

Randolph County Health Department Newsletter

July – September 2010

September is National Preparedness Month

Emergencies that affect Southern Illinois:

- Earthquakes -Extreme Heat
- Ice Storm -Floods
- Tornados -Pandemics

While we hope that the disasters listed above will not affect our area, eventually we will have to deal with the aftermath of some type of disaster. The best way to deal with the aftermath is to prepare now.

Do you have an emergency kit for your family?

Emergency Kits should include the following 3 categories of supplies.

Food/Non-perishables: Dry cereal or granola, baby food-formula/canned or jarred food, water (3 gallons per person per day for 2 weeks), canned juices, canned meat/fish/fruit/soup/vegetables, pet food, & peanut butter/nuts

Medical/Health: prescription medications, soap and water, disposable diapers, first aid kit, cleaning agents, extra pair of eyeglasses, & other special baby items

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Family Case Management/Screenings

Family Case Management (FCM) helps families with a pregnant woman or infant in the household. The purpose is to obtain healthcare services and other activities needed to promote healthy pregnancy and/or childhood development. Eligibility is based on program income guidelines.

Case managers are qualified providers for the Healthcare and Family Services Medicaid Presumptive Eligibility (MPE) program. This program allows pregnant women to receive immediate outpatient services for a limited time. Randolph County Health Department case managers, for state contract year July 1, 2009 – June 30, 2010, completed 66 MPE applications for pregnant women.

Our staff performs developmental, social-emotional, and depression screenings with clients as part of the requirements of the FCM state grant contract.

The screening tool we use for developmental is the Denver II Developmental Screening (DDSII). This screening is done to determine if the infant's development is within the normal range. Those infants with cautions and/or delays are referred to the appropriate agency for further assessment and/or intervention. Randolph County Health Department case managers, for state contract year July 1, 2009 – June 30, 2010, administered 441 DDSII.

The screening tool we use for social-emotional is Ages & Stages Social Emotional. The tool is completed by the parent and then scored and reviewed by staff with the parent. A risk score results in a referral to the appropriate agency for further assessment and/or intervention. Randolph County Health Department case managers, for state contract year July 1, 2009 – June 30, 2010, administered 306 Ages & Stages SE screenings.

The screening tool we use for depression screening is

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the Edinburgh Postnatal Depression Screening. This tool is used as a simple and efficient way to detect prenatal and postnatal depression signs. The screening questionnaire is completed by the pregnant woman during the third trimester of pregnancy and by the first contact case manager after delivery (if not done by the primary care provider). Referral to the primary care provider is done if results indicate need. Randolph County Health Department case managers, for state contract year July 1, 2009 – June 30, 2010, administered 312 Edinburgh Postnatal Depression screenings. ♣

Randolph County Health Department and Randolph County Animal Control Warn Residents to Avoid Contact with Bats

Randolph County has two bats which have tested positive for rabies. The Randolph County Animal Control program and the Randolph County Health Department are warning Randolph County residents to avoid contact with bats as we approach the time of year when bats are the most active. Bats are the primary carrier of rabies in Illinois and already this year, 59 bats have tested positive for rabies in Illinois.

"In the last several years there have been an above average number of rabies cases in bats in Illinois." according to Randolph County Health Department Administrator Tom Smith. "It's important to remember that you should never try to approach or catch a bat in your home. Instead, call your local animal control agency for their recommendations."

In 2009, 83 bats tested positive for rabies in Illinois.

Rabies is a virus that affects the nervous system of humans and other mammals. Humans get rabies after being bitten by an infected animal. If infectious material from a rabid animal, such as saliva, gets directly into the eyes, nose, mouth or a wound, rabies can result. Without preventive treatment, rabies is a fatal disease.

"You cannot tell by looking at a bat if it is rabid. The animal does not have to be foaming at the mouth or be exhibiting other symptoms to have rabies," said Connie Austin, state

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Food Safety – It's not just for restaurants!!

While the health department inspects all restaurants and other food establishments in the county to ensure that the food consumed by the general public is safe. There are three basic principles that can be used at home.

Top 3 Food Safety Principles

1 Hand-washing

Good hand-washing procedures should be followed when preparing food. Especially during the following times:

- A) Before cooking begins
- B) When hands are dirty while cooking
- C) After eating, drinking, smoking, etc

Hand (wrists and forearms) should be washed in warm water with soap for at least 30 seconds. Be sure to scrub under the fingernails, back of the hands and in between the fingers.

2 Keep Hot Foods Hot

The following are minimum internal cooking temperatures that should be followed to ensure the safety of the food:

- A) Pork/Shell Eggs/Fish/Beef Steak/Veal and Lamb: 145° Fahrenheit
- B) Ground Meat: 155° Fahrenheit
- C) Poultry/Stuffed Meat/Reheated Leftovers: 165° Fahrenheit

The above temperatures must be reached and held for 15 seconds. Once the food is cooked to an internal temperature as stated above, the food must be kept at or above 135 degrees until serving.

3 Keep Cold Foods Cold

All foods kept in refrigeration units should be kept at or below 41 degrees.

The "Temperature Danger Zone" is 41°F to 135°F, which is the temperature range that supports bacteria growth.

For more information contact us at 826-5007. ♣

CALENDAR OF EVENTS

September 30, 2010 – Food Fair

At: Grace Bible Church, Chester

Time: 11:00 am to 1:00 pm

October 20, 2010 – Job Fair

At: SWIC Red Bud Campus

Time: 9:30 am to 12:00 pm

Emergency preparedness cont from page 1

Emergency Supplies: radio/flashlight and batteries, trash bags, credit card/cash, blankets/extra clothes/shoes, personal identification, & manual can opener/utensils

The above lists are suggestions that should be included in an emergency preparedness kit. The kit should be kept within easy reach. For more information regarding preparedness contact Krista Mulholland at 826-5007 x 103. ♣

Teen Parent Services (TPS)

Teen Parent Services (TPS) helps teen parents complete or return to high school to get a high school diploma or G.E.D. TPS also provides teen parents with training needed to support a family and become a better parent.

To be eligible to participate in the TPS program you must:

- be under age 20
- be pregnant or a parent
- not have your high school diploma or GED certificate and
- apply for or receive Temporary Assistance for Needy Families (TANF), All Kids, food stamps, Special Supplemental Nutrition Program for

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public health veterinarian. "Any wild mammal, such as a raccoon, skunk, fox, coyote or bat, can have rabies and transmit it to humans."

Changes in any animal's normal behavior, such as difficulty walking or an overall appearance of illness, can be early signs of rabies. For example, rabid skunks, which normally are nocturnal and avoid contact with people, may approach humans during daylight hours. 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.

The following tips can help prevent the spread of rabies:

- ◆ Be a responsible pet owner. Keep vaccinations up-to-date for all dogs, cats and ferrets.
- ◆ Seek veterinary assistance for your pet immediately if your pet is bitten by a wild animal or exposed to a bat.
- ◆ Call the local animal control agency to remove stray animals in your neighborhood. Randolph County Animal Control is 443-3311. If unable to reach Animal Control, contact the Randolph County Sheriff's Office at 618-826-5484.
- ◆ Do not handle, feed or unintentionally attract wild animals with open garbage cans or litter.
- ◆ Never adopt wild animals or bring them into your home. Do not try to nurse sick 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.

Information about excluding bats may be found at <http://www.idph.state.il.us/envhealth/pcbats.htm>.

Information about rabies can be found at the Illinois Department of Public Health links www.idph.state.il.us/health/infect/reportdis/rabies.htm and <http://www.idph.state.il.us/public/hb/hbrabies.htm> and at the Centers for Disease Control <http://www.cdc.gov/ncidod/dvrd/rabies/> ♣

SEPTEMBER IS OVARIAN CANCER AWARENESS MONTH

The ovaries are the part of the female reproductive system that produce eggs every month during a woman's reproductive years. They are located on either side of the lower abdomen. Ovarian cancer occurs when cells in the ovary grow and divide uncontrollably. The cells may form a tumor on the ovary, or they also can break off from the main tumor and spread to other parts of the body.

SIGNS AND SYMPTOMS: Early ovarian cancer may not cause obvious symptoms. But, as the cancer grows, symptoms may include:

- Pressure or pain in the abdomen, pelvis, back, or legs
- A swollen or bloated abdomen
- Nausea, indigestion, gas, constipation, or diarrhea

The initial symptoms are similar to gastrointestinal illness and indigestion, making the disease hard to diagnose. Less common symptoms include:

- Shortness of breath
- Feeling the need to urinate often
- Unusual vaginal bleeding (heavy periods, or bleeding after menopause)

Most often these symptoms are not due to cancer, but only a doctor can tell for sure. Any woman with these symptoms should tell her doctor.

Ovarian cancer causes more deaths than any other cancer of the female reproductive system. The sooner ovarian cancer is found and treated, the better a woman's chance for recovery. In fact, if diagnosed and treated early, the five-year survival rate is more than 90 percent. ♣

Is Your Child Hungry All the Time?

A small child needs to eat often, 3 meals and 2-3 snacks each day. If your child seems hungry, he/she may be going through a growth spurt and needs to eat more. Let your child decide how much he/she will eat at meals and snacks. Be sure your child gets enough water to drink between meals and snacks. He/she may be thirsty and not really hungry. Drink water with your child, he/she will want to drink what he sees you drinking.

Sample Menu:

- Breakfast-milk, whole grain cereal, banana
- Snack-100% juice, graham crackers, carrot sticks
- Lunch-peanut butter & jelly sandwich on whole wheat bread, green salad, apple slices, milk
- Snack-cheese, crackers, green pepper slices
- Dinner-broiled chicken, green beans, potatoes, roll, milk
- Snack-oatmeal cookie, 100% juice

Tips for Feeding Your Child:

- Offer a variety of foods at regularly scheduled meals and snacks. Children like having a routine time to eat.
- Children like eating with the family and want to eat what you eat. Set a good example for your child.
- Let your child's appetite be your guide because your child's appetite may vary day to day. Do not force your child to eat.
- Children need healthy snacks between meals.
- Tastes change. Foods once refused may later be accepted. Keep offering different foods to your child.
- Your child may want to eat the same foods for several days. Don't worry this is normal behavior for this age.
- Helping with meals and snacks can be fun for children and your child is more likely to eat foods he/she helped to prepare.
- Active play and exercise should be encouraged every day. This helps your child grow in a healthy way.

The WIC Program provides nutrition education, counseling,
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TPS continued from page 3

Women, Infants and Children (WIC), or Family Case Management (FCM).

Participation is mandatory for teens receiving TANF and voluntary for all other eligible teen parents.

The program helps teen parents:

- reduce barriers that prevent completing high school or obtaining a GED
- avoid unplanned pregnancy
- work through the TANF application process
- improve parenting and life skills
- improve overall health and health of children

The program helps children of teen parents obtain:

- well child check-ups
- immunizations
- early screening for developmental delays

The TPS program is provided throughout Illinois by trained staff in 90 local health departments, community-based agencies, community colleges, and in two DHS staffed offices.

For more information or to apply please call the Randolph County Health Department at 618-826-5007. ♣

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nutritious foods and health screenings for children up to age 5. Call the Randolph County WIC Program to see if you are eligible.

Civil Rights: "The WIC Program is an equal opportunity program open to all eligible persons regardless of race, color, sex, national origin, age, or disability. If you believe that you have been discriminated against you may write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY)." ♣

Get Active

Getting active with exercise is a good way to improve your health. It can also be fun and rewarding. The amount of activity you should be doing depends on you. If you are just starting an exercise program choose moderate activities and gradually increase the duration, frequency, and intensity as you become more fit. Work your way up to 30 minutes or more five or more days per week.

If you are already active, work to increase the intensity, duration, or frequency of your current exercise program. Moderate to vigorous activity for 45 minutes or more five or more days a week will increase your health benefits.

If you are active and want to maintain your current level of fitness, try adding new activities to your exercise to use different muscles and keep your interest.

If you are a male older than 45, or a female over 55, and have not been regularly active or have health concerns, consult your physician before beginning an exercise program. If you have two or more of the following risk factors regardless of age, consult your physician:

- High blood pressure
- High cholesterol
- Diabetes
- You currently smoke
- Family history of early onset heart disease

After you get active another challenge can be staying motivated. The following are some tips to help you do just that.

- Set an exercise goal such as walking 30 minutes on Tuesday and Thursdays, and doing stretching exercises five minutes each morning for one month. When you reach that goal reward yourself with a non-food item.
- Keep variety in your exercise program. The more variety the more likely you will continue. An exercise program including aerobic exercise, strength training using weights and flexibility exercises is key.

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- Begin to incorporate exercise into your everyday activities. For example, use the stairs, walk during lunch, or bike to work. Include fitness into your chores and activities such as raking leaves, gardening, or push mowing the lawn.
- Build a support system of family, friend, co-workers, and neighbors. You can exercise with those who share similar fitness interests or turn to them for encouragement when your motivation is low.
- Expect and prepare for setbacks and obstacles. These can be time constraints, illness, or bad weather. Accept these setbacks/obstacles and move on. You can always adapt and resume your exercise program because some exercise is always better than none at all.

Remember to choose an exercise program that fits your personality, schedule, and is enjoyable to help you reach your exercise goals and continue with an active lifestyle. ♣

Lead Poisoning Prevention Week

Lead poisoning prevention week is October 24 – October 30, 2010. Childhood lead poisoning, the presence of too much lead in the body, has harmful effects on the development of widespread brain areas including those implicated in cognitive, communication, and social functioning. It is the most common preventable pediatric health problem in the United States today. It is caused by exposure to lead that is either eaten or breathed in the form of dust. The body carries the lead in the blood to soft tissues and bones, where it can be stored for many years. Lead harms several organs, including the nervous system and kidneys.

The largest source of lead is paint manufactured before 1978 and the dust created when it decays. This paint was used for many purposes, including, painting interior and exterior of houses, playground equipment, farm machinery and toys. Lead poisoning can be prevented by taking simple precautions around the house which include; cleaning up paint chips and peeling paint;

Randolph County Health Department contact information:

Administrative Office/Clinic Site

2515 State Street
Chester, IL 62233
Phone: 618-826-5007

Clinic Site

211 North Hasle Street
Sparta, IL 62286
Phone: 618-443-2995

Office Hours

Monday – Thursday 8:00 – 4:30
Friday 8:00 – 3:30
Sparta office closed 12:00 - 1:00 for lunch on clinic days.

Find us on the internet at: www.randolphco.org and on Facebook.

E-Mail us at: health@randolphco.org

Health Department Staff

Thomas Smith MPA - Administrator/Director of Environmental Health

Alice Wydeck RN, BSN – Communicable Disease Coordinator

Kimberly Reeder RN - Immunization Coordinator

Debra Grapperhaus BS, CLC – Family Case Manager

Debra Hancock CLC - WIC Clerk

Jessica Schuwerk - Administrative Assistant

Krista Mulholland - Sanitarian/Emergency Planner

Linda Shults - Health Promotion Specialist

Marcy Walter CLC - WIC Coordinator

Nola Vallett - Health Inspector

Sherri Marks - Immunization Clerk

Yvonne Vieregge – Information Technology & Family Case Management Coordinator

washing floors, counter tops and window sills weekly; and good hand washing techniques before eating. For more information on lead poisoning, please contact the Randolph County Health Department or contact the Illinois Department of Public Health at 1-800-545-2200. ♣