

# August 2011 Health Happenings

The Coles County Health Department has released the August 2011 clinic schedule. The following clinics are available to county residents. Please call the Coles County Health Department at 348-0530 to schedule an appointment in Charleston and 234-2500 to schedule appointments in Mattoon.

## Immunization Clinics

In an effort to better serve our community, the Coles County Health Department will now be offering immunizations Monday through Friday at both the Charleston and Mattoon sites. For an appointment at the Charleston office you may call 348-0530 and for an appointment at the Mattoon office you may call 234-2500.

## Immunization Program

Immunizations work to safeguard children from illnesses and death caused by infectious diseases. If your child doesn't have the recommended shots, call your doctor or the Coles County Health Department at 348-0530 and make an appointment. We offer all recommended vaccinations. Be sure to take your child's immunization record with you to these appointments, as this record will be important when its time for your child to go to day care or school. If your child doesn't have an immunization record, one can be obtained from your doctor, your child's school, the Coles County Health Department, or the Illinois Department of Public Health Immunization Program.

An immunization schedule is recommended for infants and children. This schedule shows all the immunizations that a child should receive beginning at birth. You can view this schedule at <http://www.cdc.gov/nip/recs/child-schedule.htm#printable> or you may also go to <http://immunize.org/> for more information.

**Please note:** For children (birth to 18years), a parent or legal guardian must accompany the child to the clinic. Recommended childhood vaccines are available through our vaccines for children program for \$10.00 each, but no child is ever turned away due to inability to pay. Please call 348-0530 for a vaccination appointment.

**Adults need immunizations too!** All adults should get a booster dose of Tetanus Diphtheria (Td) every ten years. Adults under age 65 who expect to have close contact with an infant younger than 12 months of age (including woman who may become pregnant) should get a dose of Tdap which will help protect the infant from exposure to pertussis (Whooping Cough).

## Shingles Vaccine

Shingles is a painful skin rash also called Herpes Zoster. The shingles rash usually lasts from 2 to 4 weeks and it's main symptom is pain, which can be quite severe. For about 1 person in 5, severe pain can continue long after the rash clears up. Shingles is caused by the Varicella Zoster virus, the same virus that causes chickenpox. Only someone who has had chickenpox-or, rarely, has gotten chickenpox vaccine-can get shingles. The virus lays dormant and can cause shingles many years later. Shingles is far more common in people 50 years of age and older and people whose immune systems are weakened. A single dose of shingles vaccine is recommended for adults 60 years of age and older. Consult your health care provider to see if you should receive the Shingles Vaccine. Call to schedule your vaccine with the Health Department. The cost of the Shingles Vaccine is \$175.00

## International Travel

Any person planning to travel internationally is encouraged to contact the Health Department. Travelers may learn which, if any, vaccinations are recommended or required for entry to foreign countries. Most vaccinations are available through the Health Department. A free, individualized travel consultation is also available and contains travel tips for specific countries, country information, a list of medical facilities available, and U.S. Embassy / Consulate locations. The Coles County Health Department is a certified Yellow Fever Center.

**Please call 348-0530 at least 4–6 weeks before your trip** to allow time for your vaccines to take effect. Even if you have less than 4 weeks before you leave, you should still call the health department for needed vaccines and information about how to protect yourself from illness and injury while traveling.

### **Illinois Diabetes Control Program**

The Coles County Health Department offers a FREE, informational based program that will keep participants updated on important issues for people in our community who are living with diabetes and services available to them. Participants receive a bi-monthly newsletter and updates on available services, such as foot care, vision care, flu and pneumonia clinics and referrals. Please call Lee Ann if interested in this program at 348-0530. You may also visit our website, <http://www.co.coles.il.us/cchd/index.html> under the Health Education tab on the left hand side, for further information.

### **Wellness Department**

According to the American Heart Association, high blood cholesterol is a risk factor for coronary heart disease. If detected, people with high cholesterol can be treated, reducing the risk of heart attack and cardiac related death and stroke. To aid in the detection of high cholesterol, the Coles County Health Department offers community screenings that include total lipid panel cholesterol, triglycerides and blood sugar. A physician's order is not required. Fasting for 12 hours is necessary for the cholesterol test. Please call 348-0530 to schedule an appointment.

Our wellness staff will also continue to conduct blood sugar and hemoglobin testing as well as blood pressure, height and weight measurements. The blood sugar and hemoglobin tests cost \$5 each and require only a finger stick. All Wellness checks are offered on an appointment only basis. Please call 348-0530 to schedule an appointment.

Glycosylated Hemoglobin-Hemoglobin A1c testing is also offered by our staff of the Wellness Department. The testing helps monitor diabetes treatment and provides an accurate long-term index of average blood glucose levels. The results will be sent to the client and clients are encouraged to share the entire result with their Physician. The results will reflect the average blood sugar level for 100-120 day period before the test. Testing costs \$20 and fasting is not required. Please 348-0530 to schedule an appointment.

### **Family Planning**

The Coles County Health Department Family Planning Center offers supplies and education on all methods of birth control including birth control pills, the three-month shot, and others. Other routine services include: Pelvic exam, pap test, breast exam, urinalysis, hemoglobin, pregnancy testing, and certain STD screenings. Public Aid medical cards are accepted. All services and contraceptive supplies are provided on a sliding-fee scale according to family size and income level. Day and evening appointments are available. To become a client, call 348-0547.

### **Family Planning Clinic Schedule**

**Location:** Coles County Health Department – 825 18<sup>th</sup> Street, Charleston

**August 18**

Please call 348-0547 to make an appointment

### **Anonymous HIV Counseling and Testing**

Anonymous HIV Counseling and Testing is available by appointment. The new Orasure method of testing is now being used, which does not require a blood draw. Call 348-0530 to make an appointment.

## WIC

WIC is a Supplemental Nutrition Program for pregnant or breastfeeding women, infants and children up to age 5 who may be identified as being at a medical or nutritional risk. Participants must live in the county and meet income guidelines. Food provided at no cost may include formula, juice and cereal for infants, and milk, juice, cheese, eggs and cereal for women and children. Participants use food vouchers at local stores that accept WIC. Please call for an appointment at 348-0526.

THE COLES COUNTY HEALTH DEPARTMENT IS AN APPLICATION SITE FOR THE **ALL KIDS** INSURANCE PROGRAM; PLEASE CALL THE WIC OFFICE AT 348-0526 FOR MORE INFORMATION.

### Blood Lead Screening

Blood lead screenings are available for children ages 6 months through 6 years of age. Childhood lead poisoning is one of the most common and preventable pediatric health problems in the United States. **All Illinois children need a lead screening before entering Daycare, Preschool and Kindergarten.** To determine your child's risk for lead poisoning or to schedule a screening, call 348-0530. Lead screenings cost \$35 (free to WIC and Medicaid Clients).

### Healthy Families 4 Life

The next informational meeting for the group Healthy Families 4 Life will be held on Tuesday August 16, 2011 from 12:00 to 1:00 at the Coles County Health Department. Anyone in the community who is interested in participating is welcome to attend. Our goals are to discuss ways to help combat childhood obesity and other family health issues that arise in our community. To obtain further information, please contact Jeni Huckstep at 581-7912.

### “Break the Habit”

Free program! Coles County Health Department and the Illinois Tobacco Quitline are partnering in the smoking cessation program called “Break the Habit.” **Call the Illinois Tobacco Quitline. 1-866-QUIT-YES (1-866-784-8937) Hours of Operation: 7am-11pm 7 days a week to get details.**