

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

January 18, 2018

**“CERVICAL CANCER SCREENING MONTH”**

**N E W S   R E L E A S E**

**FOR IMMEDIATE RELEASE:**

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

OTTAWA, IL—In recognition of Cervical Cancer Awareness Month the LaSalle County Health Department is urging women over the age of 21 to be screened for cervical cancer. The goal is to eradicate cervical cancer in Illinois by women taking charge and getting screened. During 2017 an estimated 12,820 women in the United States were diagnosed with cervical cancer, and there were an estimated 4,210 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.

The American Cancer Society (ACS) reports that between 60 and 80 percent of American women with newly diagnosed invasive cervical cancer have not had a Pap Smear in the last five years and /or may have never had one. Cervical Cancer is one of the most common types of cancer worldwide and one of the most preventable and treatable when detected early. In addition to increasing awareness of cervical cancer there are some preventative steps that women can take. Studies have shown, regular exercise, a healthy diet, routine screenings and getting the

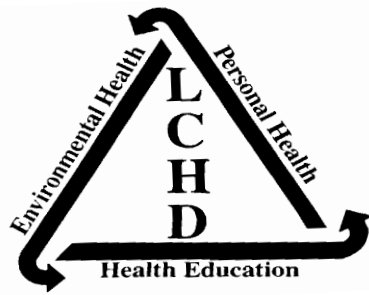
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cervical cancer vaccine to help prevent Human Papilloma Virus (HPV), decreases the risk for cervical cancer. Licensed HPV vaccines for females and males are available. The Centers for Disease Control and Prevention (CDC) recommends 11 or 12 year old 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 who have high deductibles regardless of income. We invite and encourage anyone who needs more information on cervical cancer and the importance of Pap Smear tests, the IBCCP program, or the cervical cancer vaccines to contact the Health Department at 1-815-433-3366 or visit our website at [www.lasallecounty.org/hd](http://www.lasallecounty.org/hd).

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## MEDIA RELEASE



Date: March 28, 2018

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**

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### **“LaSalle County Health Department Observes National Public Health Week”**

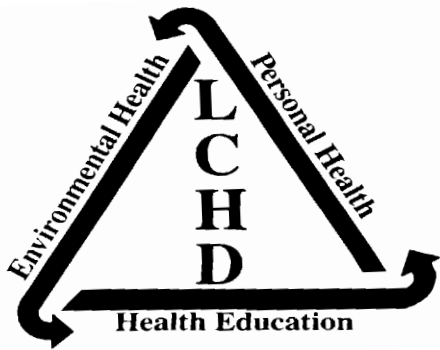
**OTTAWA, IL** - During the first full week of April each year, the American Public Health Association (APHA) brings together communities across the US to observe National Public Health Week. National Public Health Week, with the theme “Healthiest 2030,” will be observed April 2-8, 2018. Public Health Serves as an invisible shield of protection to promote and protect the health of people in the communities where they live, learn, work, and play for generations to come.

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 Health Department’s website can be accessed at [www.lasallecounty.org](http://www.lasallecounty.org). # # #



## MEDIA RELEASE



Date: April 30, 2018

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**

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### **“Health Department Begins Dead Bird Surveillance”**

**Ottawa, IL** – The LaSalle County Health Department will begin collecting dead birds on May 1, 2018 and will continue this process until October 15, 2018. Dead birds are important sentinels for early detection of West Nile virus activity. Over the past sixteen 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](http://www.lasallecounty.org) 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 was purchased with

grant money. The Health Department also utilized the grant money to purchase a large quantity of mosquito larvicide, which is used to treat potential mosquito breeding sites. The larvicide will be

distributed to licensed mosquito control applicators from local municipalities and villages throughout the

county. Also, during the spring and summer months, Health Department staff extend outreach efforts to

all city, municipal, village, and township officials in the county. Information 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

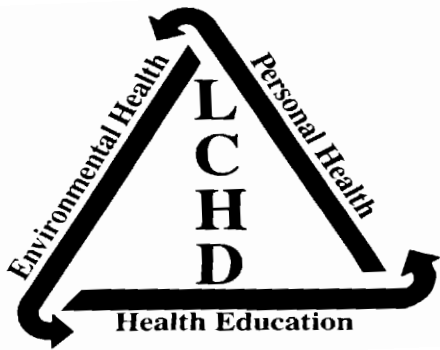
information on West Nile virus, please contact the LaSalle County Health Department at 815-433-3366 or

visit our website at [www.lasallecounty.org](http://www.lasallecounty.org).

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## MEDIA RELEASE



Date: May 1, 2018

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**

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**OTTAWA, IL** –This Mother’s Day why not give yourself a gift and choose this special holiday to commit to take better care of yourself. 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 (regardless of income) or whose insurance has a high deductible.

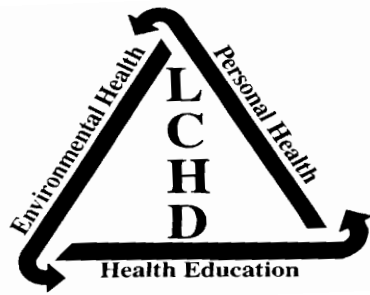
Low income women and women with no insurance die from breast and cervical cancer more often than other women. These high mortality rates are attributed in part to the fact that these women generally do not receive regular mammograms and Pap Smears. As a result, cancers are diagnosed at later stages when 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 uninsured and 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. Take advantage of this opportunity for early detection. You are important to your family.

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 (815) 433-3366 for further information on how to receive a free mammogram and pap test.



## MEDIA RELEASE



Date: May 2, 2018

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**

**OTTAWA** – In observance of Lyme Disease Awareness month and the warmer weather our area has been

experiencing, it's important to take precautions against tick bites and the illnesses they can carry. Illnesses

like Rocky Mountain spotted fever, Lyme disease, tularemia, and ehrlichiosis can cause mild symptoms or

severe infections. In LaSalle County, Lyme disease is the tick-related illness seen most commonly. There were 5 cases of Lyme disease confirmed in the county in 2017.

YE A R	NUMBER OF HUMAN CASES
2014	5
2015	6
2016	8
2017	5

Lyme disease is caused by bacteria called *Borrelia burgdorferi* and is transmitted to humans through the bite of infected blacklegged ticks. The risk of exposure to ticks is greatest in the woods and in the edge area between lawns and woods; however, ticks can also be carried by animals onto lawns and gardens and into houses by pets. Campers, hikers, outdoor workers, and others may be exposed to infected ticks in wooded, brushy, and grassy places. People who spend time in heavily wooded areas where infected ticks are common are at higher risk for exposure.

“While antibiotics can treat illnesses due to tick bites, it’s best to avoid tick bites altogether by taking some simple precautions,” says Chris Pozzi, Director of Environmental Health at LaSalle County

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Health Department.

Simple tips to avoid ticks bites include:

- Wear light-colored, protective clothing—long-sleeved shirts, long trousers, boots or sturdy shoes and a head covering. Tuck long pants into socks and boots.
- Apply insect repellent containing 10 percent to 30 percent DEET primarily to clothes.
- Use products that contain permethrin to treat clothing and gear, such as boots, pants, socks and sleeping tents. Or look for clothing pre-treated with permethrin.
- Walk in the center of trails so weeds do not brush against you.
- Check yourself, children, other family members and pets for ticks every two to three hours (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. Remove the tick as soon as possible to reduce your chances of getting an infection from the tick bite. 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 to remove the tick. Avoid twisting or jerking. If the mouthparts remain in the skin, leave them alone. In most cases, they will fall out in a few days.

Don't use nail polish, petroleum jelly, or a hot match to make the tick detach.

3. Clean the bite area and your hands with rubbing alcohol or soap and water.

If you become ill with a fever and/or rash after being in an area where ticks may be, please contact your health care provider. The most common symptoms of tick-related illnesses can include fever, chills, aches, pains, and rash (not in all cases). Early recognition and treatment of the infection decreases the risk of serious complications.

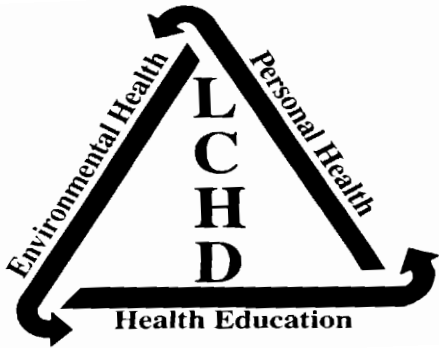
For additional information, please contact the LaSalle County Health Department at 815-433-3366. The Health Department's website can be accessed at [www.lasallecounty.org](http://www.lasallecounty.org).

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## **MEDIA RELEASE**



Date: June 1, 2018  
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**

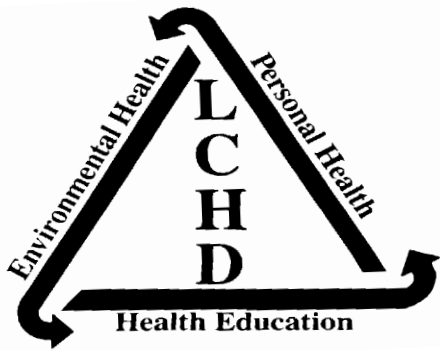
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**Ottawa, IL - -** On May 31, 2018 the LaSalle County Health Department partnered with Seattle Suttons Healthy Eating to provide an Illinois Breast and Cervical Cancer Program (IBCCP) presentation and enrollment outreach to the employees of Seattle Sutton. Through this opportunity employees of Seattle Sutton Healthy Eating have learned of the importance of early detection when it comes to Breast and Cervical Cancer. They learned of the necessity of screening, and the risks and adverse outcomes of undetected or late stage cancers. The employees were then given the opportunity to enroll in IBCCP which provides free mammograms and Pap tests to women who are LaSalle or Grundy County residents and are between the ages of 35-64, and have no insurance, or are under-insured, or have high deductibles, regardless of income. For more information regarding IBCCP or to see if you may qualify, call (815)433-3366. You can also visit our website at [www.lasallecounty.org](http://www.lasallecounty.org).

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## MEDIA RELEASE



Date: June 15, 2018

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**

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### **"LaSalle County Health Department's Immunization Clinics"**

**OTTAWA, IL** – The time to get vaccinated is now. The LaSalle County Health Department is encouraging parents to complete all of their children's school health care requirements and recommendations. Getting vaccinated according to the recommended immunization schedule is one of the most important things a parent can do to protect their child's health. Whether it's a baby entering a daycare facility, a toddler heading to preschool, students in elementary through High School, or even College Freshmen, parents should check their child's vaccination records. Vaccines help prevent serious diseases like measles, mumps, rubella, pertussis (whooping cough), as well as some others. Debra Hart, 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."

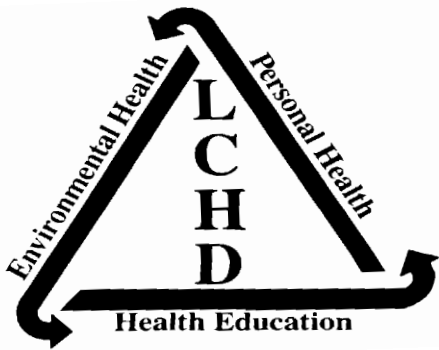
The Health Department is in the process of opening additional clinic schedules for parent's convenience. LaSalle County Health Department is located at 717 Etna Road, Ottawa, IL. It is important that you call for an appointment and bring your child's shot record with you on the day of the appointment. We can bill most private insurance, Medicaid, CHIP, and participate in the VFC (Vaccines for Children) program.

For immunization information or appointments, call the LaSalle County Health Department at 815-433-3366 x241 or check with your local healthcare provider. For information on other public health issues, visit our website at [www.lasallecounty.org](http://www.lasallecounty.org)

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## MEDIA RELEASE



Date: June 22, 2018  
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**

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### “HIV Testing Day”

Ottawa, IL – National HIV Testing Day is on Wednesday, June 27<sup>th</sup>. This is the 25th annual HIV Testing Day campaign. The goal of the campaign is to identify people who are HIV positive and don’t know it so they can access treatment. In honor of this day, the LaSalle County Health Department will be offering free HIV oral swab tests on June 27<sup>th</sup> from 9:00 am – 3:00 pm. There is no appointment necessary these will be done on a walk-in basis. According to the Centers for Disease Control (CDC), about one in seven people in the United States who have HIV don’t know that they are HIV positive. Young people are the most likely to be unaware of their HIV infection.

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. In addition to limiting your number of sexual partners, never sharing needles and using condoms correctly and consistently, you can reduce your risk.

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](http://www.lasallecounty.org). And like us on Facebook/Twitter.

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## MEDIA RELEASE

Date: July 5, 2018

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**

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### “Youth Mental Health First Aid Training”

**Ottawa, IL** – The LaSalle County Medical Reserve Corps (LCMRC) is partnering with North Central Behavioral Health Systems, Inc. to offer Youth Mental Health First Aid Training. The internationally renowned evidence based course introduces the risk factors and warning signs of specific illnesses such as: Anxiety, Depression, Psychosis and Addiction and information about evidence-supported treatment programs. Learn how to appropriately respond to situations where mental health crisis and need is identified. The training is designed for those who would like to learn more about mental health. The training details are listed below:

**Date:** Wednesday, July, 18, 2018  
**Time:** 8:30am-5:00pm  
**Location:** LaSalle County Emergency Management Agency (EMA)  
711 E. Etna Road, Ottawa, IL 61350  
**Cost:** \$25 (manual and lunch)  
**Lunch:** Working lunch provided

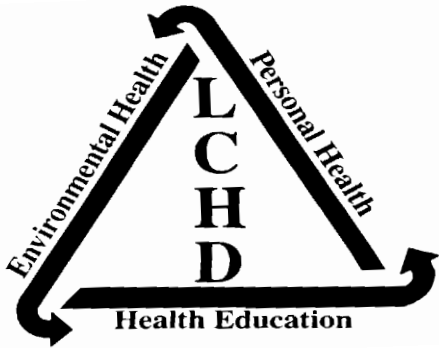
To register visit: <https://www.eventbrite.com/e/youth-mental-health-first-aid-training-tickets-46854395759>. Payments can be made online or brought to the training. Checks can also be written out to LCMRC and mailed to 717 E. Etna Road, Ottawa, IL 61350. Please register by Monday, July 16, 2018.

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: July 25, 2018

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**

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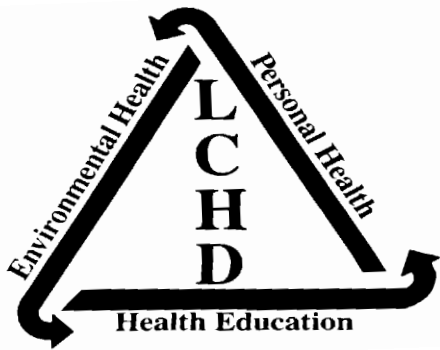
### **“Komen Funds available for Breast Cancer Screenings”**

**Ottawa, IL** - - LaSalle County Health Department supports the mission of the Susan G. Komen Foundation to eradicate breast cancer as a life-threatening disease by providing mammography services and education to women in LaSalle and Grundy Counties regardless of race, ethnicity, cultural disparities, or age, or other potential barriers which may exist including income.

Any LaSalle or Grundy County woman who are in need of Breast Cancer screening services should contact the LaSalle County Health Department at (815)433-3366. Despite the Affordable Care Act (ACA), women remain uninsured or underinsured. Funding from the Susan G. Komen foundation allows the LaSalle County Health Department to provide services for these women. Early detection is your best protection against Breast Cancer. Through screening, improved treatment methods and increased access to breast health services, people have a greater survival rate than ever before. To learn more about Breast Cancer or the Komen Funds program contact the LaSalle County Health Department or visit our website at [www.lasallecounty.org](http://www.lasallecounty.org).

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## MEDIA RELEASE



Date: July 25, 2018  
To: All Media  
From: LaSalle County Health Department  
717 Etna Road  
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Contact: Jenny Barrie (ext. 226)  
Leslie Dougherty (ext. 225)  
Phone: (815) 433-3366  
**For Immediate Release**

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### “Bird Tests Positive for West Nile virus”

**Ottawa, IL** – The LaSalle County Health Department received confirmation that a crow from LaSalle tested positive for West Nile virus. The bird was collected and tested on July 24, 2018. 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 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 60 and individuals with weakened immune systems are at higher risk for severe illness from West Nile virus.

Monitoring for West Nile virus includes laboratory tests for mosquito batches, dead crows, blue jays, and robins, as well as testing humans with West Nile virus-like symptoms. People who observe a sick or dying crow, blue jay, or robin should contact the health department, which will determine if the bird will be picked up for testing.

-More-

There are some simple precautions you can take to *Fight the Bite*. 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](http://www.lasallecounty.org). A state-wide listing is available at the Illinois

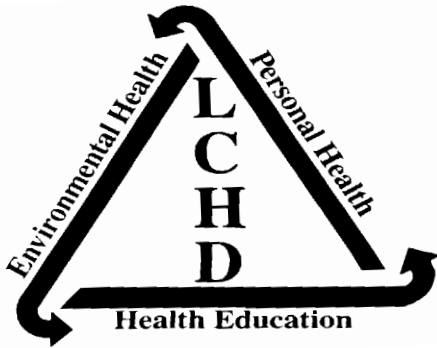
Department of Public Health’s web site at <http://www.dph.illinois.gov/topics-services/diseases-and-conditions/west-nile-virus/surveillance>.

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Date: July 30, 2018  
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717 Etna Road  
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Contact: Jenny Barrie (ext. 226)  
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**For Immediate Release**

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### “Illinois Breastfeeding Month”

FOR IMMEDIATE RELEASE:

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

OTTAWA, IL— The State of Illinois recognizes August as Breastfeeding Promotion Month and nationally, World Breastfeeding Week is celebrated August 1<sup>st</sup> thru August 7<sup>th</sup>. In recognition of this the LaSalle County Health Department will be holding a Breastfeeding Mom’s meet and greet at our Ottawa WIC site, 1806 Senica Drive on Wednesday, August 1<sup>st</sup> from 8:00 – 12:00 and again from 1:00 – 4:00. This will give all local Moms a chance to come together to show their support for breastfeeding, share ideas, weigh infants if desired and talk with a certified lactation consultant if they choose to. New clothing and accessory items available to Moms from donations..

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 initiative 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).

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

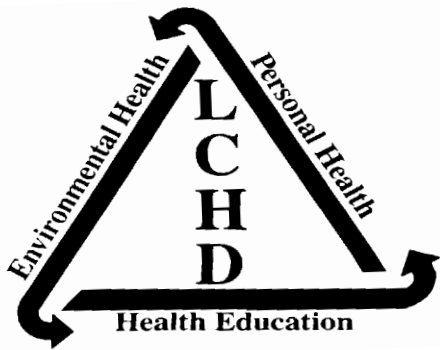
Practice the ABC’s of Breastfeeding.

- 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 for any amount of time benefits both moms and babies. We congratulate all breastfeeding moms on making this choice! For more information on breastfeeding you can contact the LaSalle County Health Department at 433-3366.



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Contact: Jenny Barrie (ext. 226)  
Leslie Dougherty (ext. 225)  
Phone: (815) 433-3366  
**For Immediate Release**

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### **“Mosquitoes Test Positive for West Nile virus”**

**Ottawa, IL** – The LaSalle County Health Department received confirmation that mosquitoes from Ottawa tested positive for West Nile virus. The mosquitoes were collected last week and Environmental Health staff were able to conduct the confirmatory test on the mosquitoes at the Health Department. Additional activity includes a crow that tested positive last week.

According to Chris Pozzi, Director of Environmental Health, “This is the time of year we expect to see West Nile virus activity increase. It is important that people be conscientious about self-protection whenever they are outside during the evening hours. In hot, dry weather, mosquitoes that carry West Nile virus breed in stagnant water and multiply rapidly. 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 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 60 and individuals with weakened immune systems are at higher risk for severe illness from West Nile virus.

Monitoring for West Nile virus includes laboratory tests for mosquito batches, dead crows, blue

-More-

jays, and robins, as well as testing humans with West Nile virus-like symptoms. People who observe a sick or dying crow, blue jay, or robin should contact the health department, which will determine if the bird will be picked up for testing.

There are some simple precautions you can take to *Fight the Bite*. 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.

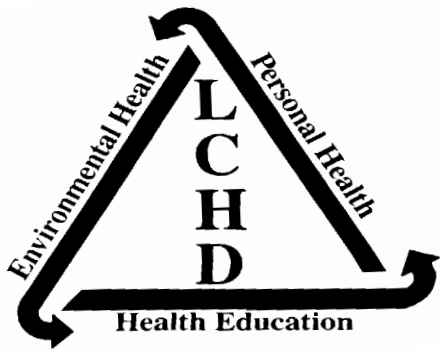
A complete listing of West Nile virus statistics for LaSalle County is available on the Health Department’s web site at [www.lasallecounty.org](http://www.lasallecounty.org). A state-wide listing is available at the Illinois

Department of Public Health’s web site at <http://www.dph.illinois.gov/topics-services/diseases-and-conditions/west-nile-virus/surveillance>.

###



## MEDIA RELEASE



Date: August 1, 2018

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**

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### “Additional Bird Tests Positive for West Nile virus”

**Ottawa, IL** – The LaSalle County Health Department received confirmation that a crow from Streator tested positive for West Nile virus. The bird was collected and tested on July 31, 2018. Environmental Health staff was able to conduct the confirmatory test on the bird at the Health Department. To date, the following West Nile virus activity has been documented for 2018:

<u>Municipality</u>	<u>Date Collected</u>	<u>Animal/Insect</u>
LASALLE	07/24/2018	CROW
OTTAWA	07/27/2018	MOSQUITOES
STREATOR	07/31/2018	CROW

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 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 60 and individuals with weakened immune systems are at higher risk for severe illness from West Nile virus.

Monitoring for West Nile virus includes laboratory tests for mosquito batches, dead crows, blue

-More-

jays, and robins, as well as testing humans with West Nile virus-like symptoms. People who observe a sick or dying crow, blue jay, or robin should contact the health department, which will determine if the bird will be picked up for testing.

There are some simple precautions you can take to *Fight the Bite*. 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

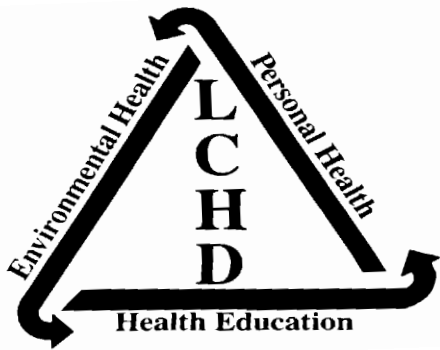
Department’s web site at [www.lasallecounty.org](http://www.lasallecounty.org). A state-wide listing is available at the Illinois

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 13, 2018

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**

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### **“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 Leland tested positive for rabies. To date, in Illinois 29 bats have tested positive for rabies in 2018.

Bats are the primary carriers of rabies in Illinois. You cannot tell by looking at a bat if it is rabid. The animal does not have to be aggressive or exhibit other symptoms to have rabies.

Changes in any animal’s normal behavior, such as difficulty walking or an overall appearance of illness, can be early signs of rabies. A bat that is active during the day, found on the ground and unable to fly, is likely to be rabid. Such bats should never be handled.

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 the eyes, nose, mouth or a wound. Without preventive treatment, rabies

-more-

is a fatal disease. If you have been bitten or exposed to a bat, seek immediate medical attention. Bat bites may not be felt while sleeping, and special consideration also needs to be taken when a bat is found in a child's room or in a disabled person's living area. Preventive treatment with rabies immune globulin and a vaccine series must begin immediately.

The following tips can help prevent the spread of rabies:

- ✓ Be a responsible animal owner. Keep vaccinations up-to-date for all pets (indoor/outdoor).
- ✓ 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 are able to do so without putting yourself at risk for physical (more) contact or being bitten, try to cover the bat with a large can or bucket, and close the door to the room.
- ✓ Seek immediate veterinary assistance if your pet is bitten by a wild animal or exposed to a bat.
- ✓ Do not handle, feed or 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.

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](http://www.lasallecounty.org). Information about rabies activity in

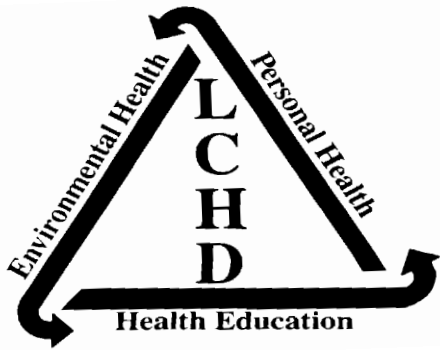
Illinois can be found at <http://www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/rabies>

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## MEDIA RELEASE



Date: August 29, 2018

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**

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### **“Health Department Confirms First Case and Death of West Nile Virus”**

**Ottawa, IL** – LaSalle County Health Department has confirmed its first human case and death due to West Nile virus this year. A LaSalle County resident over 65 years who became ill during the first part of August and tested positive for West Nile virus has died. According to Chris Pozzi, Director of Environmental Health, “the report of a death is a very sad reminder that West Nile virus continues to be a serious health issue. This is the time of year we expect to see the potential for human cases increase. West Nile virus thrives in dry, hot weather and our area has definitely experienced those type of conditions this summer. Even as we move into the fall months with fluctuating temperatures, it is crucial to protect yourself against mosquito bites and possible West Nile virus infection. This reminder is especially important as we head into the long Labor Day weekend with many outdoor activities planned, and as fall sporting events get underway. Mosquito activity does slow down as temperatures drop, but until our area experiences a hard freeze personal protection measures need to be taken. 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.”

Human West Nile virus cases were previously reported in LaSalle County in 2017 (1), 2016 (1), 2014 (1), 2013 (1), 2007 (2), 2006 (1), 2005 (1), 2004 (5), 2003 (1), 2002 (11) during the late summer and

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early fall months. In addition, earlier this summer mosquitoes and birds also tested positive for the virus in the county.

<u>Municipality</u>	<u>Date Collected</u>	<u>Animal/Insect</u>
LASALLE	07/24/2018	CROW
OTTAWA	07/27/2018	MOSQUITOES
STREATOR	07/31/2018	CROW

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 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 60 and individuals with weakened immune systems are at higher risk for severe illness from West Nile virus.

Monitoring for West Nile virus includes laboratory tests for mosquito batches, dead crows, blue jays, and robins, as well as testing humans with West Nile virus-like symptoms. People who observe a sick or dying crow, blue jay, or robin should contact the health department, which will determine if the bird will be picked up for testing.

There are some simple precautions you can take to *Fight the Bite*. 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.

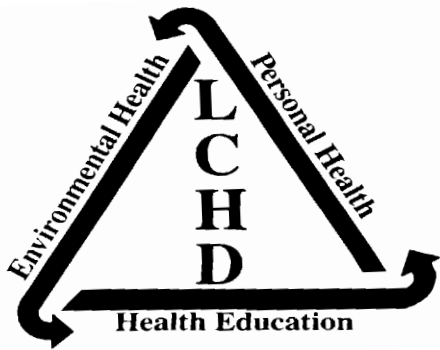
- **REPORT** – report locations where you see water sitting stagnant for more than a week such as roadside ditches, flooded yards, and similar locations that may produce mosquitoes. The local health department or city government may be able to add larvicide to the water, which will kill any mosquito 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](http://www.lasallecounty.org). 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 30, 2018  
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**

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### “26<sup>th</sup> Annual Food Service Seminar”

**Ottawa, IL** – The LaSalle County Health Department will be sponsoring their Twenty-Sixth Annual Food Service Seminar on September 10, 2018. 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 US Foods, Ottawa Public Works Department, Bell Laboratories, Inc., Illinois Valley Community Hospital, and LaSalle County Health Department. They will provide information on proper cooling and reheating techniques, grease traps, rodent pest management, first aid and CPR for food service establishments, HACCP, and updates regarding the FDA Food Code.

September is National Food Safety Education Month. It provides an opportunity to raise awareness about steps you can take to prevent food poisoning. 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 CDC website at

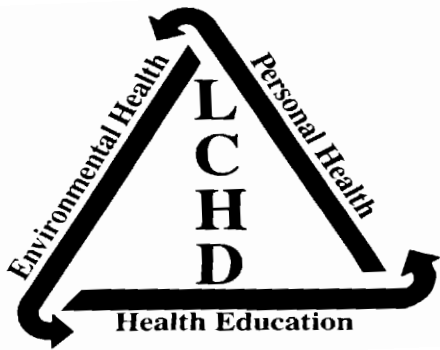
<https://www.cdc.gov/foodsafety/education-month.htm>. To pre-register for the food service seminar,

please call the LaSalle County Health Department at (815) 433-3366 or visit [www.lasallecounty.org](http://www.lasallecounty.org).

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## MEDIA RELEASE



Date: September 4, 2018

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**

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### “Additional Birds Tests Positive for West Nile virus”

**Ottawa, IL** – The LaSalle County Health Department received confirmation that crows from Ottawa and Peru tested positive for West Nile virus. The Ottawa bird was collected and tested on August 31, 2018. The Peru bird was collected and tested on September 4, 2018. Environmental Health staff was able to conduct the confirmatory test on the birds at the Health Department. To date, the following West Nile virus activity in birds and mosquitoes has been documented for 2018:

<u>Municipality</u>	<u>Date Collected</u>	<u>Animal/Insect</u>
LASALLE	07/24/2018	CROW
OTTAWA	07/27/2018	MOSQUITOES
STREATOR	07/31/2018	CROW
OTTAWA	8/31/2018	CROW
PERU	9/4/2018	CROW

Additionally, the first human case of West Nile virus was reported last week. West Nile virus is transmitted through the bite of a mosquito. Common 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 60 and immunocompromised individuals are

-More-

at higher risk for severe illness.

Remember to take some simple precautions to reduce the number of mosquitoes around your home and protect yourself from being bitten. According to Chris Pozzi, Director of Environmental Health, “West Nile virus activity is widespread throughout the county and it is important citizens remember to protect themselves against mosquito bites and possible West Nile virus infection.”

- Minimize being outdoors when mosquitoes transmitting West Nile virus are most active, especially between dusk and dawn.
- 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.
- Eliminate all sources of standing water where mosquitoes can breed, such as old tires, buckets and other receptacles, or refresh the water in bird baths, flowerpots and wading pools every couple days.

A complete listing of West Nile virus statistics for LaSalle County is available on the Health

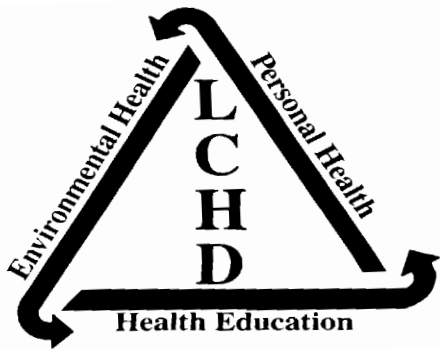
Department’s web site at [www.lasallecounty.org](http://www.lasallecounty.org). A state-wide listing is available at the Illinois

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 17, 2018

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**

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## NEWS RELEASE

**“LaSalle County Health Department’s Flu Clinics to Begin Saturday, September 29<sup>th</sup>”**

**FOR IMMEDIATE RELEASE:**

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

**OTTAWA, IL** – The LaSalle County Health Department is urging everyone 6 months and older to get vaccinated against seasonal influenza (flu). The LaSalle County Health Department has received its shipment of flu vaccine and will begin hosting flu clinics at the Health Department beginning on Saturday, September 29<sup>th</sup>. Seasonal Influenza Vaccine and Influenza HD (High Dose) Vaccine for persons 65 and older will be available. All LaSalle County Health Department influenza vaccines are preservative free. The fee for the seasonal flu shot will be \$25. The fee for influenza HD will be \$50. Insurance billing will be provided for Medicare part B and Medicaid eligible clients and also for most health insurance companies. **You must have your insurance card with you.** No Doctors order is required. Children must be accompanied by a parent or guardian.

The clinic schedule will be as follows:

**September 29<sup>th</sup> from 10:00 – 2:00      LaSalle County Health Department**

**October 18<sup>th</sup>    from 1:00 – 5:00      LaSalle County Health Department**

**October 25<sup>th</sup>    from 1:00 – 5:00      LaSalle County Health Department**

**November 15<sup>th</sup>    from 1:00 – 5:00      LaSalle County Health Department**

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The flu vaccine's effectiveness varies from year to year. 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.

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

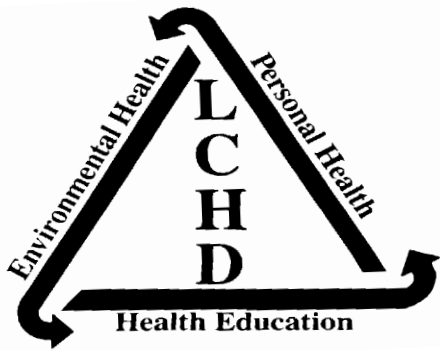
- persons aged 65 and older
- Adults and children with chronic illnesses such as heart, lung, kidney, or liver disease
- Diabetics
- All persons with a weakened immune system caused by conditions such as HIV, cancer, organ transplant, immunosuppressive medicine, splenectomy, or any other chronic condition.

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

The pneumonia vaccine will be available at the Health Department flu clinics. For more information on influenza you can call 1-815-433-3366 or you may visit our website at [www.lasallecounty.org/hd](http://www.lasallecounty.org/hd). Or like us on Facebook/Twitter.

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## MEDIA RELEASE



Date: September 20, 2018

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**

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### “Additional Bird Tests Positive for West Nile virus”

**Ottawa, IL** – The LaSalle County Health Department received confirmation that a blue jay from Marseilles tested positive for West Nile virus. The bird was collected and tested on September 19, 2018.

Environmental Health staff was able to conduct the confirmatory test on the birds at the Health Department.

To date, the following West Nile virus activity in birds and mosquitoes has been documented for 2018:

<u>Municipality</u>	<u>Date Collected</u>	<u>Animal/Insect</u>
LASALLE	07/24/2018	CROW
OTTAWA	07/27/2018	MOSQUITOES
STREATOR	07/31/2018	CROW
OTTAWA	8/31/2018	CROW
PERU	9/4/2018	CROW
MARSEILLES	9/19/2018	BLUE JAY

Additionally, the first human case of West Nile virus was reported in late August. West Nile virus is transmitted through the bite of a mosquito. Common 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 60 and immunocompromised individuals are

-More-

at higher risk for severe illness.

Remember to take some simple precautions to reduce the number of mosquitoes around your home and protect yourself from being bitten.

- Minimize being outdoors when mosquitoes transmitting West Nile virus are most active, especially between dusk and dawn.
- 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.
- Eliminate all sources of standing water where mosquitoes can breed, such as old tires, buckets and other receptacles, or refresh the water in bird baths, flowerpots and wading pools every couple days.

A complete listing of West Nile virus statistics for LaSalle County is available on the Health Department's web

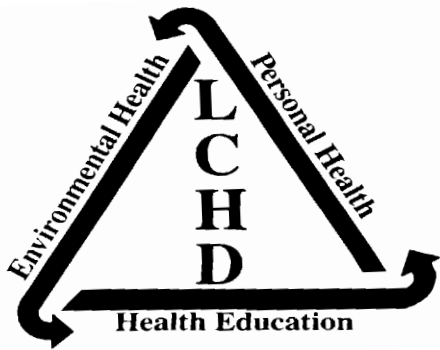
site at [www.lasallecounty.org](http://www.lasallecounty.org). A state-wide listing is available at the Illinois Department of Public Health's

web site at <http://www.dph.illinois.gov/topics-services/diseases-and-conditions/west-nile-virus/surveillance>.

# # #



## MEDIA RELEASE



Date: September 27, 2018

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**

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### **“World Rabies Day”**

**OTTAWA, IL** – World Rabies Day is September 28, 2018. Established in 2007, it aims to raise awareness about rabies and help the world come together to fight the preventable disease. The theme for 2018 is “Rabies: Share the message, Save a life,” highlighting the importance of education and awareness to prevent rabies. According to the Center for Disease Control (CDC), “in the United States, rabies deaths are very rare thanks to successful animal control and vaccination programs. But around the world, rabies kills more than 59,000 people every year. The most affected countries are in Africa and Asia, and almost half of the victims are children under the age of 15.”

The good news is that rabies can be prevented through vaccination of both animals and people. 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 the eyes, nose, mouth or a wound. Without preventive treatment, rabies is a fatal disease. If you have been bitten or exposed to a bat, seek immediate medical attention. Bat bites may not be felt while sleeping, and special consideration also needs to be taken when a bat is found in a child’s room or in a disabled person’s living area. Preventive treatment with rabies immune globulin and a vaccine series must begin immediately.

**-more-**

Whether you are a pet owner, a parent, or an outdoor enthusiast, there are steps you can take to keep yourself and your family free from rabies throughout the year. Here are some tips to protect yourself and others from rabies:

### **1. Take Pets to a Veterinarian for Their Rabies Shot**

A veterinarian can make sure your pets – like dogs, cats, and ferrets – are up to date on their rabies shot and protected from getting rabies. All dogs and cats should be vaccinated around four months of age, and then again one year later. After these two shots, your veterinarian will develop a vaccination plan that is best for your pet and complies with local laws. This is important, since animals that have not received a rabies shot and are in contact with potentially rabid wild animals may need to be quarantined or euthanized.

### **2. Protect Your Family Around the Home**

There are things you can do around the home to help reduce the risk of rabies to you and your pets.

- Keep your pets indoors. When you let your dog or cat go outside, it's best to have a fenced-in yard and make sure someone is there to watch it and keep it safe. Use a leash when walking your dog.
- Keep your pets' food in a place where only your pets have access to it and keep garbage securely covered. These items may attract wild animals or stray animals to your yard.
- Understand the risk from bats. While most wild animals are found primarily outdoors, bats can sometimes fly into buildings. This includes your home and even the room where you sleep.
- Indoor-only cats do occasionally develop rabies because of bats in the home. It is important to keep all cats up to date on rabies vaccination, even if they never leave your home.
- 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 are able to do so without putting yourself at risk for physical (more) contact or being bitten, try to cover the bat with a large can or bucket, and close the door to the room.

### **3. Keep Away From Wildlife and Unfamiliar Animals**

In the United States, rabies is most often seen in wild animals such as raccoons, bats, skunks and foxes. One of the best ways to protect yourself and your family is to avoid contact with wild animals. Do not feed or handle them, even if they seem friendly. You should also avoid dogs and cats that are unfamiliar to you and your family. These animals may be in contact with wildlife and can also spread rabies to humans.

**-more-**

If you see an animal acting strangely, report it to animal control. Some things to look for are:

- General sickness
- Problems swallowing
- Lots of drool or saliva
- An animal that appears more tame than you would expect
- An animal that bites at everything
- An animal that's having trouble moving or may even be paralyzed

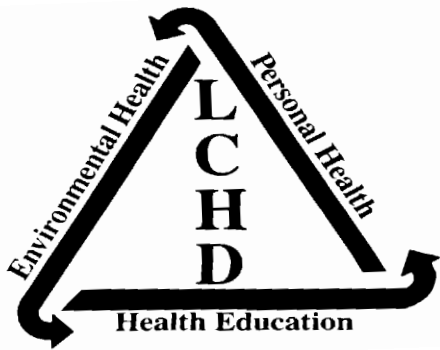
Never pick up or touch dead animals. The rabies virus may still be present in the saliva or nervous tissue, especially if they have only been dead for a short time. If you see a dead animal, call animal control. If a bat is in your home, do not release the bat outdoors until after speaking with animal control or public health officials.

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](http://www.lasallecounty.org). Information about rabies activity in Illinois can be found at <http://www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/rabies>

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## MEDIA RELEASE



Date: September 28, 2018

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**

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**OTTAWA, IL** – October is Breast Cancer Awareness Month. LaSalle County Health Department, through our Illinois Breast and Cervical Cancer Program grant, can pay for mammograms, beginning at age 40 and pap smears at age 35 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 (regardless of income) or whose insurance has a high deductible that must be met prior to covering wellness services. Or insurance that does not cover wellness screenings/diagnostics at all.

The good news is that most women can survive breast cancer if it's found and treated early. A mammogram – the screening test for breast cancer – can help find breast cancer early when it's easier to treat. Low income women and women with no insurance 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. IBCCP provides FREE mammograms and Pap Smears for those women who qualify and assistance with meeting your deductible for those who are insured. Take advantage of this opportunity for early detection. You are important to your family.

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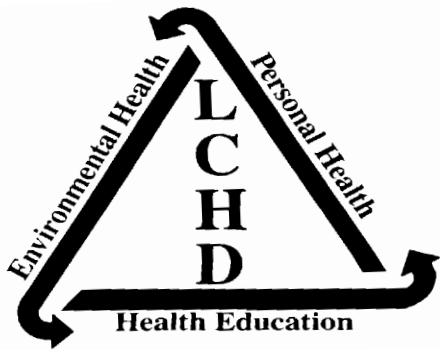
For those women who do not qualify for the IBCCP program or have related charges not covered by the IBCCP grant there are a limited amount of community donated funds to assist with those services. Call (815) 433-3366 for further information on how you may qualify to receive a free mammogram and pap test, or if you have a question on how high deductible works.



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## MEDIA RELEASE



Date: October 2, 2018

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**

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### **“Second Bat Tests Positive for Rabies in LaSalle County”**

**OTTAWA, IL** – Health Department officials have recently received a report indicating a bat submitted from Ottawa tested positive for rabies. 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. To date, in Illinois 67 bats have tested positive for rabies in 2018.

Bats are the primary carriers of rabies in Illinois. You cannot tell by looking at a bat if it is rabid. The animal does not have to be aggressive or exhibit other symptoms to have rabies. Changes in any animal’s normal behavior, such as difficulty walking or an overall appearance of illness, can be early signs of rabies. A bat that is active during the day, found on the ground and unable to fly, is likely to be rabid. Such bats should never be handled.

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 the eyes, nose, mouth or a wound. Without preventive treatment, rabies

-more-

is a fatal disease . Bat bites may not be felt while sleeping, and special consideration also needs to be taken when a bat is found in a child's room or in a disabled person's living area. Preventive treatment with rabies immune globulin and a vaccine series must begin immediately.

The following tips can help prevent the spread of rabies:

- ✓ Be a responsible animal owner. Keep vaccinations up-to-date for all pets (indoor/outdoor).
- ✓ 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 are able to do so without putting yourself at risk for physical (more) contact or being bitten, try to cover the bat with a large can or bucket, and close the door to the room.
- ✓ Seek immediate veterinary assistance if your pet is bitten by a wild animal or exposed to a bat.
- ✓ Do not handle, feed or 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.

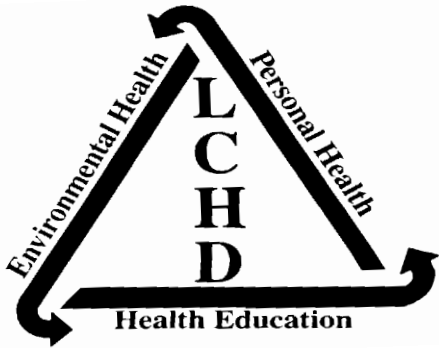
For further questions and additional information, please contact the LaSalle County Health Department at 815-433-3366 or visit our website at [www.lasallecounty.org](http://www.lasallecounty.org). Information about rabies activity in

Illinois can be found at <http://www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/rabies>

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## MEDIA RELEASE



Date: October 9, 2018  
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**

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### **“Reminder - Flu Clinics Available”**

Ottawa, IL - - LaSalle County Health Department would like to remind the public that we have the following Flu clinics scheduled at the LaSalle County Health Department, 717 Etna Road, Ottawa. They will each run from 1:00 pm – 5:00 pm on the following dates.

Thursday, October 18<sup>th</sup>

Thursday, October 25<sup>th</sup>

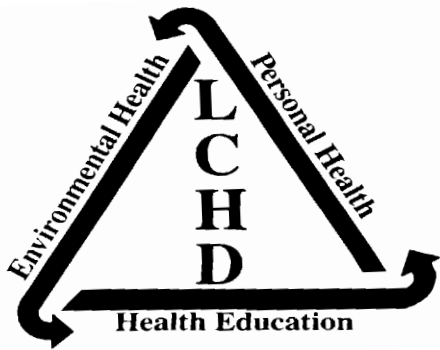
Thursday, November 15<sup>th</sup>

Beginning October 29<sup>th</sup> walk-ins are welcome on Mondays 9:00 am – 3:30 pm

For more information regarding influenza you can contact the LaSalle County Health Department (815) 433-3366 or visit our website at [www.lasallecounty.org](http://www.lasallecounty.org).

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## MEDIA RELEASE



Date: November 13, 2018  
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**

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### “ GREAT AMERICAN SMOKE OUT ”

FOR IMMEDIATE RELEASE:

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

**OTTAWA, IL --** The LaSalle County Health Department would like to announce that Thursday, November 15th is this years' 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 38 million Americans still smoke.

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.

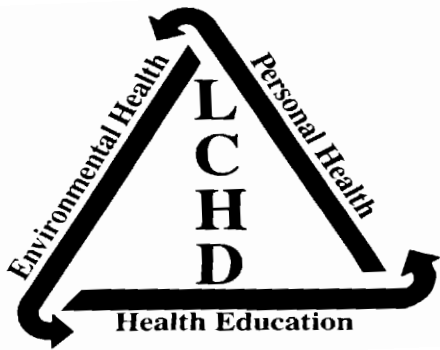
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For help in quitting you can contact the Illinois Department of Public Health's Quit line at 1-866-QUIT-YES. Nonsmokers are encouraged to participate as well. By adopting a smoker you give them the support they may need to help them be successful. 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](http://www.lasallecounty.org/hd).

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## MEDIA RELEASE



Date: December 7, 2018

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**

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### “Hepatitis C Screening Now Available”

Ottawa, IL - - LaSalle County Health Department is now offering Hepatitis C screening tests. This is a **FREE** test with results in 20 minutes and does not require a blood draw. This is a finger stick test. Hepatitis C is a liver infection caused by the hepatitis C virus. Hepatitis C can range from a mild illness lasting a few weeks to a serious, lifelong illness. Hepatitis C is often described as “acute,” meaning a new infection or “chronic,” meaning lifelong infection.

Those who are most at risk for Hepatitis C infection include:

- Anyone born between 1945 – 1965
- Injection drug users
- Healthcare workers
- Blood exposure
- Men who have sex with men
- HIV positive individuals
- Unprofessional tattoos or body piercings
- Anyone who has been incarcerated

Testing will be done by appointment only. If you feel you should be tested or have questions regarding your risk factors, please contact Tiffany at (815)433-3366 ext 242. For more information regarding Hepatitis C you can visit our website at [www.lasallecounty.org](http://www.lasallecounty.org)

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