



MEDIA RELEASE

Date: November 24, 2015

To: All Media

From: LaSalle County Health Department
717 Etna Road
Ottawa, IL 61350

Contact: Leslie Dougherty (ext. 225)

Phone: (815) 433-3366
For Immediate Release

“LaSalle County Health Department’s Flu Clinic December3rd”

OTTAWA, IL – The LaSalle County Health Departments next flu clinic will be held Thursday, December 3rd at the Health Department from 10 am - 5 pm. We urge everyone 6 months and older to get vaccinated against seasonal influenza (flu). We have an adequate supply of flu vaccine including high dose for persons 65 and older. Due to production delays Flu Mist may not be available. Parents are encouraged to vaccinate their children with the shot when the flu mist is not available. All LaSalle County Health Department influenza vaccines are preservative free. The fee for the flu shot will be \$30. Billing will be provided for Medicare part B, Medicaid eligible clients, and most health insurance companies. Also at this clinic, if you are 19 years of age or older, have no health insurance or your insurance doesn’t pay for vaccines we have flu and pneumonia vaccine available at reduced cost through the Vaccine for Adults (VFA) program.

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

The flu vaccine is 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. 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.

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MEDIA RELEASE



Date: November 20, 2015

To: All Media

From: LaSalle County Health Department
717 Etna Road
Ottawa, IL 61350

Contact: Jenny Barrie (ext. 226)
Leslie Dougherty (ext. 225)

Phone: (815) 433-3366
For Immediate Release

“WORLD AIDS DAY”

OTTAWA, IL -- The 28th annual observance of World AIDS Day is December 1, 2015. This year's theme is “Think Positive, Rethink HIV.” In honor of this day the LaSalle County Health Department will be doing walk-in HIV tests on Monday, December 7th from 9:00-4:00 pm. This means people who want to be tested do not need to make appointment on that day. They can walk-in be tested and have their results. 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. Young adults aged 20-24 have the highest annual diagnosis rate and account for the largest percentage of all new cases.

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. Individuals may call 815-433-3366 to schedule an appointment if they are unable to come on December 7th. For more information you can also visit our website at www.lasallecounty.org.

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MEDIA RELEASE

Date: November 18, 2015
To: All Media
From: LaSalle County Health Department
717 Etna Road
Ottawa, IL 61350
Contact: Jenny Barrie (ext. 226)
Leslie Dougherty (ext. 225)
Phone: (815) 433-3366
For Immediate Release



“ GREAT AMERICAN SMOKE OUT ”

OTTAWA, IL -- The LaSalle County Health Department would like to announce that Thursday, November 19th is this year's Great American Smoke Out. The Great American Smoke Out is sponsored by the American Cancer Society (ACS) and celebrated the third Thursday each November. This annual event challenges smokers to quit for at least 1 day with the hopes that they will quit permanently.

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. Smoking is associated with increased risk for cancers of the mouth, nasal cavities, pharynx, larynx, esophagus, stomach, pancreas, liver, cervix, kidney, bladder, and myeloid leukemia. And yet about 42 million Americans still smoke. That's a bit under 1 in 5 adults.

The Great American Smoke Out is an upbeat effort to encourage smokers to give up cigarettes for 24 hours, if only to prove to themselves that they can. Quitting smoking has immediate and long-term benefits, including reduced risk for heart disease and certain cancers. For help in quitting you can contact the Illinois Department of Public Health's Quit line at 1-866-QUIT-YES. Nonsmokers are encouraged to participate as well. By adopting a smoker you 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 at 433-3366 or visit our website at www.lasallecounty.org/hd.

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MEDIA RELEASE



Date: November 2, 2015

To: All Media

From: LaSalle County Health Department
717 Etna Road
Ottawa, IL 61350

Contact: Leslie Dougherty (ext. 225)

Phone: (815) 433-3366
For Immediate Release

"LaSalle County Health Department's Flu Clinic November 5th"

OTTAWA, IL – The LaSalle County Health Departments next flu clinic will be held Thursday, November 5th at the Health Department from 9 am - 5 pm. We urge everyone 6 months and older to get vaccinated against seasonal influenza (flu). We have an adequate supply of flu vaccine including high dose for persons 65 and older. Due to production delays Flu Mist will not be available. Parents are encouraged to vaccinate their children with the shot in place of flu mist this year. All LaSalle County Health Department influenza vaccines are preservative free. The fee for the flu shot will be \$30. Billing will be provided for Medicare part B, Medicaid eligible clients, and most health insurance companies. Also at this clinic, if you are 19 years of age or older, have no health insurance or your insurance doesn't pay for vaccines we have flu and pneumonia vaccine available to you through the Vaccine for Adults (VFA) program.

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

The flu vaccine is 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. 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.

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MEDIA RELEASE



Date: October 8, 2015
To: All Media
From: LaSalle County Health Department
717 Etna Road
Ottawa, IL 61350
Contact: Jenny Barrie (ext. 226)
Leslie Dougherty (ext. 225)
Phone: (815) 433-3366
For Immediate Release

“LaSalle County Health Department IBCCP program”

October is Breast Cancer Awareness Month. LaSalle County Health Department, through our Illinois Breast and Cervical Cancer Program grant, can pay for mammograms and pap smears for women who qualify. You qualify if you are a LaSalle or Grundy County resident between the ages of 35 -64 and have no insurance or whose insurance has a high deductible.

From July 1, 2015 to date (of this grant year) we have had 6 women diagnosed with breast cancer and 1 woman diagnosed with cervical cancer. 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 Smears. As a result, cancers are diagnosed at later stages when it is more difficult to treat and the chances for survival are less.

Through IBCCP, LaSalle County Health Department is working to increase breast and cervical cancer awareness and break that cycle of late stage treatment for low income women. IBCCP provides FREE mammograms and Pap Smears for those women who qualify and assistance with paying the deductible for those who are insured.

To date this program has served 3,096 LaSalle and Grundy County women. For those women who do not qualify for the IBCCP program or have related charges not covered by the IBCCP grant there are a limited amount of community donated funds to assist with those services. Call 433-3366 for further information on how to receive IBCCP services or assistance.

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MEDIA RELEASE

Date: September 25, 2015
To: All Media
From: LaSalle County Health Department
717 Etna Road
Ottawa, IL 61350
Contact: Jenny Barrie (ext. 226)
Leslie Dougherty (ext. 225)
Phone: (815) 433-3366
For Immediate Release



“Are You Ready? Emergency Preparedness Training”

Ottawa, IL – Disasters affect us all. But disasters and emergencies can have a profound impact on individuals with functional needs or those who rely on caregivers to support an independent lifestyle. Where will you, your family, your friends or attendants be when disaster strikes?

The LaSalle County Medical Reserve Corps is providing two FREE workshops to discuss being better prepared for emergencies with a focus on preparing for those with functional and access needs. The trainings will be held on Tuesday, October 6, 2015. The location and times are listed below:

Training Location:

LaSalle County Health Department
717 Etna Road
Ottawa, IL 61350

Times Offered:

10:00am-11:30am (15 spots available)
2:00pm-3:30pm (15 spots available)

To sign up visit: <http://www.eventbrite.com/e/are-you-ready-tickets-18423812118>, email lasallecomrc@yahoo.com, or call 815-433-3366 Ext. 265. Please register by Friday, October 2, 2015. The LaSalle County Medical Reserve Corps is a volunteer organization that is administered through the LaSalle County Health Department and their Emergency Preparedness Program.

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MEDIA RELEASE



Date: September 2, 2015

To: All Media

From: LaSalle County Health Department
717 Etna Road
Ottawa, IL 61350

Contact: Jenny Barrie (ext. 226)
Leslie Dougherty (ext. 225)

Phone: (815) 433-3366
For Immediate Release

“23rd Annual Food Service Seminar”

Ottawa, IL – The LaSalle County Health Department will be sponsoring their Twenty-Third Annual Food Service Seminar on September 14, 2015. The seminar will be held at Senica’s Oak Ridge, Rt. 6, LaSalle. 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 4:00 p.m. The day will consist of speakers from the LaSalle County Health Department, Getz Fire Equipment, Illinois Department of Public Health, US Department of Labor, and the US Food and Drug Administration. They will present information on norovirus, fire safety in commercial kitchens and cafeterias, smoke-free enforcement in food establishments, workplace safety in food service, and the FDA food code.

September is **National Food Safety Education Month®**, and is an annual campaign to heighten awareness about the importance of food safety education. This year's theme is "Let it Flow," focusing on the flow of food through restaurants. The Centers for Disease Control and Prevention (CDC) estimates that each year roughly 1 in 6 Americans (or 48 million people) get sick, 128,000 are hospitalized, and 3,000 die of foodborne diseases. Food safety is an important public health priority. Foodborne illness is a common and costly problem, however it is preventable. 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

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within our community. Here are some helpful food safety tips:

- **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.foodsafetymonth.com 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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MEDIA RELEASE



Date: August 20, 2015

To: All Media

From: LaSalle County Health Department
717 Etna Road
Ottawa, IL 61350

Contact: Jenny Barrie (ext. 226)
Leslie Dougherty (ext. 225)

Phone: (815) 433-3366
For Immediate Release

“Bird Tests Positive for West Nile Virus in LaSalle County”

Ottawa, IL – The LaSalle County Health Department has received confirmation that another bird has tested positive for West Nile virus by the Illinois Department of Agriculture Laboratory in Galesburg. A crow was collected from Peru on August 13, 2015. To date, LaSalle County has not documented any human cases of West Nile virus. The following chart illustrates the additional West Nile activity seen in LaSalle County:

<u>Municipality</u>	<u>Date Collected</u>	<u>Animal/Insect</u>
MARSEILLES	08/04/2015	OTHER BIRD
MENDOTA	08/03/2015	CROW
OTTAWA	07/22/2015	MOSQUITO
STREATOR	08/18/2015	MOSQUITO
STREATOR	08/18/2015	MOSQUITO

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.

According to Ted Pumo, Director of Environmental Health, “we are seeing widespread West Nile virus activity throughout the county. This activity serves as a good reminder for people to continue to take precautions like wearing insect repellent and limiting their time outdoors between dusk and dawn.” 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 flowerpots, wading pools, old tires and any other receptacles. Change water in bird baths weekly.
- **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 www.dph.illinois.gov/topics-services/environmental-health-protection/vector-control-surveillance/west-nile-virus-surveillance.

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MEDIA RELEASE



Date: August 19, 2015
To: All Media
From: LaSalle County Health Department
717 Etna Road
Ottawa, IL 61350
Contact: Jenny Barrie (ext. 226)
Leslie Dougherty (ext. 225)
Phone: (815) 433-3366
For Immediate Release

“Additional Mosquitoes Test Positive in LaSalle County”

Ottawa, IL – The LaSalle County Health Department reported that two batches of mosquitoes collected in Streator on August 18th have tested positive for West Nile virus (WNV). In July, mosquitoes that were collected in Ottawa tested positive for WNV. In addition, two birds also tested positive for the virus in early August. 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 WNV 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 WNV 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.

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- **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 flowerpots, wading pools, old tires and any other receptacles. Change water in bird baths weekly.
- **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 www.dph.illinois.gov/topics-services/environmental-health-protection/vector-control-surveillance/west-nile-virus-surveillance.

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MEDIA RELEASE



Date: August 10, 2015
To: All Media
From: LaSalle County Health Department
717 Etna Road
Ottawa, IL 61350
Contact: Jenny Barrie (ext. 226)
Leslie Dougherty (ext. 225)
Phone: (815) 433-3366
For Immediate Release

“Birds Test Positive for West Nile Virus in LaSalle County”

Ottawa, IL – The LaSalle County Health Department has received confirmation that two birds have tested positive for West Nile virus by the Illinois Department of Agriculture Laboratory in Galesburg. A crow was collected from Mendota on August 3, 2015 and a grackle was collected from Marseilles on August 4, 2015. In July, mosquitoes that were collected in Ottawa tested positive for West Nile virus. 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

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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 flowerpots, wading pools, old tires and any other receptacles. Change water in bird baths weekly.
- **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

www.dph.illinois.gov/topics-services/environmental-health-protection/vector-control-surveillance/west-nile-virus-surveillance.

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MEDIA RELEASE



Date: August 5, 2015

To: All Media

From: LaSalle County Health Department
717 Etna Road
Ottawa, IL 61350

Contact: Jenny Barrie (ext. 226)
Leslie Dougherty (ext. 225)

Phone: (815) 433-3366
For Immediate Release

“Summertime H.O.P.E. Food Drive Collects Over 900 lbs. of Food”

Ottawa, IL – The LaSalle County Medical Reserve Corps (MRC) held their first annual Summertime H.O.P.E. Food Drive during the months of June and July. During that time they were able to collect over 900 lbs. of food for local food pantries in LaSalle County! The distribution of food has almost been completed, with each local food pantry receiving over 80 lbs. of non-perishable food items. According to Bethanie Albrecht, Emergency Preparedness and Response Specialist/MRC Coordinator, “There are many volunteers, agencies, and businesses who contributed to the success of this food drive, as well as everyone who donated food items. The local food pantries were all very thankful for the donations they received. It was quite a rewarding experience for myself and the MRC volunteers to be involved in this project.”

The LaSalle County MRC would like to extend their appreciation to the multiple locations throughout the county that were designated as “Donation Collection Sites.” The locations are listed below:

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- LaSalle County Health Department-Ottawa
- Walgreens-Peru
- Walgreens-Ottawa
- Walgreens-Streator
- CVS-Peru
- Save-A-Lot-LaSalle
- Save-A-Lot-Ottawa
- Kroger-North Ottawa
- Kroger-South Ottawa
- Kroger-Streator
- Hy-Vee-Peru
- Sullivans-Mendota

The Medical Reserve Corps is a national community-based movement that was established in July of 2002 in response to the President's call for Americans to offer volunteer services in their communities. The Corps is designed to recruit, train, and mobilize willing members of the community who have the skills, knowledge, and desire to help others in both times of emergency and non-emergency. The LaSalle County Medical Reserve Corps is a volunteer organization that is administered through the LaSalle County Health Department and their Emergency Preparedness Program. For more information regarding the MRC program or the food drive, email lasallecomrc@yahoo.com or check out their website at www.lasallecountymrc.org.

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MEDIA RELEASE



Date: July 24, 2015
To: All Media
From: LaSalle County Health Department
717 Etna Road
Ottawa, IL 61350
Contact: Jenny Barrie (ext. 226)
Leslie Dougherty (ext. 225)
Phone: (815) 433-3366
For Immediate Release

“Mosquitoes Test Positive in LaSalle County”

Ottawa, IL – The LaSalle County Health Department reported that mosquitoes collected in Ottawa earlier this week have tested positive for West Nile virus (WNV). This is the first documented West Nile virus activity in LaSalle County this year. According to Ted Pumo, Director of Environmental Health, “This is the time of year we expect to see West Nile virus activity increase. It is imperative that people be very conscientious about self-protection whenever they are outside during the evening hours. As we have seen floodwaters begin to recede and hot weather has moved in, pockets of standing water can create stagnant pools that produce large number of *Culex house* mosquitoes that can carry WNV. The best way to protect yourself against illness is to wear insect repellent and to get rid of any stagnant water around your home to reduce the number of mosquitoes.”

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

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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 flowerpots, wading pools, old tires and any other receptacles. Change water in bird baths weekly.
- **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

www.dph.illinois.gov/topics-services/environmental-health-protection/vector-control-surveillance/west-nile-virus-surveillance.

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DID YOU KNOW THAT.....

- ✓ the health department holds 2 childhood Immunization Clinics per month
- ✓ the health department provides adult vaccines
- ✓ the health department provides travel vaccines and information specific to where you are traveling to
- ✓ the health department can bill vaccines to your insurance if you carry the county insurance
- ✓ the health department can provide state vaccines at a cost of \$10.00 per vaccine to eligible children and adults.

For more information or to schedule an appointment, please call the health department at 815-433-3366.

MEDIA RELEASE



Date: June 26, 2015
To: All Media
From: LaSalle County Health Department
717 Etna Road
Ottawa, IL 61350
Contact: Jenny Barrie (ext. 226)
Leslie Dougherty (ext. 225)
Phone: (815) 433-3366
For Immediate Release

“Mosquitoes and Floodwater”

Ottawa, IL – The LaSalle County Health Departments would like to remind citizens of the large numbers of floodwater mosquitoes (*Aedes vexans* and other species) that appear about two weeks after heavy rains and flooding. Floodwater mosquitoes are a nuisance but are not usually a disease carrying mosquito. Floodwater mosquitoes are rarely infected with the disease causing West Nile virus.

Rather than focus on addressing nuisance floodwater mosquitoes, local Health Departments recommend that homeowners begin to target the primary vector of West Nile virus (WNV), the house mosquito (*Culex pipiens*). WNV is a mosquito-borne disease that can cause encephalitis (inflammation of the lining of the brain and spinal cord). WNV infection is transmitted through a mosquito bite to people, other birds, and animals after the mosquitoes feed on birds that are infected.

As floodwater recedes and hot weather approaches, pockets of standing water can create stagnant water pools that produce large numbers of *Culex house* mosquitoes that can carry WNV. Homeowners should focus on eliminating sources of standing water that can support mosquito breeding. In rural areas, the use of insect repellents and other personal precautions may be the only practical methods for preventing mosquito bites.

Precautions include:

- Avoiding being outdoors when mosquitoes are most active, between dusk and dawn,
- Wearing shoes and socks, long pants and a long-sleeved shirt, and applying insect repellent that contains DEET, picaridin, oil of lemon eucalyptus or IR 3535, according to label instructions, when outdoors,
- Making sure doors and windows have tight-fitting screens, repairing or replacing screens that have tears or other openings, and trying to keep doors and windows shut,
- Eliminating sources of standing water that can support mosquito breeding, including water in bird baths, ponds, flowerpots, wading pools, old tires and other receptacles, and
- Cleaning clogged roof gutters.

For more information on West Nile Virus or mosquitoes, contact LaSalle County Health Department at 815-433-3366 or visit our website at www.lasallecounty.org/hd

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MEDIA RELEASE



Date: June 19, 2015

To: All Media

From: LaSalle County Health
Department

717 Etna Road
Ottawa, IL 61350

Contact: Jenny Barrie (ext. 226)
Leslie Dougherty (ext. 225)

Phone: (815) 433-3366
For Immediate Release

“Well Water Test Kits Available at the Health Department”

Ottawa, IL – Due to the recent rain and flooding our area has experienced over the last week, some LaSalle County water wells may have been exposed to flood waters which can pose a public health hazard. Flood waters carry contaminants such as parasites, bacteria, and viruses from backed up septic systems and other sources. All wells that have been exposed to flood waters need to be tested prior to use to help ensure the water is safe to drink.

The LaSalle County Health Department is providing water well test kits free of charge to LaSalle County residents with wells that have been exposed to flood waters. Test kits will be available at the LaSalle County Health Department, 717 Etna Road, Ottawa, from 8am to 4:30pm, Monday through Friday.

Ted Pumo, Director of Environmental Health at LaSalle County Health Department, urges residents to clean and test wells. "Water wells should be disinfected using standard procedures listed on our website at www.lasallecounty.org/hd under Flood Information. Once the water recedes from around water wells, it is important that flooded water wells be thoroughly pumped, allowed to recharge naturally, and disinfected before sampling. This process is necessary for complete disinfection of the well and may take up to several days to complete."

The water well kits test for coliform bacteria and include information on clean up guidelines for buildings, instructions for chlorinating the well, collecting the water sample for analysis, and a shipping label with specific timeframe instructions for mailing the sample to the designated lab. The test kit is free; residents can mail to laboratory or drop off at LaSalle County Health Department prior to 1pm on Monday, Tuesday or Wednesday. After the lab completes the test analysis on the water sample, the results will be sent to the Health Department to interpret. The Health Department will notify the homeowner of the final test results, usually 7-10 business days.

After flooding, it is recommended to have your total system checked by a qualified electrician, well contractor, or pump contractor. For additional tips and information regarding floods and water wells, visit the LaSalle County Health Department website at www.lasallecounty.org/hd or contact the Health Department's Environmental Health Division at (815) 433-3366.

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MEDIA RELEASE



Date: June 18, 2015
To: All Media
From: LaSalle County Health Department
717 Etna Road
Ottawa, IL 61350
Contact: Jenny Barrie (ext. 226)
Leslie Dougherty (ext. 225)
Phone: (815) 433-3366
For Immediate Release

“NATIONAL HIV TESTING DAY”

FOR IMMEDIATE RELEASE:

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

Ottawa, IL – National HIV Testing Day is on Saturday June 27th. This is the 22nd annual HIV Testing Day campaign. The goal of the campaign is to “Take the Test, Take Control” to identify people who are HIV positive and don’t know it so they can access treatment. According to the Centers for Disease Control (CDC), currently almost 40 percent of people with HIV are not diagnosed until they already have developed AIDS. That can be up to 10 years after they have become infected with HIV. In the United States, nearly 1.2 million people are living with HIV, and one in seven do not know they are infected. According to the CDC, youth aged 13 to 24 accounted for an estimated 26% of all new HIV infections in the United States.

While we have made tremendous strides in treating HIV disease and related infections, those advances mean little to someone who doesn’t know they are infected. If you have ever had unprotected sex with someone who uses injectable drugs, if you have ever shared needles, if you are a man who has ever had sex with another man, or if you have other factors that put you at risk for HIV infection, you should consider getting an HIV test. Today more tools than ever are available to prevent HIV. Limiting your number of sexual partners, never sharing needles, and using condoms correctly and consistently will reduce your risk of HIV infection.

To learn more information about HIV, contact the LaSalle County Health Department at 433-3366. You can also access our website at www.lasallecounty.org/hd. And like us on Facebook.

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MEDIA RELEASE

Date: June 3, 2015
To: All Media
From: LaSalle County Health Department
717 Etna Road
Ottawa, IL 61350
Contact: Jenny Barrie (ext. 226)
Leslie Dougherty (ext. 225)
Phone: (815) 433-3366
For Immediate Release



“New Program Provides Adult Vaccines”

Ottawa, IL-- The LaSalle County Health Department is now able to provide vaccines to eligible adults under the Illinois Department of Public Health Vaccine for Adults Program (VFA). This program offers routinely recommended adult vaccines to adults 19 years of age and older who have no insurance or have insurance that doesn't cover needed vaccines. Medicare and Medicaid recipients are not eligible for this program. There will be a \$10.00 administration charge per vaccine.

Vaccinations are recommended throughout life to prevent vaccine preventable disease, however, adult vaccination rates are low and show that adults are not getting all their recommended vaccines. This program will increase adults' access to vaccinations to help them stay healthy. Some of the vaccines that are available are:

- Tdap which protects against Tetanus, diphtheria and pertussis. Pertussis or “whooping cough” is a disease which may be mild for adults but can be easily spread to infants, and for babies it can be deadly.
- HPV for males and females which prevents certain types of cancer.
- Pneumonia vaccine
- Twinrix which protects against Hepatitis A and Hepatitis B

LCHD will be expanding our available vaccines as we identify vaccine needs and requests. We plan to have a full supply of VFA in the future with vaccines such as Zostavax for Shingles, Prevnar 13 for pneumonia and others. For more information or to schedule an appointment contact the LaSalle County Health Department at (815) 433-3366.

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MEDIA RELEASE



Date: June 2, 2015

To: All Media

From: LaSalle County Health Department
717 Etna Road
Ottawa, IL 61350

Contact: Jenny Barrie (ext. 226)
Leslie Dougherty (ext. 225)

Phone: (815) 433-3366
For Immediate Release

“Summertime H.O.P.E. Food Drive”

Ottawa, IL – The LaSalle County Medical Reserve Corps. (MRC) is kicking off their Summertime H.O.P.E. Food Drive. Most big food drives take place during the Thanksgiving and Christmas holidays, but the people that are hungry during that time of year are hungry all year around.

Did you know that the food pantries throughout the county serve over 6,100 people on a monthly basis? And that an average person eats 3-5 pounds of food a day? So to feed the population of people that use the pantries in the county that could take up to 24,400 lbs of food and more!

In order to help support the local food pantries this summer, the MRC will be collecting items from **June 1st to July 13th**. There are multiple locations throughout the county that have been designated as “Donation Collection Sites.” The locations are listed below:

- LaSalle County Health Department-Ottawa
- Walgreens-Peru
- Walgreens-Ottawa
- Walgreens-Streator
- CVS-Peru
- Save-A-Lot-LaSalle
- Save-A-Lot-Ottawa
- Kroger-North Ottawa
- Kroger-South Ottawa
- Kroger-Streator
- Hy-Vee-Peru
- Sullivans-Mendota

All the food collected will be divided up based on population served and each food pantry in LaSalle County that gives out non-perishable food items will receive a donation. The goal of the MRC is to collect **30,000 lbs.!** The following food items are needed:

- | | | |
|---|--|---|
| <input type="checkbox"/> Cereal | <input type="checkbox"/> Canned Vegetables | <input type="checkbox"/> Fruit Cups |
| <input type="checkbox"/> Noodles | <input type="checkbox"/> Hamburger Helper | <input type="checkbox"/> Granola Bars |
| <input type="checkbox"/> Mac and Cheese | <input type="checkbox"/> Spaghetti Sauce | <input type="checkbox"/> Fruit Juice Boxes |
| <input type="checkbox"/> Peanut Butter | <input type="checkbox"/> Flour | <input type="checkbox"/> Raisins |
| <input type="checkbox"/> Soup/Stew/Chili | <input type="checkbox"/> Sugar | <input type="checkbox"/> Fruit Snacks/Rolls |
| <input type="checkbox"/> Tuna Fish | <input type="checkbox"/> Canned Meat | <input type="checkbox"/> Graham Crackers |
| <input type="checkbox"/> Rice | <input type="checkbox"/> Coffee | <input type="checkbox"/> Jello-O |
| <input type="checkbox"/> Instant Potatoes | <input type="checkbox"/> Canned Fruit | |

The Medical Reserve Corps is a national community-based movement that was established in July of 2002 in response to the President's call for Americans to offer volunteer services in their communities. The Corps is designed to recruit, train, and mobilize willing members of the community who have the skills, knowledge, and desire to help others in both times of emergency and non-emergency. The LaSalle County Medical Reserve Corps is a volunteer organization that is administered through the LaSalle County Health Department and their Emergency Preparedness Program. For more information regarding the MRC program or the food drive, email lasallecomrc@yahoo.com or check out their website at www.lasallecountymrc.org.

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MEDIA RELEASE



Date: May 15, 2015

To: All Media

From: LaSalle County Health Department
717 Etna Road
Ottawa, IL 61350

Contact: Jenny Barrie (ext. 226)
Leslie Dougherty (ext. 225)

Phone: (815) 433-3366
For Immediate Release

"Avoiding Tickborne Disease"

Ottawa, IL - As the weather warms up and people spend more time outdoors, it's important to take precautions against tick bites and the illnesses they can carry, like Rocky Mountain spotted fever, Lyme disease, tularemia and ehrlichiosis. Tickborne diseases can cause mild symptoms or severe infections. In a study conducted by the federal Centers for Disease Control (CDC) they discovered that Lyme disease is about 10 times more prevalent than previously reported, claiming that as many as 300,000 Americans are diagnosed with the disease annually, as opposed to the previously reported count of 20,000 to 30,000 reported cases. These statistics appear to hold true in LaSalle County, as Lyme disease cases have increased over recent years. LaSalle County documented 5 cases of Lyme disease in 2014.

Year	Number of Lyme Disease Cases in LaSalle County
2014	5
2013	12
2012	4
2011	8
2010	3
2009	4

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"While antibiotics can treat illnesses due to tick bites, it's best to avoid tick bites altogether by taking some simple precautions," says Ted Pumo, Director of Environmental Health, LaSalle County Health Department. Recommendations to avoid tick bites:

- If you are in tick-infested areas, walk in the center of trails so weeds do not brush against you.
- Use repellent that contains 20 to 30 % DEET on exposed skin. Follow product instructions.
- Use products that contain permethrin to treat clothing and gear, such as boots, pants (especially the cuffs), socks and sleeping tents. Or look for clothing pre-treated with permethrin.
- Tuck long pants into socks and boots. Wearing light-colored pants makes ticks easier to see.
- In areas where there are ticks, check yourself, children and other family members every two to three hours for ticks (especially ears, hair, neck, legs and between the toes).
- Check outdoor pets often for ticks. Ticks can "hitch a ride" on pets and into your home. Tick collars, sprays, shampoos, or monthly "top spot" medications help protect pets against ticks.

If you find a tick attached to your skin, there's no need to panic. The CDC recommends the following steps to remove a tick:

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.
3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.

Within two weeks following a tick bite, if you experience a rash that looks like a bull's-eye, a rash anywhere on your body, or an unexplained illness accompanied by fever, call your doctor. The most common symptoms of tick-related illnesses can include fever, chills, aches, pains, and rash. Early recognition and treatment of the infection decreases the risk of serious complications. For more information, visit our website at www.lasallecounty.org/hd.

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MEDIA RELEASE

Date: April 30, 2015
To: All Media
From: LaSalle County Health Department
717 Etna Road
Ottawa, IL 61350
Contact: Jenny Barrie (ext. 226)
Leslie Dougherty (ext. 225)
Phone: (815) 433-3366
For Immediate Release



“Health Department Begins Dead Bird Surveillance”

Ottawa, IL – The LaSalle County Health Department will begin collecting dead birds on May 1, 2015 and will continue this process until October 15, 2015. Dead birds are important sentinels for early detection of West Nile virus activity. Over the past thirteen years, West Nile virus activity has been documented throughout LaSalle County. If you find a dead bird, please contact the Health Department’s Environmental Health Division at 815-433-3366. Below is the criteria the Health Department uses to determine if a bird is eligible to submit for testing:

1. The bird is dead, but the carcass is in good condition. Birds should be dead no more than about 48 hours prior to collection, and should not show signs of advanced decomposition (maggots, strong odor, dried or deflated eyes).
2. The bird shows no sign it died of causes other than disease. Birds with obvious injuries such as wounds or missing parts should not be submitted for testing. Likewise, crushed carcasses and birds found along roadways are not acceptable.
3. The bird must be one that is acceptable for testing. Some acceptable species are crows, blue jays, grackles, starlings, robins, cardinals, sparrows, finches, hawks and owls. Birds that **will not** be accepted include pigeons, ducks, geese, chickens, other large birds and endangered species. To help identify the type of bird, please visit our website at www.lasallecounty.org/hd for bird identification information.

As in past years, Health Department staff is getting ready to begin testing mosquitoes.

Mosquitoes will be tested for West Nile virus. The mosquito collection and testing equipment
-more-

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 on available educational brochures were 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.

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MEDIA RELEASE



Date: April 1, 2015

To: All Media

From: LaSalle County Health Department
717 Etna Road
Ottawa, IL 61350

Contact: Jenny Barrie (ext. 226)
Leslie Dougherty (ext. 225)

Phone: (815) 433-3366
For Immediate Release

“LaSalle County Health Department Observes National Public Health Week”

OTTAWA, IL - During the first full week of April each year, the American Public Health Association (APHA) brings together communities across the US to observe National Public Health Week. The American Public Health Association has announced National Public Health Week will be observed April 6-12th, 2015. It is a time to recognize the contributions of public health and highlight issues that are important to improving our nation. This years' theme is Healthiest Nation 2030.

This year the LaSalle County Health Department will utilize social media to help increase awareness of public health issues and National Public Health Week. The Health Department's facebook page will be updated daily with posts that offer tips on a variety of public health issues and also highlight some of the programs available at the Health Department.

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. 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. The department's website can

be accessed at www.lasallecounty.org/hd.

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MEDIA RELEASE



Date: March 19, 2015
To: All Media
From: LaSalle County Health Department
717 Etna Road
Ottawa, IL 61350
Contact: Jenny Barrie (ext. 226)
Leslie Dougherty (ext. 225)
Phone: (815) 433-3366
For Immediate Release

“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 Tuesday, March 24th. This is the 133rd 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 year’s theme is Find TB, Treat TB, “Working together to eliminate TB” 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 visit our website at www.lasallecounty.org/hd. Like us on Facebook for updates and information related to public health.



MEDIA RELEASE

Date: March 4, 2015
To: All Media
From: LaSalle County Health Department
717 Etna Road
Ottawa, IL 61350
Contact: Jenny Barrie (ext. 226)
Leslie Dougherty (ext. 225)
Phone: (815) 433-3366
For Immediate Release



“ KICK BUTTS 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 Wednesday, March 18th is Kick Butts Day. This is the 20th anniversary and a day that empowers youth to stand out, speak up, and seize control. Young people across America are turning the tables on Big Tobacco by exposing their lies and manipulations. We have made great strides in the fight against tobacco. But every day, more than 3,000 kids under 18 try smoking for the first time and 700 kids become new regular, daily smokers. And while millions of people are dying, Big Tobacco is raking in billions and billions of dollars. Kids are working hard to save their friends and peers from a deadly addiction to tobacco that kills more than 480,000 Americans each year.

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 480,000 deaths annually in the U.S. are directly related to smoking according to the American Cancer Society. One of every six deaths is attributed to the effects of smoking.

For more information on how to quit smoking you can call the Illinois Tobacco Quitline at 1 866- Quit Yes. Call now it's free. Or for additional information on quit tips please stop in the Health Department or contact the Health Education Division at 433-3366. You can also visit our website at www.lasallecounty.org.

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MEDIA RELEASE



Date: February 5, 2015
To: All Media
From: LaSalle County Health Department
717 Etna Road
Ottawa, IL 61350
Contact: Jenny Barrie (ext. 226)
Leslie Dougherty (ext. 225)
Phone: (815) 433-3366
For Immediate Release

"Larvicide Training Offered"

OTTAWA, IL – The LaSalle County Health Department is offering a “solid” Larvicide application training to be held on March 18, 2015, at the LaSalle County Health Department from 10:30 am to 11:30 am. If you are interested in attending this seminar please call 815-433-3366 ext. 228 prior to March 13th to register. A registration form is available on the Health Department’s website at www.lasallecounty.org/hd.

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MEDIA RELEASE



Date: February 3, 2015

To: All Media

From: LaSalle County Health Department
717 Etna Road
Ottawa, IL 61350

Contact: Jenny Barrie (ext. 226)
Leslie Dougherty (ext. 225)

Phone: (815) 433-3366
For Immediate Release

“ February is American Heart Month”

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, 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

- More -

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.

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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