, mockingbird, warbler and wren will be accepted for testing. Images of common Illinois perching birds may be found on the Health Department’s website at [www.lasallecounty.org](http://www.lasallecounty.org). During the past four years, West Nile virus activity has been documented throughout LaSalle County. LaSalle County citizens should report any deceased perching bird to the Environmental Division at 815-433-3366.

Birds submitted for testing should be “eligible birds” that have no obvious cause of death such as being found crushed in a roadway and most likely killed by a motor vehicle, or birds killed by a gunshot. Birds submitted should be believed to be dead for less than 48 hours. Birds should only be submitted if they have not been damaged by scavenging animals and are not decomposed. Decomposed animals can be recognized as having a strong odor present, eyes deflated or dried, maggots present or bloated from decomposition gases.

The following information may be useful in helping to distinguishing some common perching birds:

Crows can be confused with other birds with black feathers such as starlings, grackles, blackbirds and cowbirds. Adult crows are larger, about 17-21 inches in length, while juvenile crows are about 10 inches in length. Adult crows are all black including feathers, beak, legs, and feet. Juvenile crows have brownish-black feathers. The crow’s nostrils are covered with bristles.

Grackles are 11 inches to 13 inches long, also black, smaller than crows but larger than robins. The head of a grackle has a purple or green iridescent sheen. The rest of the body is black or brown-black. The eyes are yellow. They can also be distinguished from crows because their tails are V-shaped and tail feathers are nearly as long as the body.

Starlings are robin-size birds with iridescent black, spotted feathers and yellow beaks. They have very short tails, about 1/3 the length of the rest of the body.

Health Department staff is also getting ready to begin testing mosquitoes, the vector for West Nile virus and St. Louis encephalitis, again this year. The mosquito collection and testing equipment was purchased with grant money. The Health Department was also able to use the grant money to purchase a large quantity of mosquito larvicide. Larvicide is used to treat potential mosquito breeding sites, and will be distributed to licensed mosquito control applicators from local municipalities and villages throughout the county.

Also, during the spring and summer months, Health Department staff extend outreach efforts to all city, municipal, village, and township officials in the county. Information packets will be distributed to local hospitals, medical centers, nursing homes, pharmacies, veterinary clinics, pet shelters, campgrounds, daycares, libraries, and pool supply companies.

For additional information on West Nile virus, please contact the LaSalle County Health Department at 815-433-3366 or visit our website at [www.lasallecounty.org](http://www.lasallecounty.org).

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**LaSalle County Health Department  
717 Etna Road  
Ottawa, IL  
815-433-3366**

**April 24, 2006**

**NEWS RELEASE**

**“First Case of Mumps Reported to LaSalle County Health Department”**

FOR IMMEDIATE RELEASE:

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

**OTTAWA, IL** – LaSalle County Health Department has received a report of a probable case of mumps. The physician diagnosed case of mumps is based on clinical symptoms, however no laboratory confirmed cases have been reported at this time.

Mumps is a viral infection of the salivary glands that spreads like the flu. So it's important to cover your nose and mouth when sneezing or coughing, wash your hands often, don't drink from the same glass or share the same eating utensils as another person. If you know someone who has mumps or suspect they may have the disease, it is recommended that they seek medical attention and testing from their physician.

Symptoms of mumps include sore throat, swelling of the glands close to the jaw, fever, headache and muscle aches. Children who get mumps may develop a mild meningitis (inflammation of the covering of the brain and spinal cord) and sometimes encephalitis (inflammation of the brain). Mumps can also cause serious complications which include permanent hearing loss and swelling of the testicles or ovaries.

For further information, please contact the LaSalle County Health Department at 815-433-3366 or visit our website at [www.lasallecounty.org/hd](http://www.lasallecounty.org/hd).

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

**March 31, 2006**

**NEWS RELEASE**

**"LaSalle County Health Department Celebrates National Public Health Week"**

FOR IMMEDIATE RELEASE:

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

**OTTAWA, IL** - The LaSalle County Health Department would like to announce National Public Health Week is April 3-9<sup>th</sup>, 2006. "Designing Healthy Communities, Raising Healthy Kids" is the theme of this year's National Public Health Week. In celebration of National Public Health Week, the LaSalle County Health Department will be offering free blood pressure screenings at the Health Department on Monday, April 3<sup>rd</sup>, 2006 from 8am-4:30pm. Health Department staff is also encouraging the public to pick up educational materials focusing on healthy behaviors, such as: nutrition, fitness, health screenings, injury prevention, and tobacco prevention, which will be available in the lobby. In addition, an informational display will be available for viewing at the Peru Mall during the month of April. The display will highlight programs available at the health department.

The LaSalle County Health Department was created in November of 1986 with the passage of a referendum by the voters of LaSalle County. In 1987, the Health Department began offering programs in three areas: environmental health, personal health, and health education. Programs available at the Health Department focus on the prevention of the spread of disease and foodborne illness, elimination of potentially harmful environmental situations, protection of groundwater from contamination, prevention of injuries, promotion of healthy behaviors, preparedness to respond to bioterrorism issues, and assurance of access to quality health services. For further questions and additional information, please contact the LaSalle County Health Department at 815-433-3366 or 1-800-247-5243. The department's website can be accessed at [www.lasallecounty.org/hd](http://www.lasallecounty.org/hd), and contains beneficial health information.

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**LaSalle County Health Department  
717 Etna Road  
Ottawa, IL 61350  
815-433-3366**

**January 17, 2006**

**NEWS RELEASE**

**“Area Restaurants Added to the Illinois Smoke-free Restaurant Recognition Program”**

**FOR IMMEDIATE RELEASE:**

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

**Ottawa, IL** -- The LaSalle County Health Department has, through the Illinois Smoke-Free Restaurant Identification Program, identified nine area establishments that classify themselves as “smoke-free.” Grizzly Bear Café, Honey Bear Sweet Shop, Jack’s Place, and Wave Café, located at Grand Bear Lodge in Utica, have been identified as “smoke-free.” In Streator, Fox’s Pizza Den, and Streator Donuts have been identified as “smoke-free.” In addition, Maria’s Pizza in Peru, Java Jan’s in Mendota, and the Row House Café in Ottawa have also been identified as “smoke-free” establishments.

The LaSalle County Health Department would like to offer our congratulations to these restaurants, and will be presenting each establishment with a framed certificate from the Illinois Department of Public Health. To view a complete listing of smoke-free restaurants in LaSalle County, visit our website at [www.lasallecounty.org](http://www.lasallecounty.org). To qualify, restaurants must not allow smoking in any part of the facility. To request pamphlets on smoke-free dining or for more information on the Illinois Smoke-Free Restaurant Recognition Program, please contact the Health Department at (815) 433-3366.

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

**JANUARY 3, 2006**

**“ CERVICAL CANCER SCREENING MONTH “**

**N E W S R E L E A S E**

**FOR IMMEDIATE RELEASE:**

**FOR INFORMATION OR INTERVIEWS;** contact Leslie Dougherty at 433-3366.

OTTAWA, IL-- The LaSalle County Health Department would like to announce that January is Cervical Cancer Awareness Month. The goal of this month is to educate and empower women across America to visit their physician for a regular Pap smear test. Every year approximately 10,500 women in the United States are diagnosed with cervical cancer, and there are approximately 3,500 deaths from the disease. It is extremely important that women receive regular Pap smear tests because 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 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.

The LaSalle County Health Department has a program available, which can pay for Pap Smear tests for those women who qualify. We invite and encourage anyone who needs more information on cervical cancer and the importance of Pap smear tests to contact the Health Department at 433-3366 or 1-800-247-5243.

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