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

December 7, 2012

N E W S R E L E A S E

“WORLD AIDS DAY”

FOR IMMEDIATE RELEASE:

FOR INFORMATION OR INTERVIEWS; contact Leslie Dougherty at 433-3366x225 or Jenny Barrie X226

OTTAWA, IL -- The 25th annual observance of World AIDS Day was December 1, 2012. In recognition of this the LaSalle County Health Department will be holding an HIV testing clinic on Wednesday, December 12th from 4:30 -6:30 at the Health Department. Every 9 ½ minutes, someone in the U.S. is infected with HIV. The CDC estimates that more than one million people are living with HIV in the United States. One in 5 of those people are unaware of their infection.

Increased knowledge of the disease and improved diagnostic and treatment methods have led to significant advances in the clinical management of HIV and a delay in the progression from HIV to AIDS, and thus, individuals receiving treatment in the U.S. are living longer.

In the role of prevention, it is important for individuals to know their HIV status since many individuals remain free of clinical signs for months to years. HIV is spread by the exchange of blood, semen, or vaginal secretions between individuals. The most common routes of transmission are 1) having unprotected sex with an infected person, 2) sharing drug injection equipment with an infected person, and 3) from mother to infant at the time of birth or through breastfeeding.

LaSalle County Health Department offers free, confidential HIV testing and counseling services to individuals at risk who are over the age of 12. Appointments are preferred but walk- ins are accepted. Individuals may call 815-433-3366 or 1-800-247-5243

to schedule an appointment. For more information you can also visit our website at www.lasallecounty.org.

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

November 29, 2012

NEWS RELEASE

“National Influenza Vaccination Week”

FOR IMMEDIATE RELEASE:

FOR INFORMATION OR INTERVIEWS; contact Leslie Dougherty (x. 225) or Jenny Barrie (x. 226) at 433-3366

OTTAWA, IL- LaSalle County Health Department will be holding a flu clinic tomorrow, Friday, November 30th from 9:00 a.m. to 4:00 p.m. The clinic will be held at the Health Department, 717 Etna Road, Ottawa. No appointment is necessary.

In addition, National Influenza Vaccination Week is December 2-8, 2012. The week-long event is intended to highlight the importance of continuing flu vaccination through the holiday season and beyond. As long as flu viruses are spreading and causing illness, vaccination can provide protection against the flu. Flu activity usually peaks in February in the United States and can last as late as May. With flu activity increasing and family and friends gathering for the holidays, now is a great time to get a flu vaccine to protect yourself and your loved ones. For questions please contact the Health Department at 815-433-3366 or visit our website at www.lasallecounty.org/hd.

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

433-3366

NOVEMBER 13, 2012

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 15th is the 37th annual Great American Smokeout. Next to Thanksgiving, it's the most famous Thursday in November. The Great American Smokeout is 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. 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, nicotine replacement therapy or for some quit tips please contact the Illinois Tobacco Quitline at 1-866-Quit-Yes (1-866-784-8937)

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

October 9, 2012

News Release

“Crow Tests Positive for West Nile Virus”

FOR IMMEDIATE RELEASE

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

OTTAWA, IL – The LaSalle County Health Department reported a bird has tested positive for West Nile virus by the Illinois Department of Agriculture Laboratory in Galesburg. The crow was collected from Mendota on September 25, 2012. This is the second bird that has tested positive for West Nile virus in LaSalle County this year. A blue jay from LaSalle was collected on May 31, 2012. To date, LaSalle County has not documented any human cases of West Nile virus.

West Nile virus is transmitted through the bite of a mosquito that has picked up the virus by feeding on an infected bird. Common West Nile virus symptoms include fever, nausea, headache and muscle aches. Symptoms may last from a few days to a few weeks. However, four out of five people infected with West Nile virus will not show any symptoms. In rare cases, severe illness including meningitis or encephalitis, or even death, can occur. People older than 50 are at higher risk for severe illness from West Nile 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 practicing the three “R’s” – reduce, repel and report.

REDUCE exposure - avoid being outdoors when mosquitoes are most active, especially between dusk and dawn. 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 where mosquitoes can breed, including water in bird baths, ponds, flowerpots, wading pools, old tires and any other receptacles.

REPEL - when outdoors, wear shoes and socks, long pants and a long-sleeved shirt, and apply insect repellent that contains DEET, picaridin, oil of lemon eucalyptus or IR 3535, according to label instructions. Consult a physician before using repellents on infants.

REPORT - 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, perching birds, 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.

A state-wide listing is available at the Illinois Department of Public Health's web site at <http://www.idph.state.il.us/envhealth/wnv.htm>.

LaSalle County Health Department has a Facebook page! "Like" us on Facebook for updates and information related to public health. If you have trouble finding us through the search bar, follow this link to our page:

<https://www.facebook.com/#!/pages/LaSalle-County-Health-Department/269867236451372?fref=ts>

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

September 6, 2012

News Release

“LaSalle County Health Department’s Flu Clinics to Begin September 27th”

FOR IMMEDIATE RELEASE:

FOR INFORMATION OR INTERVIEWS; contact Leslie Dougherty at 433-3366 x225 or Jenny Barrie x226.

OTTAWA, IL – The LaSalle County Health Department is urging everyone 6 months and older to get vaccinated against seasonal influenza (flu). The LaSalle County Health Department has begun receiving its shipment of flu vaccine and will sponsor several flu clinics throughout the county. Seasonal Influenza Vaccine, Influenza HD (High Dose) Vaccine for persons 65 and older and FluMist Vaccine will be available. All LaSalle County Health Department influenza vaccines are preservative free. Billing will be provided for Medicare part B and Medicaid eligible clients. Persons with insurance will be given a detailed receipt to file with their insurance.

No Doctors order is required. Children must be accompanied by a parent or guardian.

The flu vaccine 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. This year Influenza HD will be given to persons 65 and older. Human immune defenses become weaker with age. Aging decreases the body’s ability to have a good immune response. A higher dose of protection in the vaccine is added to give older persons a better immune response. This additional protection is intended to create a stronger immune response which will make the vaccine more effective in the elderly.

To lessen your chances of developing the flu, adults and children need to practice good hygiene measures. Teach the importance of covering your mouth when coughing or sneezing, and educate children about hand to mucous membrane transmission. One of the best ways to protect yourself and your children is through frequent and thorough hand washing. People who are exhibiting “flu-like” symptoms should stay home from work, out of childcare and school to minimize transmission.

This is also a good time for certain individuals to get a pneumonia vaccination. People who should get a pneumonia shot include:

- persons aged 65 and older
- Adults and children with chronic illnesses such as heart, lung, kidney, or liver disease
- Diabetics
- All persons with a weakened immune system caused by conditions such as HIV, cancer, organ transplant, immunosuppressive medicine, splenectomy, or any other chronic condition.

For those under 65 with a chronic illness it is recommended that it be repeated once after five years. A pneumonia shot is usually necessary only once for those over the age of 65.

The pneumonia vaccine will be available at all the flu clinics. The fee for the pneumonia shot will be \$70. For more information on influenza you can call 1-815-433-3366 and press the flu option or you may visit our website at www.lasallecounty.org/hd.

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

September 5, 2012

News Release

“Twentieth 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 Twentieth Annual Food Service Seminar on September 10, 2012. 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. The morning will begin with Karey Terselic from US Foods Streater Division, who will present information on food safety and quality assurance. Next, Tim Baietto, Quik-Kill Pest Eliminators, Inc. will provide information on pest elimination. Finally, Patricia Welch, from the Illinois Department of Public Health will speak on local purchasing of fresh produce and produce safety.

September is **National Food Safety Education Month®**, and is an annual campaign to heighten awareness about the importance of food safety education. Food borne agents cause an estimated 76 million illnesses annually in the United States. National public health surveillance data provides some insight into the causes of food borne illness, types of implicated foods, and where food borne outbreaks occur. This information is routinely evaluated by local health departments in an effort to implement food safety strategies to prevent and control food borne illness within our community.

This year's National Food Safety Education Month theme is "Be Safe, Don't Cross-Contaminate". Cross contamination is the transfer of pathogens from one surface or food to another. Improper handling of raw meat, poultry and seafood can create an inviting environment for cross-contamination. As a result, harmful bacteria can spread to food and throughout the kitchen. Tips to avoid cross contamination include:

- **Wash** - Always wash hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers and handling pets. Always start with a clean scene—wash cutting boards, dishes, countertops, and utensils with hot water and soap.
- **Take Two** - Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.
- **Clean Your Plate** - Never place cooked food back on a plate that previously held raw meat, poultry, seafood, or eggs.
- **Safely Separate** - Separate raw meat, poultry and seafood from other foods in your grocery shopping cart and shopping bags, and in your refrigerator.
- **Seal It** - To prevent juices from raw meat, poultry or seafood from dripping onto other foods in the refrigerator, place these raw foods in sealed containers or plastic bags on the bottom shelf of the fridge.

For more information about National Food Safety Education Month, visit the NFSEM website at www.ServSafe.com/nfsem or www.lasallecounty.org/hd. To pre-register for the food service seminar, please call the LaSalle County Health Department at (815) 433-3366 ext. 228.

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What You Need to Do to Prevent

Three mosquitoes are shown against a white background. One is at the top, and two are below it, one on the left and one on the right. They are brown with transparent wings.

West Nile Virus

Mosquitoes that carry West Nile virus are not as noticeable as the swarms of aggressive flood-water mosquitoes seen during rainy summers; however, they are present and people need to take precautions, **especially those older than 50 because they are at a higher risk for severe illness from West Nile virus.**

Use insect repellent when outdoors in the evening, reduce the number of mosquitoes around your home and take personal precautions to avoid mosquito bites.

Practice the three "R's":

REDUCE exposure – avoid being outdoors when mosquitoes are most active, especially between dusk and dawn.

- 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 where mosquitoes can breed, including water in bird baths, ponds, flowerpots, wading pools, old tires and any other receptacles.

REPEL – when outdoors, wear shoes and socks, long pants and a long-sleeved shirt, and apply insect repellent that contains DEET, picaridin, oil of lemon eucalyptus or IR 3535, according to label instructions. Consult a physician before using repellents on infants.

REPORT – Contact your local government to report dead birds and areas of stagnant water in roadside ditches, flooded yards and similar locations that may produce mosquitoes.



State of Illinois
Illinois Department of Public Health

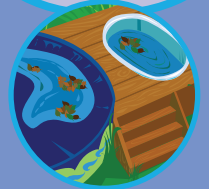
For more information, call the West Nile Virus Hotline at **866-369-9710** or visit the Department's website at **www.idph.state.il.us**.



State of Illinois
Illinois Department of Public Health

Protect your home against MOSQUITOES

Mosquitoes can develop in any standing water that is present for more than five days. To reduce the mosquito population around your home and property, eliminate all standing water and debris. Here are some spots where water can collect or where poor maintenance can cause problems.



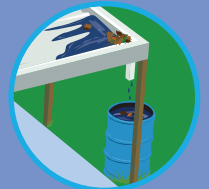
Pool cover that collects water, neglected swimming pool, hot tub or child's wading pool



Birdbath (clean weekly) and ornamental pond (stock with fish)



Any toy, garden equipment or container that can hold water



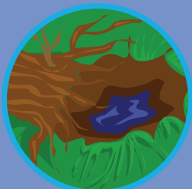
Flat roof without adequate drainage



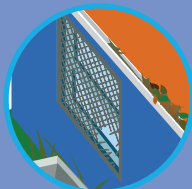
Clogged rain gutter (home and street)



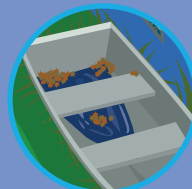
Trash and discarded tires (drill drain holes in bottom of tire swings)



Tree rot hole or hollow stump



Missing, damaged or improperly installed screens



Uncovered boat or boat cover that collects water



Leaky faucet or pet bowl (change water daily)

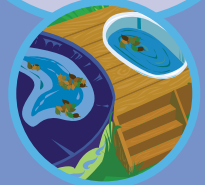


For more information, call the West Nile Virus Hotline at 866-369-9710 or visit the IDPH website at www.idph.state.il.us.



Proteja su hogar contra los MOSQUITOS

Los mosquitos se pueden desarrollar en cualquier acumulación de agua que haya permanecido en reposo durante más de cinco días. Para reducir la población de mosquitos cerca de su hogar y de su propiedad, elimine toda acumulación de agua estancada y basura. A continuación encontrará algunos lugares en que se puede acumular agua o donde un mantenimiento deficiente puede provocar problemas.



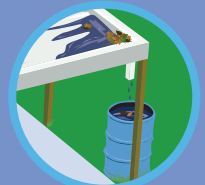
Cubiertas de piscinas donde se acumula agua, piscinas que no se mantienen correctamente, jacuzzis o piscinas para niños.



Pilas para pájaros (limpiar semanalmente) y estanques ornamentales (agregue peces).



Cualquier juguete, equipo de jardinería o recipiente que pueda contener agua.



Techos planos sin un drenaje adecuado.



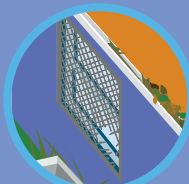
Desagües de aguas lluvia obstruidos (en la casa y en la calle).



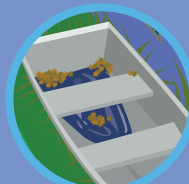
Basura y llantas desechadas (perfore las llantas en la parte inferior para que eliminen el agua).



Agujeros en los árboles o pilares huecos.



Mallas dañadas o mal instaladas o la ausencia de ellas.



Botes sin cubiertas o cuya cubierta acumula agua.



Llaves que gotean o platos para mascotas (cambiar el agua diariamente).

Departamento de
Salud Pública
de Illinois

West Nile virus is a risk you **can** do something about.

West Nile virus is now in most of the United States.

The most important way people become infected is through the bite of an infected mosquito. You can reduce your chance of getting infected by **avoiding mosquito bites**.



Adults are at highest risk.

People over age 50 and people who have ever received a solid organ transplant are more likely to develop serious symptoms of West Nile virus if they do get sick and should take special care to avoid mosquito bites.

What happens if I get infected?

A small number of people (about 1 in 150) who get infected with West Nile virus develop severe disease, called West Nile encephalitis or West Nile meningitis (inflammation of the brain or the area around the brain). Symptoms of severe illness include headache, high fever, stiff neck, mental confusion, muscle weakness, tremors (shaking), convulsions, coma, and paralysis. These symptoms may last several weeks, and neurological effects may be permanent. **See your health care provider** if you develop these symptoms.

Some people who become infected have symptoms such as fever, headache, body aches, nausea, vomiting, swollen lymph glands or a skin rash on the chest, stomach and back. Symptoms can last for a few days to several weeks. **Call your health care provider** if you have questions about your symptoms.

Most people who get infected with West Nile virus do not have any symptoms. There is no specific treatment for West Nile virus infection. There is no vaccine available for people.

for more information
www.cdc.gov/westnile
800-CDC-INFO (232-4636)
in English, en Español



Department of Health and Human Services
Centers for Disease Control and Prevention



Three steps you can take to reduce your risk...

Avoid mosquito bites!

1

Apply insect repellent on exposed skin and clothing when you go outdoors. Use an EPA-registered

insect repellent such as those containing DEET, picaridin or oil of lemon eucalyptus.

Permethrin sprayed on clothing provides protection through several washes. Products with a higher percentage of DEET as active ingredient generally give longer protection. *Don't spray repellent on skin under clothing. Don't use permethrin on skin.*



For details on when and how to apply repellent, see www.cdc.gov/westnile, and look for **Insect Repellent Use and Safety** in the **Questions and Answers** pages.

Cover up! Wearing long sleeve shirts, long pants and socks sprayed with repellent while outdoors can further help prevent mosquito bites.

Avoid mosquitoes! Many mosquitoes bite between dusk and dawn. Limit time outdoors during these hours, or be especially sure to use repellents and protective clothing.

Mosquito-proof your home!



Screens: Keep mosquitoes outside by fixing or installing window and door screens.

Drain standing water. Don't give mosquitoes a place to breed. A small amount of standing water can be enough for a mosquito to lay her eggs.

Look around every week for possible mosquito breeding places. Empty water from

buckets, cans, pool covers, flower pots and other items. Throw away or cover up stored tires and other items that aren't being used. Clean pet water bowls weekly. Check if rain gutters are clogged. If you store water outside or have a well, make sure it's covered up. Encourage your neighbors to do the same.

3

Help your community!

Dead birds help health departments track West Nile virus. **Check with your local or state health department** to find out their policy for reporting dead birds.

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

August 15, 2012

News Release

“Adenovirus Confirmed in Outbreak Investigation”

FOR IMMEDIATE RELEASE

FOR ADDITIONAL INFORMATION; please contact Jenny Barrie (ext. 226) or Leslie Dougherty (ext. 225) at 815-433-3366

Ottawa, IL – The LaSalle County Health Department has identified an illness in 17 persons following swimming at the Hi-Tide Recreation campground near Leland, Illinois. Ill persons swam at the lake beach in late July and developed symptoms including high fever, muscles aches, sore, throat, red eyes, eye pain and severe headache in the first week of August. This morning, the Health Department received confirmation from the Centers for Disease Control and Prevention (CDC) that 13 cases of adenovirus have been confirmed in the ill persons. The LaSalle County Health Department started an investigation upon notification on August 10th to determine the cause of illness. Several pathogens were investigated. In addition, late Friday evening the local medical community was notified about the investigation and asked to notify the Health Department of any suspect cases.

Adenovirus is commonly an infection of the upper respiratory tract. Symptoms are similar to the common cold and often include, red eyes and eye pain. Adenovirus spreads person-to-person and can survive for a long time on objects. The virus may be spread through contact with droplets from the nose and throat of an infected person. Infection can occur while eating or touching the eyes, nose, or mouth if the hands are contaminated with the virus and not washed well. Infected persons may spread the virus if they do not wash their hands well and then handle food that other people eat. Several adenovirus outbreaks have occurred in other states in the past related to recreational water swimming.

Viruses are spread person-to-person, and adenovirus is no different. Precautionary measures include practicing good health habits such as:

- People who are ill with either gastrointestinal illness or with symptoms of high fever, red eyes, and eye pain should not swim while ill

- Covering your mouth and nose with a tissue when coughing or sneezing
- Wash your hands often to help protect yourself from germs
- Avoid touching your eyes, nose or mouth
- Stay home from work and school when sick
- Avoid close contact with people who are sick

The LaSalle County Health Department continues to work with the Illinois Department of Public Health and the CDC to possibly determine the source of the virus. As a precautionary measure, the Illinois Department of Public Health closed all swimming facilities at the campground on August 10th and 11th. Currently, the swimming facilities remain closed. Hi-Tide Recreation management has been very cooperative and working closely with Health Department staff.

The LaSalle County Health Department will continue to investigate by contacting individuals who swam at the campground during this timeframe. If you are experiencing symptoms, please contact your physician and contact the Health Department at 815-433-3366.

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

June 11, 2012

News Release

FOR IMMEDIATE RELEASE

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

“First Bird Tests Positive for West Nile Virus”

OTTAWA, IL – The LaSalle County Health Department reported a bird has tested positive for West Nile virus by the Illinois Department of Agriculture Laboratory in Galesburg. A blue jay from LaSalle was collected on May 31, 2012. This is the first documented West Nile virus activity in LaSalle County this year.

West Nile virus is transmitted through the bite of a mosquito that has picked up the virus by feeding on an infected bird. Common West Nile virus symptoms include fever, nausea, headache and muscle aches. Symptoms may last from a few days to a few weeks. However, four out of five people infected with West Nile virus will not show any symptoms. In rare cases, severe illness including meningitis or encephalitis, or even death, can occur. People older than 50 are at higher risk for severe illness from West Nile 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 practicing the three “R’s” – reduce, repel and report.

- **REDUCE** exposure - avoid being outdoors when mosquitoes are most active, especially between dusk and dawn.
- 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 where mosquitoes can breed, including water in bird baths, ponds, flowerpots, wading pools, old tires and any other receptacles.
- **REPEL** - when outdoors, wear shoes and socks, long pants and a long-sleeved shirt, and apply insect repellent that contains DEET, picaridin, oil of lemon eucalyptus or IR 3535, according to label instructions. Consult a physician before using repellents on infants.
- **REPORT** - 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, perching birds, 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 . A state-wide listing is available at the Illinois Department of Public Health's web site at <http://www.idph.state.il.us/envhealth/wnv.htm>

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

April 18, 2012

NEWS RELEASE

“Bat Tests Positive for Rabies in LaSalle County”

FOR IMMEDIATE RELEASE:

FOR INFORMATION OR INTERVIEWS: contact Leslie Dougherty or Jenny Barrie at 815-433-3366

OTTAWA, IL – Due to continuing evidence that bats are the primary carrier of rabies in Illinois, the LaSalle County Health Department is reminding the public to avoid contact with bats. Bats are already active this year, due to early warm temperatures. LaSalle County Health Department officials have recently received a report indicating that a bat submitted from Ottawa tested positive for rabies. Currently, in 2012, five (5) bats have tested positive for rabies in Illinois.

Rabies is a virus that affects the nervous system of humans and other mammals. Humans can get rabies after being bitten by an infected animal. Rabies can also be contracted when saliva from a rabid animal gets directly into a person’s eyes, nose, mouth or an open wound. People usually know when they have been bitten by a bat, but bats have very small teeth and the bite mark may not be easy to see. **Without preventative treatment, rabies is a fatal disease.** If you have been bitten or have had direct contact with a bat, seek immediate medical attention. Treatment with rabies immune globulin and a vaccine series must begin immediately. Post-exposure treatment is a 4 to 5 dose vaccination series given over a 30-day period.

Any wild mammal, like a raccoon, skunk, fox, coyote or bat, can have rabies and transmit it to people. Changes in the animal’s normal behavior, difficulty with walking or an overall appearance of illness, can be early signs of rabies. The animal does not need to be foaming at the mouth or exhibiting rabies symptoms. Specifically, bats that are active during the day, found on the ground or are unable to fly, are more likely than others to be rabid. These bats are often very easy to approach, but should never be handled.

The following tips from the Illinois Department of Public Health should be followed to prevent the spread of rabies:

- Be a responsible animal owner. Keep vaccinations up-to-date for all dogs, cats, ferrets and other animals you own.

- Seek immediate veterinary assistance for your pet if your pet is bitten by a wild animal or exposed to a bat.
- Call the local animal control agency about removing stray animals in your neighborhood.
- Do not handle, feed or unintentionally attract wild animals with open garbage cans or litter.
- Never adopt wild animals or bring them into your home. Do not try to nurse sick wild animals to health. Call animal control or an animal rescue agency for assistance.
- Teach children never to handle unfamiliar animals, wild or domestic, even if they appear friendly. “Love your own, leave other animals alone” is a good principle for children to learn to reduce the risk of exposures to rabid animals.
- Maintain homes and other buildings so bats cannot gain entry.
- If a bat is in your home, do not release the bat outdoors until after speaking with animal control or public health officials. If you can do it without putting yourself at risk for physical contact or being bitten, try to cover the bat with a large can or bucket, and close the door to the room.

For further questions and additional information, please contact the LaSalle County Health Department at 815-433-3366 or visit our website at www.lasallecounty.org/hd. Information about rabies activity in the state can be found at <http://www.idph.state.il.us/health/infect/reportdis/rabies.htm>.

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

April 12, 2012

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 April 16, 2012. This process is being started two weeks earlier than normal due to the mild winter and early warm spring. This effort will help detect any early season West Nile virus activity promoted by the unusually warm weather conditions we have been experiencing.

Dead birds are important sentinels for early detection of West Nile virus activity. Over the past ten years, West Nile virus activity has been documented throughout LaSalle County. LaSalle County citizens should report any dead crows, blue jays, grackles, starlings, robins, cardinals, catbirds, mockingbirds, sparrows, finches, flycatchers, swallows, warblers, and wrens 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.

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. 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/hd for bird identification information.

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

March 22, 2012

NEWS RELEASE

"Free Larvicide Training Offered"

FOR IMMEDIATE RELEASE:

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

OTTAWA, IL – The LaSalle County Health Department in conjunction with the Illinois Department of Public Health is offering a free one-hour larvicide training. The training will take place on Wednesday April 11, 2012, from 10am-12pm in the conference room at the LaSalle County Health Department. The Health Department is located at 717 Etna Road, Ottawa.

If you would like to attend, contact the LaSalle County Health Department at 815-433-3366, ext. 228, by Thursday, April 6th. A registration form is available on the Health Department's website at www.lasallecounty.org/hd. Registration forms can also be mailed or faxed to interested parties.

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Mosquito Larvicide Training
April 11, 2012
LaSalle County Health Department
717 E. Etna Road
Ottawa, IL 61350
(815)433-3366
Fax: (815)433-9522

Registration Form

Name _____

Address _____

City/State/Zip _____

County _____

Email _____

Telephone _____

Number Attending _____

Please return or fax by April 6, 2012.

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

March 22, 2012

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 American Public Health Association has announced National Public Health Week will be observed April 2-8th, 2012. The theme of this year's National Public Health Week is "A Healthier America Begins Today – Join the Movement". National Public Health Week is a time to celebrate advancements in public health, assess our nation's current public health status and highlight the importance of taking action. The goal is to create a healthier nation in one generation. Individuals can live healthier and longer lives by taking steps to prevent diseases before they happen. Even small preventative changes such as, eating healthy, exercising regularly, avoiding tobacco, and receiving proper vaccinations can make a *BIG* difference. For more information regarding Public Health Week, please visit www.nphw.org.

Programs available at the LaSalle County Health Department focus on the prevention of the spread of disease and food borne illness, elimination of potentially harmful environmental situations, protection of groundwater from contamination, preparedness to respond to bioterrorism issues, prevention of injuries, health promotion programs, and referral to quality health services. In honor of National Public Health Week the LaSalle County Health Department will be highlighting various programs throughout the week. The line-up is as follows:

Mon., April 2nd –HIV & STD Education and Awareness with Testing and Referral Options

TB Information & Education – Testing Available

Tues., April 3rd –Walk-In Adult Immunizations

Genetics Education

WIC Nutrition and Program Information

Wed., April 4th – Breast & Cervical Cancer Education – IBCCP Enrollment for Eligible Women

Blood Pressure Checks

Smoking Prevention

Thurs., April 5th –Food Safety, Water Well Testing, and Mosquito Education

Staff will be available to answer questions for anyone who would like more information about these specific programs. Educational materials focusing on a variety of health topics, are always available in the Health Department lobby, located at 717 Etna Road in Ottawa. The Health Department is open Monday through Friday from 8:00 a.m.-4:30 p.m. For 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.

**Please note* - The LaSalle County Health Department will be closed in observation for Good Friday on April 6, 2012. Also, Jenny Barrie and Leslie Dougherty will be out of the office April 2-6th. If you have questions about Public Health Week please contact us prior to these dates.*

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LASALLE COUNTY HEALTH DEPARTMENT

717 ETNA ROAD

OTTAWA, IL 61350

433-3366

MARCH 15, 2012

N E W S R E L E A S E

“WORLD TB DAY”

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 World TB Day is Saturday, March 24th. This is the 130th anniversary of Robert Koch’s discovery of the TB bacillus. When Koch announced his discovery on March 24, 1882 in Berlin, Germany, tuberculosis was responsible for the death of one of every seven people living in Europe and the United States.

This years theme is “Stop TB, In my Lifetime!” Its design is to build public awareness that tuberculosis today remains an epidemic in much of the World causing the deaths of several million people each year. The general symptoms of TB disease include feeling sick or weak, weight loss, fever and night sweats. TB of the lungs causes the general

symptoms plus coughing, sometimes producing blood, and chest pain.

TB is caused by an organism called *Mycobacterium tuberculosis*. When a person with active TB disease coughs or sneezes, tiny particles containing *M. tuberculosis* may be expelled into the air. If another person inhales air that contains these particles, transmission from one person to another may occur. However, not everyone infected with the TB germ becomes sick; as a result, two TB related conditions exist; latent TB infection (LTBI) and active TB disease -- both of which are treatable and curable. There are an estimated 10 to 15 million persons in the United States with latent TB infection, and about 10% of these infected individuals will develop TB disease at some point in their lives. TB is not a disease of the past, TB can infect anyone.

Today, one-third of the World's population is infected with TB and about 2 million people die of this disease each year, even though it is curable. To find out more about TB, or to see about getting tested for a possible TB exposure, contact the LaSalle County Health Department at 433-3366 or 1-800-247-5243 or visit our website at www.lasallecounty.org/hd..

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LASALLE COUNTY HEALTH DEPARTMENT

717 ETNA ROAD

OTTAWA, IL 61350

433-3366

February 3, 2012

“February is American Heart Month”

FOR IMMEDIATE RELEASE:

FOR INFORMATION OR INTERVIEWS, contact Leslie Dougherty at 433-3366 x225.

OTTAWA, IL – February is American Heart Month, a month to spread awareness about the importance of heart health. In honor of this, LaSalle County Health Department would like to encourage people to show their support by wearing red on Fridays throughout the month of February.

Heart disease is the number one killer of women in Illinois, and the U.S. While heart disease has traditionally been seen as a “man’s disease” one in three women dies of heart disease each year. Women are also more likely than men to exhibit these signs of heart attack such as shortness of breath, nausea, vomiting or back and jaw pain. Heart attacks are life- and -death emergencies where every second counts so we encourage people to know their risks. Factors that may increase your chances of getting heart disease include:

- High Blood Cholesterol
- High Blood Pressure
- Diabetes
- Being Overweight

- Family history of early heart disease
- Age (55 or older for women)
- Being physically inactive
- Smoking

Some steps you can take to decrease your risks of heart disease is to know your numbers when it comes to cholesterol and blood pressure. In addition, controlling your weight, being physical active and decreasing your stress level can also have added benefits.

-more-

If you experience any of the following symptoms, do not wait before calling for help.

Call 911 and get to the hospital right away.

- Chest pain or discomfort
- Shortness of breath
- Breaking out in a cold sweat
- Sudden dizziness or lightheadedness
- Unusual upper body pain (arms, back, jaw)
- Skipped heartbeats
- Unusual or unexplained fatigue

For more information about heart disease, contact the LaSalle County Health Department at 433-3366 or visit our website at www.lasallecounty.org/hd.

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LASALLE COUNTY HEALTH DEPARTMENT

717 ETNA ROAD

OTTAWA, IL 61350

433-3366

January 23, 2012

“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 x225 or Jenny Barrie x226.

OTTAWA, IL—In recognition of Cervical Cancer Awareness Month the LaSalle County Health Department is urging women over the age of 21 to be screened regularly for cervical cancer. The goal is to eradicate cervical cancer in Illinois by women taking charge and getting screened. Every year approximately 10,000 women in the United States are diagnosed

with cervical cancer, and there are approximately 3,700 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 /or may have never had one. Cervical Cancer is one of the most common types of cancer worldwide and one of the most preventable and treatable when detected early. In addition to increasing awareness of cervical cancer there are some preventative steps that women can take. Regular exercise, a healthy diet, routine screenings and getting the cervical cancer vaccine to help prevent Human Papilloma Virus (HPV), which has been proven to cause cervical cancer. Licensed HPV vaccines for females and males are now available. The Centers for Disease Control and Prevention (CDC) recommends 11 or 12 year old girls and boys begin the HPV vaccine series. The vaccination series must be completed by age 26. HPV vaccination is offered at LaSalle County Health Department immunization clinics which are held monthly. Those who are interested in scheduling an appointment or want more information can call the Health Department.

The LaSalle County Health Department also has a program available which can pay for Pap Smear tests for LaSalle or Grundy County women, ages 35-64 who have no insurance. We invite and encourage anyone who needs more information on cervical cancer and the importance of Pap Smear tests, or the cervical cancer vaccines to contact the Health Department at 1-815-433-3366 or 1-800-247-5243 or visit our website at www.lasallecounty.org/hd.

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LaSalle County Health Department

717 Etna Road

Ottawa, IL 61350

815-433-3366

January 5, 2012

FOR IMMEDIATE RELEASE

FOR INFORMATION OR INTERVIEWS; contact Leslie Dougherty (ext. 225) or Jenny Barrie (ext. 226)

Ottawa, IL –The LaSalle County WIC office in LaSalle will be closed on Friday, January 6, 2012 due to smoke from Westclox fire and diminished air quality. If you are scheduled for an appointment in the LaSalle office on Friday, please contact the LaSalle County Health Department 815-433-3366 to reschedule. We apologize for any inconvenience this may have caused our clients. Please note this is only affecting the LaSalle WIC office. The WIC office in Mendota will be open on Friday as usual.

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