

MEDIA RELEASE



Date: January 8, 2016
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

“Cervical Cancer Screening Month”

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 for cervical cancer. The goal is to eradicate cervical cancer in Illinois by women taking charge and getting screened. Every year approximately 12,000 women in the United States are diagnosed with cervical cancer, and there are approximately 4,000 deaths from the disease. It is extremely important that women receive Pap Smear tests because cervical cancer, when caught early, is nearly 100 percent curable. As many as 93% of cervical cancers could be prevented by screening and human papillomavirus (HPV) vaccination.

The Centers for Disease Control (CDC) reports that half of the cervical cancers occurred among women who are rarely or never screened for cervical cancer. 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. Studies have shown, regular exercise, a healthy diet, routine screenings and getting the cervical cancer vaccine to help prevent Human Papilloma Virus (HPV), decreases the risk for 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 or have high deductibles. 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 visit our website at www.lasallecounty.org/hd.

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MEDIA RELEASE



Date: February 4, 2016
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

“Syphilis cases increase”

Ottawa, IL—LaSalle County Health Department has seen an increase in its syphilis cases in the County. Syphilis is a sexually transmitted disease (STD) caused by the bacterium *Treponema pallidum*. Syphilis can cause long-term complications and/or death if not adequately treated. In 2014 we had 6 cases of syphilis and in 2015 that number has increased to 8 provisional cases. While these may seem like small numbers, in reality it is an increase that is trending State and Nationwide of an STD that had not been previously diagnosed in many people in LaSalle County.

Syphilis is spread from person to person by direct contact with a syphilitic sore, known as a chancre. Chancres mainly occur on the external genitals but can also appear other places on the body. Transmission of syphilis occurs during vaginal, anal, and oral sex. Pregnant women with the disease can also transmit to their unborn child. Untreated syphilis in pregnant women results in infant death in up to 40 percent of cases. An infected baby born alive may not have symptoms of the disease; however, if not treated immediately, the baby may develop serious problems within a few weeks. The average time between infection with syphilis and the start of the first symptom is 21 days, but can range from 10 days to 90 days.

Syphilis occurs in three stages. The first stage is the primary stage and is when the chancre appears. The chancre is usually firm, round and painless which is why they can go undetected. The chancre lasts three to six weeks and heals regardless of whether a person is treated or not. If untreated the infection progresses to the secondary stage. This stage typically starts with the development of a rash on one or more areas of the body. The rash usually doesn't cause itching. The characteristic rash may appear as rough, red or reddish brown spots both on the palms of the hands and the bottoms of the feet. However, rashes with a different appearance may occur on other parts of the body. Again the symptoms of syphilis will go away if left untreated but the infection will progress to the latent and possibly late stage of the disease which is the most dangerous.

In the late stage of syphilis, the disease may damage the internal organs, including the brain, nerves, eyes, heart, blood vessels, liver, bones, and joints. Symptoms of the late stage of syphilis include difficulty coordinating muscle movements, paralysis, numbness, gradual blindness, and dementia. This damage may be serious enough to cause death.

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Any person with signs or symptoms of primary, secondary or tertiary stages should be given a blood test for syphilis infection. People who should be routinely tested are those who are:

- Pregnant
- Are members of an at-risk subpopulation, (ie., correctional facilities and (MSM) men who have sex with men)
- Having unprotected sex, multiple sex partners, using drugs or alcohol and engaging in commercial or coerced sex
- Have a partner who has tested positive for syphilis or other STD's are sexually active and live in areas with high syphilis morbidity

There are no home remedies or over the counter drugs that will cure syphilis. The good news is that syphilis is relatively easy to cure with penicillin injections. Treatment will kill the syphilis bacterium and prevent further damage, but it will not repair the damage already done. Persons who receive syphilis treatment must abstain from sexual contact with new partners until the syphilis sores are completely healed. They also must notify their sex partners so that they also can be tested and receive treatment if necessary. The surest way to avoid transmission of sexually transmitted diseases, including syphilis, is to abstain from sexual contact or to be in a long-term mutually monogamous relationship with a partner who has been tested and is known to be uninfected. For more information on syphilis or any other STD you can contact the Health Department at 815-433-3366 or visit our website at www.lasallecountyhd.org.

LaSalle County Syphilis Cases

Year	2015	2014	2013	2012	2011	2010
Cases	8	6	1	4	1	2

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MEDIA RELEASE



Date: March 4, 2016
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 April 13, 2016, 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 April 8th to register. A registration form is available on the Health Department’s website at www.lasallecounty.org/hd.

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LaSalle County Health Department
717 E. Etna Road
Ottawa, Illinois 61350-1097
Phone: (815) 433-3366
Fax: (815) 433-9522

Julie Kerestes, BS, LEHP, Administrator

William Johnson, President
Jack Wayland, Vice President
Don Kaminsky, Secretary
Louis Weber Jr., Treasurer
Melva Allender, RN
Mark Benavides, DDS
Lou Anne Carreto
Robert B. Maguire, MD
David Faulk, MD

Date: February 26, 2016

To: Township Highway Commissioners, City/Village Mayors/Clerks, etc.
From: Ted Pumo B.S., L.E.H.P., Director of Environmental Health
RE: Mosquito Larvicide Training

The Illinois Department of Agriculture (IDA) Rule allows application of per-packaged "solid" mosquito larvicide by persons who attend an approved 1 – hour training seminar.

The LaSalle County Health Department, in conjunction with the Illinois Department of Public Health, is offering this training on Wednesday, April 13, 2016, from 10:30 am to 11:30 pm at the LaSalle County Health Department. Registration will begin at 10:00 am.

If you would like to attend, fill out the form below and return it to the Health Department no later than April 8, 2016.

This seminar is free

Larvicide 1 – Hour Training

Return to:

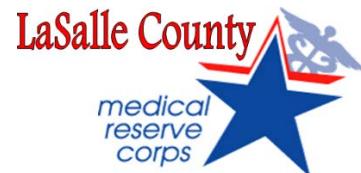
LaSalle County Health Department
717 E Etna Road
Ottawa, Illinois 61350

Name _____

Jurisdiction _____

Of people attending _____

Phone number of contact person _____



MEDIA RELEASE

Date: March 7, 2016

To: All Media

From: LaSalle County MRC/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, March 29, 2016. 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 (12 spots available)
2:00pm-3:30pm (12 spots available)

To sign up visit: <https://www.eventbrite.com/e/are-you-ready-training-tickets-22125126850>,
email lasallecomrc@yahoo.com, or call 815-433-3366 Ext. 227. Please register by Monday,
March 28, 2016. 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: April 1, 2016
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 4-10th, 2016. 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 which focuses on making the U.S. the Healthiest Nation in One Generation by 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: April 13, 2016
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 Medical Reserve Corp Receives Award at the 2016 MRC Recognition Awards"

Ottawa, IL – On April 12, 2016 the LaSalle County Medical Reserve Corps (MRC) was honored to be a recipient of the “Picture of the Year” award at the 2016 MRC Recognition Awards.

The MRC Picture of the Year highlights photographs of MRC volunteers in action during response, trainings, or other public health events.

The award winning picture was taken at a recent naloxone training program conducted by the MRC with local law enforcement. The photo depicts LaSalle County MRC coordinator, Bethanie Albrecht, demonstrating to one of the LaSalle County Sheriff's Office deputies how to use nasal naloxone as part of the LaSalle County Naloxone Program. The sheriff's office has all personnel involved with patrols, investigations, and administration trained in the use of this overdose medication. The MRC began offering the training program earlier this year which is specifically designed for law enforcement. Providing area police departments' and their law enforcement officers with this training is a valuable extension of their ability to save lives as first responders.

Additionally, April 12-18th is National Volunteer Week. National Volunteer Week was established in 1974 and has grown exponentially each year, with thousands of volunteer projects and special events scheduled throughout the week. It is a time dedicated to demonstrating the

power of volunteers and celebrate service.

The LaSalle County MRC is a volunteer organization. MRC programs are community-based and operate as a way to organize and utilize volunteers, medical professionals and non-medical professionals, who want to donate their time and expertise to promote healthy living throughout the year and to prepare for and respond to emergencies. MRC volunteers supplement existing local emergency and public health resources. For information on becoming a MRC volunteer, please contact Bethanie Albrecht, MRC Coordinator at 815-433-3366 ext. 227 or at balbrecht@lasallecounty.org.



See Attached Picture – Picture was taken by Kevin Solari, News Tribune, for his article “Deputies get armed to save lives” on January 23, 2016.

To view a complete list of this year's award recipients, please visit <https://www.medicalreservencorps.gov/SearchFltr/2016MRCAwardsWinners>

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MEDIA RELEASE



Date: April 18, 2016
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

“Every Kid Healthy”

Ottawa, IL-- LaSalle County Health Department would like to announce that April 25- 29 is “Every Kid Healthy” week. This is an annual observance created to celebrate school health and wellness achievements and is recognized on the National Health Observances calendar. The theme this year is Healthy Habits Start Early. This week shines the spotlight on the link between nutrition, physical activity and learning – because healthy kids learn better.

The LaSalle County Health Department supports this initiative through our WIC program. WIC provides nutrition education and the resources available to improve the nutrition and health status of low income women, infants and preschool children by providing breastfeeding support, nutritious foods, education, health visits and referrals. For more information regarding the WIC program or to see if you qualify 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 21, 2016
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 Medical Reserve Corps Receives MRC Challenge Award”

Ottawa, IL – The LaSalle County Medical Reserve Corps recently applied for and received a Medical Reserve Corps (MRC) Challenge Award from the National Association of County and City Health Officials (NACCHO). The 2015-2016 MRC Challenge Awards are aimed to focus innovation towards areas that are aligned with nationally recognized health initiatives, are significant at the local level, and demonstrate capability within the MRC network. With over 204 MRC Challenge Award applications submitted, the LaSalle County MRC’s application exhibited an innovative practice and impressed reviewers.

The LaSalle County MRC was awarded \$15,000 to help expand the LaSalle County Naloxone Training Program. The MRC began offering the training program earlier this year which is specifically designed for law enforcement. Providing area police departments’ and their law enforcement officers with this training is a valuable extension of their ability to protect and serve their communities . In addition, the LaSalle County MRC plans to bring together community partners and stakeholder organizations to build awareness for opioid overdose. According to Bethanie Albrecht, MRC Coordinator, “the goal is to not only train law enforcement in the administration of the drug naloxone but to better educate the public about the growing concern in our community. One way we plan on achieving this is by conducting a Community Assessment for Public Health Emergency Response (CASPER) for LaSalle County to collect pertinent data regarding the issue of opioid overdose. Through these efforts, we want to work to decrease the instance of overdose fatalities, and contribute to building a stronger, more resilient community to substance abuse.”

The LaSalle County MRC is a volunteer organization. MRC programs are community-based and operate as a way to organize and utilize volunteers, medical professionals and non-medical professionals, who want to donate their time and expertise to promote healthy living throughout the year and to prepare for and respond to emergencies. MRC volunteers supplement existing local emergency and public health resources. For information on the MRC program or naloxone training for law enforcement please contact Bethanie Albrecht, MRC Coordinator at 815-433-3366 ext. 227 or at balbrecht@lasallecounty.org.

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MEDIA RELEASE



Date: May 25, 2016
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 No Tobacco 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 Tuesday, May 31st is World No Tobacco Day. The World Health Organization (WHO) says, “Get ready for plain packaging.” The WHO Framework Convention on Tobacco Control are calling on countries to get ready for plain (standardized) packaging of tobacco products. Plain packaging refers to measures to restrict or prohibit the use of logos, images, promotional information and packaging to entice new young smokers.

Young people across America are turning the tables on Big Tobacco by exposing their lies and manipulations. 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. 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. .

The LaSalle County Health Department would like to encourage everyone to join 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 us at (815)433-3366. You can also visit our website at www.lasallecounty.org/hd.

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MEDIA RELEASE



Date: June 20, 2016
To: All Media
From: LaSalle County Health Department
717 Etna Road
Ottawa, IL 61350
Contact: Leslie Dougherty (ext. 225) or Jenny Barrie (ext. 226)
Phone: (815) 433-3366
For Immediate Release

"LaSalle County Health Department's Immunization Clinics"

OTTAWA, IL – The LaSalle County Health Department is encouraging parents to plan ahead this summer to complete all of their children's school health care requirements and recommendations. These vaccines help prevent serious diseases like measles, mumps, rubella, pertussis (whooping cough), as well as some others. Cathy Larsen, Director of Personal Health, "strongly encourages parents to schedule their child's appointment as soon as possible and avoid waiting until the last minute. This helps assure that students will enter school meeting the requirements and not risk the chance of exclusion due to noncompliance."

The Health Department holds immunization clinics on the second Thursday of every month at the LaSalle County Health Department, 717 Etna Road, Ottawa, IL. It is important that you call for an appointment and bring your child shot record with you on the day of the appointment.

For immunization information or appointments, call the LaSalle County Health Department at 815-433-3366 or check with your local healthcare provider. For information on other public health issues, visit our website at www.lasallecounty.org/hd.

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MEDIA RELEASE



Date: June 27, 2016
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”

Ottawa, IL – National HIV Testing Day is on Monday, June 27th. This is the 23rd annual HIV Testing Day campaign. The goal of the campaign is to encourage people to get the facts, get tested, and get involved! “Doing It” is a new national HIV testing and prevention campaign designed to motivate all adults to get tested for HIV and know their status. As part of the Act Against AIDS initiative, “Doing It” delivers the message that HIV testing should be a part of everyone’s regular health routine to keep ourselves and our community healthy.

According to the Centers for Disease Control and Prevention (CDC), around 1.2 million people in the United States are living with HIV, and one in eight people don’t know they have it. Nearly 45,000 people find out they have HIV every year. 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 about HIV, contact the LaSalle County Health Department at 815-433-3366 or access our website at www.lasallecounty.org/hd.

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MEDIA RELEASE



Date: July 6, 2016
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 Medical Reserve Corps Provides Nasal Naloxone Kits to Mendota Police Department”

Ottawa, IL – On July 6, 2016 the LaSalle County Medical Reserve Corps donated 14 naloxone kits to the Mendota Police Department. The Mendota Police Department recently had their officers trained through the LaSalle County MRC Naloxone Training Program. Bethanie Albrecht, MRC Coordinator and Christinia Goff, MRC volunteer presented the naloxone kits to Officer Jason Stewart and Officer Christian Shields.

Earlier this year, the LaSalle County Medical Reserve Corps was a recipient of a Medical Reserve Corps (MRC) Challenge Award from the National Association of County and City Health Officials (NACCHO). The LaSalle County MRC was awarded \$15,000 to help expand the LaSalle County Naloxone Training Program. A portion of the grant funds have been designated to help purchase the initial doses of nasal naloxone for law enforcement officers from approved program sites within LaSalle County that attended the LaSalle County MRC Naloxone Training Program.

The MRC began offering the training program earlier this year which is specifically designed for law enforcement. Providing area police departments' and their law enforcement officers with this training is a valuable extension of their ability to protect and serve their communities . In addition, the LaSalle County MRC plans to bring together community partners and stakeholder organizations to build awareness for opioid overdose. According to Bethanie Albrecht, MRC

Coordinator, "the goal is to not only train law enforcement in the administration of the drug naloxone but to better educate the public about the growing concern in our community. One way we plan on achieving this is by conducting a Community Assessment for Public Health Emergency Response (CASPER) for LaSalle County to collect pertinent data regarding the issue of opioid overdose. Through these efforts, we want to work to decrease the instance of overdose fatalities, and contribute to building a stronger, more resilient community to substance abuse."

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From left to right – Christinia Goff, MRC Volunteer/Officer Christian Shields/Officer Jason Stewart/Bethanie Albrecht, MRC Coordinator

MEDIA RELEASE



Date: July 18, 2016
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 July 18, 2016 and will continue this process until October 15, 2016. Typically, dead bird collection begins in May, but the funding was delayed due to the State budget. Dead birds are important sentinels for early detection of West Nile virus activity. Over the past fourteen 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. At this time the Health Department is **only** collecting **crows, blue jays, and robins**. 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 began testing mosquitoes in June. To date, all

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mosquitoes have tested negative for West Nile virus. The mosquito collection and testing equipment was purchased with grant money. The Health Department was also able to use the grant money to purchase a large quantity of mosquito larvicide, which is used to treat potential mosquito breeding sites. The larvicide has been distributed to licensed mosquito control applicators from local municipalities and villages throughout the county. In addition, during the spring and summer months, Health Department staff extend outreach efforts to all city, municipal, village, and township officials in the county. Educational brochures are offered and distributed upon request 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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Contact: Jenny Barrie (ext. 226)
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For Immediate Release

“LaSalle County Medical Reserve Corps Provides Nasal Naloxone to Peru Police Department”

Ottawa, IL – The LaSalle County Medical Reserve Corps donated 10 doses of nasal naloxone to the Peru Police Department. The Peru Police Department currently has an established naloxone program in place, however they recently expanded their program to include nasal naloxone. Bethanie Albrecht, MRC Coordinator and Chris Pozzi, MRC Director presented the naloxone to the department on July 20, 2016.

Earlier this year, the LaSalle County Medical Reserve Corps was a recipient of a Medical Reserve Corps (MRC) Challenge Award from the National Association of County and City Health Officials (NACCHO). The LaSalle County MRC was awarded \$15,000 to help expand the LaSalle County Naloxone Training Program. A portion of the grant funds have been designated to help purchase the initial doses of nasal naloxone for law enforcement officers from approved program sites within LaSalle County that attended the LaSalle County MRC Naloxone Training Program.

The MRC began offering the training program earlier this year which is specifically designed for law enforcement. Providing area police departments' and their law enforcement officers with this training is a valuable extension of their ability to protect and serve their communities . In addition, the LaSalle County MRC plans to bring together community partners and stakeholder organizations to build awareness for opioid overdose. The LaSalle County Medical Reserve Corps is

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administered through the LaSalle County Health Department and their Emergency Preparedness Program.

MRC programs are community-based and operate as a way to organize and utilize volunteers, medical professionals and non-medical professionals, who want to donate their time and expertise to promote healthy living throughout the year and to prepare for and respond to emergencies. MRC volunteers supplement existing local emergency and public health resources. For information on the MRC program or naloxone training for law enforcement please contact Bethanie Albrecht, MRC Coordinator at 815-433-3366 ext. 227 or at balbrecht@lasallecounty.org.

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"LaSalle County Health Department Conducts Community Health Needs Assessment Survey"

Ottawa, IL – LaSalle County residents have the chance to identify some of the health issues they face in their communities. A new online survey allows people to rate factors that influence a healthy community, including safe neighborhoods, affordable housing, the environment and healthy living. The survey will take approximately 10 minutes to complete and responses are confidential.

The Health Department will utilize the data from the survey as we work with our key community stakeholders. Many of these stakeholders are a part of the department's Community Health Committee. This committee helps prioritize health problems in the county. The Health Department will begin the process of bringing this committee back together early next year to begin reviewing the survey results along with other statistical data. The committee will then begin to prioritize health issues for the county as part of our IPLAN (Illinois Project for Local Assessment of Needs). The IPLAN was developed by the Illinois Department of Public Health (IDPH) and is a Community Health Assessment and Planning Process that is conducted every five years by local health jurisdictions in Illinois to be certified as a public health department.

The survey can be accessed at <http://goo.gl/forms/BVNX7mJCQjdGYlqn2> or by visiting the Health Department's website (www.lasallecounty.org/hd) or Facebook page. Printed versions are also available in the Health Department lobby. The Health Department is open Monday-Friday, 8:00 am- 4:30 pm. For additional information please call the department at 815-433-3366.

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MEDIA RELEASE



Date: July 22, 2016
To: All Media
From: LaSalle County Health Department
717 Etna Road
Ottawa, IL 61350
Contact: Jenny Barrie (ext. 226)
Leslie Dougherty (ext. 225)
LaSalle County Animal Control 815-434-8661
Phone: (815) 433-3366
For Immediate Release

"Bat Tests Positive for Rabies in LaSalle County"

OTTAWA, IL – The LaSalle County Health Department and LaSalle County Animal Control would like to remind the public to avoid contact with bats. Bats are more active this time of year, which means the possibility of exposure to rabies is increased. In addition, warm weather makes bats more active, so contact with humans and pets is more likely. Bats are naturally active during the evening from April to mid-October. Health Department officials have recently received a report indicating a bat submitted from Ottawa tested positive for rabies. To date, in Illinois 27 bats have tested positive for rabies in 2016.

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. If you find yourself in close proximity to a bat and are not sure if you were exposed, for example – you wake up and find a bat in your room, do not kill or release the bat before calling your doctor or local health department to help determine if you could have been exposed to rabies and need preventive treatment. If the bat is available for testing and test results are negative, preventive

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treatment is not needed.

Without preventive 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.

Any wild mammal, such as raccoons, skunks, foxes, coyotes and bats, can have rabies and transmit it to humans. An animal does not have to be aggressive or exhibit other symptoms to have rabies. Changes in any animal's normal behavior can be early signs of rabies. A bat that is active during the day, found on the ground or is unable to fly is more likely than others to be rabid. Such bats are often easily approached but should never be handled. If a bat is found, contact LaSalle County Animal Control or the local police department for assistance in removing it.

Follow these tips from the Illinois Department of Public Health to help 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.
- ✓ Do not touch, 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 Illinois can be found at www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/rabies/surveillance-map.

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MEDIA RELEASE



Date: August 2, 2016
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

“Illinois Breastfeeding Month”

FOR IMMEDIATE RELEASE:

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

OTTAWA, IL—While many people will be tuned into the Summer Olympic Games during the month of August, an event highly respected and enjoyed by many, there is another event that occurs each August that is less well known. The State of Illinois recognizes August as Breastfeeding Awareness Month and nationally, World Breastfeeding Week is celebrated August 1st thru August 7th. In Olympic speak, breast milk is the Gold Medal winner for infant nutrition. LaSalle County Health Department along with medical authorities, including the American Academy of Pediatrics (AAP) and the American College of Obstetricians and Gynecologists support and encourage all new mothers to embrace breastfeeding as the preferred method of infant feeding for the first year of life. Illinois’ Breastfeeding innitiatve helps focus on the lifelong benefits of breastfeeding for both mother and infant. Research is clear that breastfeeding is the optimal nutrition and the perfect life-sustaining food for babies. Breastfeeding provides both nutritional and non-nutritional benefits to the infant and mother.

Breast milk is the basic foundation for infant nutrition for the first year of life. It also provides many benefits to the mother as well by helping to protect against breast and ovarian cancers, diabetes, hypertension, heart disease and weak bones later in life. Not to mention that it also helps the mother get to her pre-pregnancy shape faster.

Breastfeeding also allows you and your baby to get closer- physically and emotionally. So while your child is feeding, the bond between you can grow stronger. All the while you will be helping to protect your baby from medical conditions from mild to severe, such as ear infections, gastro-intestinal problems, to childhood cancers and many other conditions. According to the AAP breastfeeding is also associated with a reduction in sudden infant death syndrome (SIDS).

Babies are born expecting to breastfeed! However, there is a “learning curve” for mother

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and baby as they initiate breastfeeding. This is a key opportunity for friends and family to provide support to the new mom. Expert professional support and education is also available if needed. Practice the ABC's of Breastfeeding.

- A – Awareness to when your baby is showing signs of needing to feed and responding to those cues.
- B – Be patient and allow your baby to guide you on the journey in the early days of breastfeeding. Unlike formula feeding which is typically more scheduled, breastfeeding is driven by the baby's demand.
- C – Comfort. The more comfortable and relaxed the mom is, the more enjoyable feedings will be.

Breastfeeding benefits both moms and babies. We congratulate all breastfeeding moms on making the best possible choice for your baby! For more information on breastfeeding you can contact the LaSalle County Health Department at 433-3366.



MEDIA RELEASE



Date: August 11, 2016
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, LaSalle County Health Department Conducts the Test”

Ottawa, IL – The LaSalle County Health Department received confirmation that a crow has tested positive for West Nile virus. The bird was collected in Peru on August 11, 2016. Environmental Health staff was able to conduct the confirmatory test on the bird at the Health Department. This is the first documented West Nile virus activity in LaSalle County this year.

West Nile virus is transmitted through the bite of a *Culex pipiens* mosquito, commonly called a house mosquito, which 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. Four out of five people infected with West Nile virus will not show any symptoms. However, in rare cases, severe illness including meningitis or encephalitis, or even death, can occur. People older than 50 and immunocompromised individuals are at higher risk for severe illness from West Nile virus.

While Zika virus is also primarily transmitted through the bite of a mosquito, the main type of mosquito that carries Zika virus, *Aedes aegypti*, is different and is rarely found in Illinois. However, taking some simple precautions can help you avoid mosquito bites, regardless of the type of mosquito or the diseases they carry.

Precautions include practicing the three “R’s” – reduce, repel and report.

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- **REDUCE** - 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. Eliminate, or refresh each week, all sources of standing water where mosquitoes can breed, including water in bird baths, ponds, flowerpots, wading pools, old tires, and any other containers.
- **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** – report locations where you see water sitting stagnant for more than a week such as roadside ditches, flooded yards, and similar locations that may produce mosquitoes. The local health department or city government may be able to add larvicide to the water, which will kill any mosquito eggs.

The LaSalle County Health Department would like to remind the general public to report any dead crows, blue jays, robins, or potential mosquito breeding sites to the Health Department at 815-433-3366. A complete listing of West Nile virus statistics for LaSalle County is available on the Health Department's web site at www.lasallecounty.org/hd . A state-wide listing is available at the Illinois Department of Public Health's web site at <http://www.dph.illinois.gov/topics-services/diseases-and-conditions/west-nile-virus/surveillance>.

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(From left to right) - Jennie Osborn, Supervisor of Environmental Health/Chris Pozzi, Director of Environmental Health



Crow being tested for West Nile virus.



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MEDIA RELEASE



Date: August 15, 2016
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

“2nd Bird Tests Positive for West Nile Virus in LaSalle County”

Ottawa, IL – The LaSalle County Health Department received confirmation that a crow has tested positive for West Nile virus. The bird was collected in Ottawa on August 12, 2016. Environmental Health staff was able to conduct the confirmatory test on the bird at the Health Department. This is the second bird to test positive in LaSalle County this year. To date, LaSalle County has not documented any human cases of West Nile virus.

West Nile virus is transmitted through the bite of a *Culex pipiens* mosquito, commonly called a house mosquito, which 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. Four out of five people infected with West Nile virus will not show any symptoms. However, in rare cases, severe illness including meningitis or encephalitis, or even death, can occur. People older than 50 and immunocompromised individuals are at higher risk for severe illness from West Nile virus.

While Zika virus is also primarily transmitted through the bite of a mosquito, the main type of mosquito that carries Zika virus, *Aedes aegypti*, is different and is rarely found in Illinois. However, taking some simple precautions can help you avoid mosquito bites, regardless of the type of mosquito or the diseases they carry.

According to Chris Pozzi, Director of Environmental Health, “we are beginning to see recurrent 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.”

Precautions include practicing the three “R’s” – reduce, repel and report.

- **REDUCE** - 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. Eliminate, or refresh each week, all sources of standing water where mosquitoes can breed, including water in bird baths, ponds, flowerpots, wading pools, old tires, and any other containers.
- **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** – report locations where you see water sitting stagnant for more than a week such as roadside ditches, flooded yards, and similar locations that may produce mosquitoes. The local health department or city government may be able to add larvicide to the water, which will kill any mosquito eggs.

The LaSalle County Health Department would like to remind the general public to report any dead crows, blue jays, robins, or potential mosquito breeding sites to the Health Department at 815-433-3366. However, the decision to accept a bird for testing also is based on the bird’s locality. For example, when one or two birds from the same place have tested positive for West Nile virus, there is often no need to test additional birds from that city or locale.

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.dph.illinois.gov/topics-services/diseases-and-conditions/west-nile-virus/surveillance>.

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MEDIA RELEASE



Date: August 17, 2016
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

“3rd Bird Tests Positive for West Nile Virus in LaSalle County”

Ottawa, IL – The LaSalle County Health Department received confirmation that an additional crow has tested positive for West Nile virus. The bird was collected in Oglesby on August 16, 2016. Environmental Health staff was able to conduct the confirmatory test on the bird at the Health Department. This is the third bird to test positive in LaSalle County this year. To date, LaSalle County has not documented any human cases of West Nile virus.

<u>Municipality</u>	<u>Date Collected</u>	<u>Animal/Insect</u>
PERU	08/11/2016	CROW
OTTAWA	08/12/2016	CROW
OGLESBY	08/16/2016	CROW

In nature, West Nile virus cycles between mosquitoes and birds. Some infected birds can develop high levels of the virus in their bloodstream and mosquitoes can become infected by biting these infected birds. Some, but not all infected birds get sick and die of disease. One way health officials conduct surveillance for West Nile virus is by testing local birds. Finding dead birds may be a sign that West Nile virus is circulating between birds and the mosquitoes in an area. After birds begin testing positive for the virus, it is not uncommon to see positive mosquito pools and human illness. As in past years, Health Department staff began testing mosquitoes in June. To date, all mosquitoes have tested negative for West Nile virus.

As summer winds down and fall is near there are plenty of outdoor activities to enjoy. We stress prevention to avoid mosquito bites when attending picnics, fairs, sporting events and other outdoor activities. In addition, with the recent rain we have experienced throughout the county, it is a good time to walk around your yard and empty standing water out of any container. Mosquitoes don't fly far from their breeding sites, so people can control them, and West Nile virus, in their own yard by just emptying standing water.

West Nile virus is transmitted through the bite of a *Culex pipiens* mosquito, commonly called a house mosquito, which 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. Four out of five people infected with West Nile virus will not show any symptoms. However, in rare cases, severe illness

including meningitis or encephalitis, or even death, can occur. People older than 50 and immunocompromised individuals are at higher risk for severe illness from West Nile virus.

Precautions include practicing the three “R’s” – reduce, repel and report.

- **REDUCE** - 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. Eliminate, or refresh each week, all sources of standing water where mosquitoes can breed, including water in bird baths, ponds, flowerpots, pet bowls, clogged rain gutters, wading pools, old tires, and any other containers.
- **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** – report locations where you see water sitting stagnant for more than a week such as roadside ditches, flooded yards, and similar locations that may produce mosquitoes. The local health department or city government may be able to add larvicide to the water, which will kill any mosquito eggs.

• The LaSalle County Health Department would like to remind the general public to report any dead crows, blue jays, robins, or potential mosquito breeding sites to the Health Department at 815-433-3366. However, the decision to accept a bird for testing also is based on the bird's locality. For example, when one or two birds from the same place have tested positive for West Nile virus, there is often no need to test additional birds from that city or locale.

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.dph.illinois.gov/topics-services/diseases-and-conditions/west-nile-virus/surveillance>.

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MEDIA RELEASE



Date: August 26, 2016
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 Birds Test Positive for West Nile Virus in LaSalle County”

Ottawa, IL – The LaSalle County Health Department received confirmation that two additional crows have tested positive for West Nile virus. A crow was collected in Mendota on August 24th, the other crow was collected from Oglesby on August 25, 2016. Environmental Health staff was able to conduct the confirmatory test on the birds at the Health Department. To date, LaSalle County has not documented any human cases of West Nile virus in 2016.

<u>Municipality</u>	<u>Date Collected</u>	<u>Animal/Insect</u>
PERU	08/11/2016	CROW
OTTAWA	08/12/2016	CROW
OGLESBY	08/16/2016	CROW
MENDOTA	08/24/2016	CROW
OGLESBY	08/25/2016	CROW

In nature, West Nile virus cycles between mosquitoes and birds. Some infected birds can develop high levels of the virus in their bloodstream and mosquitoes can become infected by biting these infected birds. Some, but not all infected birds get sick and die of disease. One way health officials conduct surveillance for West Nile virus is by testing local birds. Finding dead birds may be a sign that West Nile virus is circulating between birds and the mosquitoes in an area. After birds begin testing positive for the virus, it is not uncommon to see positive mosquito pools and human illness. As in past years, Health Department staff began testing mosquitoes in June. To date, all mosquitoes have tested negative for West Nile virus.

As summer winds down and fall is near there are plenty of outdoor activities to enjoy. We stress prevention to avoid mosquito bites when attending picnics, fairs, sporting events and other outdoor activities. In addition, with the recent rain we have experienced throughout the county, it is a good time to walk around your yard and empty standing water out of any container. Mosquitoes don't fly far from their breeding sites, so people can control them, and West Nile virus, in their own yard by just emptying standing water.

West Nile virus is transmitted through the bite of a *Culex pipiens* mosquito, commonly called a

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house mosquito, which 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. Four out of five people infected with West Nile virus will not show any symptoms. However, in rare cases, severe illness including meningitis or encephalitis, or even death, can occur. People older than 50 and immunocompromised individuals are at higher risk for severe illness from West Nile virus.

Precautions include practicing the three “R’s” – reduce, repel and report.

- **REDUCE** - 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. Eliminate, or refresh each week, all sources of standing water where mosquitoes can breed, including water in bird baths, ponds, flowerpots, pet bowls, clogged rain gutters, wading pools, old tires, and any other containers.
- **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** – report locations where you see water sitting stagnant for more than a week such as roadside ditches, flooded yards, and similar locations that may produce mosquitoes. The local health department or city government may be able to add larvicide to the water, which will kill any mosquito eggs.

The LaSalle County Health Department would like to remind the general public to report any dead crows, blue jays, robins, or potential mosquito breeding sites to the Health Department at 815-433-3366. However, the decision to accept a bird for testing also is based on the bird's locality. For example, when one or two birds from the same place have tested positive for West Nile virus, there is often no need to test additional birds from that city or locale.

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.dph.illinois.gov/topics-services/diseases-and-conditions/west-nile-virus/surveillance>.

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MEDIA RELEASE



Date: August 31, 2016
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 Confirms First Case of West Nile Virus"

Ottawa, IL – LaSalle County Health Department has confirmed its first human case of West Nile virus this year. A resident in their 70's tested positive for West Nile virus in mid-August. Human West Nile virus cases were previously reported in LaSalle County in 2014 (1), 2013 (1), 2007 (2), 2006 (1), 2005 (1), 2004 (5), 2003 (1), 2002 (11) during the late summer and early fall months. In addition, five crows have also tested positive for the virus throughout the county.

According to Chris Pozzi, Director of Environmental Health, "This is the time of year we expect to see the potential for human cases increase. Even as we move into the fall months with fluctuating temperatures, it is important to protect yourself against mosquito bites and possible West Nile virus infection. 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 *Culex pipiens* mosquito, commonly called a house mosquito, which 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. Four out of five people infected with West Nile virus will not show any symptoms. However,

in rare cases, severe illness including meningitis or encephalitis, or even death, can occur. People older than 50 and immunocompromised individuals are at higher risk for severe illness from West Nile virus.

Precautions include practicing the three “R’s” – reduce, repel and report.

- **REDUCE** - 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. Eliminate, or refresh each week, all sources of standing water where mosquitoes can breed, including water in bird baths, ponds, flowerpots, pet bowls, clogged rain gutters, wading pools, old tires, and any other containers.
- **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** – report locations where you see water sitting stagnant for more than a week such as roadside ditches, flooded yards, and similar locations that may produce mosquitoes. The local health department or city government may be able to add larvicide to the water, which will kill any mosquito eggs.

The LaSalle County Health Department would like to remind the general public to report any dead crows, blue jays, robins, or potential mosquito breeding sites to the Health Department at 815-433-3366. However, the decision to accept a bird for testing also is based on the bird's locality. For example, when one or two birds from the same place have tested positive for West Nile virus, there is often no need to test additional birds from that city or locale.

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.dph.illinois.gov/topics-services/diseases-and-conditions/west-nile-virus/surveillance>.

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MEDIA RELEASE



Date: September 2, 2016
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

“24th Annual Food Service Seminar”

Ottawa, IL – The LaSalle County Health Department will be sponsoring their Twenty-Fourth Annual Food Service Seminar on September 12, 2016. 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 4:15 p.m. The day will consist of speakers from US Foods, Bell Laboratories, Inc., Illinois Department of Public Health, and Lake County Health Department. They will present information on sous-vide cooking, rodent pest management, plumbing in retail food establishments, and changes to the Illinois Food Code and adoption of the 2013 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 "Notorious Virus," which focuses on how to protect from some of the leading causes of foodborne illness, especially Norovirus and Hepatitis A which are the most common foodborne viruses. 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 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 or visit www.lasallecounty.org/hd.

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MEDIA RELEASE



Date: September 7, 2016
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 Crow Tests Positive for West Nile Virus in LaSalle County”

Ottawa, IL – The LaSalle County Health Department received confirmation that an additional crow has tested positive for West Nile virus. A crow was collected in Streator on September 6, 2016. Environmental Health staff was able to conduct the confirmatory test on the bird at the Health Department. To date, LaSalle County has one documented human case of West Nile virus in 2016.

<u>Municipality</u>	<u>Date Collected</u>	<u>Animal/Insect</u>
PERU	08/11/2016	CROW
OTTAWA	08/12/2016	CROW
OGLESBY	08/16/2016	CROW
MENDOTA	08/24/2016	CROW
OGLESBY	08/25/2016	CROW
STREATOR	9/6/2016	CROW

In nature, West Nile virus cycles between mosquitoes and birds. Some infected birds can develop high levels of the virus in their bloodstream and mosquitoes can become infected by biting these infected birds. Some, but not all infected birds get sick and die of disease. One way health officials conduct surveillance for West Nile virus is by testing local birds. Finding dead birds may be a sign that West Nile virus is circulating between birds and the mosquitoes in an area. After birds begin testing

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positive for the virus, it is not uncommon to see positive mosquito pools and human illness. As in past years, Health Department staff began testing mosquitoes in June. To date, all mosquitoes have tested negative for West Nile virus.

West Nile virus is transmitted through the bite of a *Culex pipiens* mosquito, commonly called a house mosquito, which 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. Four out of five people infected with West Nile virus will not show any symptoms. However, in rare cases, severe illness including meningitis or encephalitis, or even death, can occur. People older than 50 and immunocompromised individuals are at higher risk for severe illness from West Nile virus.

Precautions include practicing the three “R’s” – reduce, repel and report.

- **REDUCE** - 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. Eliminate, or refresh each week, all sources of standing water where mosquitoes can breed, including water in bird baths, ponds, flowerpots, pet bowls, clogged rain gutters, wading pools, old tires, and any other containers.
- **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** – report locations where you see water sitting stagnant for more than a week such as roadside ditches, flooded yards, and similar locations that may produce mosquitoes. The local health department or city government may be able to add larvicide to the water, which will kill any mosquito eggs.

The LaSalle County Health Department would like to remind the general public to report any dead crows, blue jays, robins, or potential mosquito breeding sites to the Health Department at 815-433-3366. However, the decision to accept a bird for testing also is based on the bird's locality. For example, when one or two birds from the same place have tested positive for West Nile virus, there is often no need to test additional birds from that city or locale.

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.dph.illinois.gov/topics-services/diseases-and-conditions/west-nile-virus/surveillance>.

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MEDIA RELEASE



Date: September 9, 2016
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 Crow Tests Positive for West Nile Virus in LaSalle County, Bringing the Total to Seven Birds”

Ottawa, IL – The LaSalle County Health Department received confirmation that an additional crow has tested positive for West Nile virus. A crow was collected in Somonauk on September 7, 2016. Environmental Health staff was able to conduct the confirmatory test on the bird at the Health Department. To date, LaSalle County has one documented human case of West Nile virus in 2016.

<u>Municipality</u>	<u>Date Collected</u>	<u>Animal/Insect</u>
PERU	08/11/2016	CROW
OTTAWA	08/12/2016	CROW
OGLESBY	08/16/2016	CROW
MENDOTA	08/24/2016	CROW
OGLESBY	08/25/2016	CROW
STREATOR	9/6/2016	CROW
SOMONAUK	9/7/2016	CROW

At this time, the LaSalle County Health Department has made the decision to discontinue testing birds for the remainder of the 2016 season. Birds have been collected and tested from locations throughout the county, indicating West Nile virus is present in our area. Health Department staff will continue to collect and test mosquitoes. To date, all mosquitoes have tested negative for West Nile

-More-

virus.

West Nile virus is transmitted through the bite of a *Culex pipiens* mosquito, commonly called a house mosquito, which 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. Four out of five people infected with West Nile virus will not show any symptoms. However, in rare cases, severe illness including meningitis or encephalitis, or even death, can occur. People older than 50 and immunocompromised individuals are at higher risk for severe illness from West Nile virus.

Precautions include practicing the three “R’s” – reduce, repel and report.

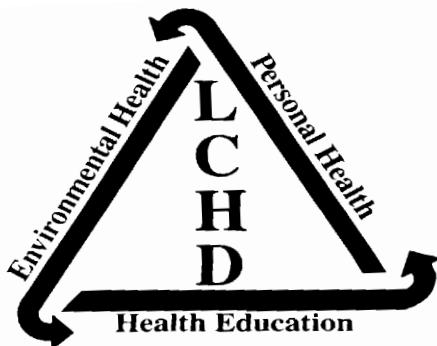
- **REDUCE** - make sure doors and windows have tight-fitting screens. Repair or replace screens that have tears or other openings. Try to keep doors and windows shut. Eliminate, or refresh each week, all sources of standing water where mosquitoes can breed, including water in bird baths, ponds, flowerpots, pet bowls, clogged rain gutters, wading pools, old tires, and any other containers.
- **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** – report locations where you see water sitting stagnant for more than a week such as roadside ditches, flooded yards, and similar locations that may produce mosquitoes. The local health department or city government may be able to add larvicide to the water, which will kill any mosquito eggs.

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.dph.illinois.gov/topics-services/diseases-and-conditions/west-nile-virus/surveillance>.

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MEDIA RELEASE



Date: September 19, 2016
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 for West Nile virus”

Ottawa, IL – The LaSalle County Health Department received confirmation that mosquitoes from Peru tested positive for West Nile virus. The mosquitoes were tested on September 16, 2016. Environmental Health staff was able to conduct the confirmatory test on the mosquitoes at the Health Department. To date, LaSalle County has one documented human case of West Nile virus in 2016.

<u>Municipality</u>	<u>Date Collected</u>	<u>Animal/Insect</u>
PERU	08/11/2016	CROW
OTTAWA	08/12/2016	CROW
OGLESBY	08/16/2016	CROW
MENDOTA	08/24/2016	CROW
OGLESBY	08/25/2016	CROW
STREATOR	9/6/2016	CROW
SOMONAUK	9/7/2016	CROW
PERU	9/16/2016	MOSQUITOES

West Nile virus is transmitted through the bite of a *Culex pipiens* mosquito, commonly called a house mosquito, which 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. Four out of five people infected with West Nile virus will not show any symptoms. However, in rare cases, severe illness including meningitis or encephalitis, or even death, can occur. People older than 50 and immunocompromised individuals are at higher risk for severe illness from West Nile virus.

Precautions include practicing the three “R’s” – reduce, repel and report.

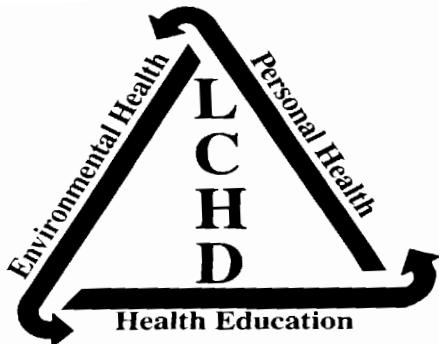
- **REDUCE** - make sure doors and windows have tight-fitting screens. Repair or replace screens that have tears or other openings. Try to keep doors and windows shut. Eliminate, or refresh each week, all sources of standing water where mosquitoes can breed, including water in bird baths, ponds, flowerpots, pet bowls, clogged rain gutters, wading pools, old tires, and any other containers.
- **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** – report locations where you see water sitting stagnant for more than a week such as roadside ditches, flooded yards, and similar locations that may produce mosquitoes. The local health department or city government may be able to add larvicide to the water, which will kill any mosquito eggs.

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.dph.illinois.gov/topics-services/diseases-and-conditions/west-nile-virus/surveillance>.

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MEDIA RELEASE



Date: October 24, 2016
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

“Safe Sleep Campaign”

Ottawa, IL – October is Sudden Infant Death Syndrome (SIDS) Awareness Month. Each year in the United States, thousands of infants die suddenly and unexpectedly. These deaths are called sudden unexpected infant deaths. Sleep-related infant deaths, such as accidental suffocation and SIDS, are the leading cause of death in babies 1 to 12 months of age. Most SIDS deaths happen when babies are between 1 month and 4 months of age. For safest sleep, every sleep, baby should sleep alone, on back, in a safe crib, bassinette or portable play yard.

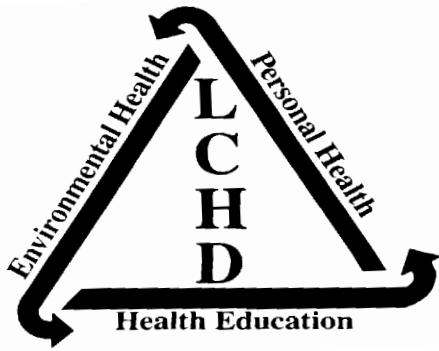
It is also recommended that for at least the first six months of their lives, infants should be sleeping in the same room as their parents, but not the same bed, according to a new report from the American Academy of Pediatrics (AAP). Optimally parents would share a room until age one year. Room sharing, keeping your baby’s sleep area in the same room where you sleep, reduces the risk of SIDS and other sleep-related causes of infant death. There is no sure way to prevent SIDS, but parents and caregivers can take certain steps to reduce the risk of SIDS and other sleep-related deaths.

- Always place a baby on its back to sleep, for naps and at night.
- Use a firm sleep surface, such as a crib mattress covered by a fitted sheet.
- Remove all loose bedding, stuffed animals, crib bumpers, wedges, quilts and comforters.
- Don’t smoke while pregnant, and Never allow smoking around the baby.
- Remember breastfeeding is best for baby. Breastfeeding reduces the risk for SIDS.

Doctors and researchers don’t know the exact causes of SIDS. However, research shows that parents and caregivers who practice these actions help reduce the risk of SIDS and other sleep-related causes of infant death. For more information on Sudden Infant Death Syndrome and ways to reduce the risk, contact the LaSalle County Health Department at (815)433-3366.

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MEDIA RELEASE



Date: November 1, 2016
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 Medical Reserve Corps Conducts Survey on Opioid Epidemic”

Ottawa, IL – The LaSalle County Medical Reserve Corps (MRC) is working to help combat the opioid epidemic within their local communities. In an effort to gather information, the LaSalle County MRC will be conducting a survey focusing on awareness and attitudes on the opioid issue. The survey will take approximately 5-10 minutes to complete and responses are confidential. The LaSalle County MRC is encouraging anyone over the age of 18, who resides or works in LaSalle County to participate in the survey. The survey will be available online until December 16, 2016. Once the survey is completed the results will be published and available for view on the LaSalle County MRC’s website.

The survey can be accessed at the LaSalle County MRC’s website at www.lasallecountymrc.org or by visiting the Health Department’s website (www.lasallecounty.org/hd) or Facebook page. Printed versions are also available in the Health Department lobby. The Health Department is open Monday-Friday, 8:00 am- 4:30 pm. For additional information please call the department at 815-433-3366.

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