



PUBLIC HEALTH COMMITTEE REPORT

Essential Service #2. *Protect people from health problems and health hazards*

West Nile Virus

Summer is upon us and with it, the resurgence of disease-bearing insects. West Nile virus is transmitted through the bite of a Culex mosquito that has picked up the virus by feeding on an infected bird. Most people with the virus have no clinical symptoms of illness, but some may become ill three to 14 days after the bite of an infected mosquito. Only about two persons out of 10 who are bitten by an infected mosquito will experience any illness. Illness from West Nile is usually mild and includes fever, headache and body aches, but serious illness, such as encephalitis, meningitis, and death are possible. KCHD actively monitors for West Nile Virus by setting test traps throughout the county.



For more information: <https://www.kanehealth.com/Pages/West-Nile-Virus.aspx>



Lyme Disease and Rocky Mountain Spotted Fever

Ticks, which are relatives of the spider, carry several disease such as Lyme Disease and Rocky Mountain Spotted Fever. While it is a good idea to take preventive measures against ticks year-round, be extra vigilant in warmer months (April-September) when ticks are most active. The best way to protect yourself against tickborne illness is to avoid tick bites. This includes avoiding known tick-infested areas. If you live in or visit wooded areas or areas with tall grass and weeds, follow these precautions to help prevent tick bites and decrease the risk of disease:

- Avoid wooded and bushy areas with high grass and leaf litter.
- Walk in the center of trails.
- Wear protective clothing such as long-sleeved shirts, long trousers, boots or sturdy shoes and a head covering. (Ticks are easier to detect on light-colored clothing.) Tuck trouser cuffs in socks. Tape the area where pants and socks meet so ticks cannot crawl under clothing.
- Apply insect repellent containing 10 percent to 30 percent DEET primarily to clothes. Apply sparingly to exposed skin. Do not spray directly to the face; spray the repellent onto hands and then apply to face. Avoid sensitive areas like the eyes, mouth and nasal membranes. Be sure to wash treated skin after coming indoors. Use repellents containing permethrin to treat clothes (especially pants, socks and shoes) but not skin.

For more information: <https://www.kanehealth.com/Pages/Ticks.aspx>

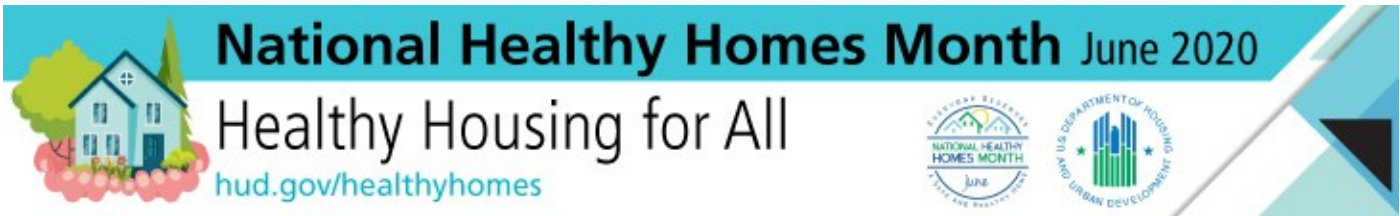
Ten essential services of Public Health

1. Monitor health status and understand health issues facing the community
2. Protect people from health problems and health hazards
3. Give people the information they need to make healthy choices
4. Engage the community to identify and solve health problems
5. Develop public health policies and plans
6. Enforce public health laws and regulations
7. Help people receive health services
8. Maintain a competent public health workforce
9. Evaluate and improve programs and interventions
10. Contribute to and apply the evidence base of public health

Link to Departmental Statistics: kanehealth.com/Pages/Public-Health-Reports.aspx

Essential Service #3. Give people the information they need to make healthy choices

June Is Healthy Homes Month



This year's theme, "Healthy Housing for All", highlights the importance of safe and healthy living in your home; no matter your address. Through stressing the importance of home maintenance, the campaign aims to highlight the connection between your internal environment and your health.

The Kane County Health Department mobilizes community partnerships to improve the health and well being of all Kane residents. The health of our indoor and outdoor environments is integral to the health of everyone, particularly our children. The Healthy Places Coalition is an essential health partnership to reach for the 2030 county health vision: "To have the healthiest residents in Illinois."

For more information and resources:
[KaneHealth.com/Pages/Healthy-Places.aspx](https://www.kanehealth.com/Pages/Healthy-Places.aspx)

Healthy Homes Resources:

About Lead

https://www.hud.gov/program_offices/healthy_homes/healthyhomes/lead

About Radon

https://www.hud.gov/program_offices/healthy_homes/healthyhomes/radon

About Asthma

https://www.hud.gov/program_offices/healthy_homes/healthyhomes/asthma

About Allergies

https://www.hud.gov/program_offices/healthy_homes/healthyhomes/allergies

About Carbon Monoxide

https://www.hud.gov/program_offices/healthy_homes/healthyhomes/carbonmonoxide

About Home Safety

https://www.hud.gov/program_offices/healthy_homes/healthyhomes/homesafety

About Integrated Pest Management

https://www.hud.gov/program_offices/healthy_homes/healthyhomes/ipm

The Eight Principles of a Healthy Home

HUD's Office of Lead Hazard Control and Healthy Homes defines [Eight Principles of a Healthy Home](#).

- 1 Keep it dry:**
Prevent water from entering the home through leaks in roofing systems, prevent rainwater from entering the home due to poor drainage, and check interior plumbing for any leaking.


- 2 Keep it clean:**
Control the source of dust and contaminants, by creating smooth and cleanable surfaces, reducing clutter, and using effective wet-cleaning methods.


- 3 Keep it safe:**
Store poisons out of the reach of children and properly label. Secure loose rugs and keep children's play areas free from hard or sharp surfaces. Install smoke and carbon monoxide detectors and keep fire extinguishers on hand.


- 4 Keep it well ventilated:**
Ventilate bathrooms and kitchens and use whole-house ventilation for supplying fresh air to reduce the concentration of contaminants in the home.


- 5 Keep it pest-free:**
All pests look for food, water, and shelter. Seal cracks and openings throughout the home; store food in pest-resistant containers. If needed, use sticky-traps and baits in closed containers, along with least-toxic pesticides such as boric acid powder.


- 6 Keep it contaminant-free:**
Reduce lead-related hazards in pre-1978 homes by fixing deteriorated paint and keeping floors and window areas clean using a wet-cleaning approach. Test the home for radon, a naturally occurring dangerous gas that enters homes through soil, crawlspaces, and foundation cracks. Install a radon removal system if levels above the EPA action level are detected.


- 7 Keep it well maintained:**
Inspect, clean, and repair the home routinely. Take care of minor repairs and problems before they become large repairs and problems.


- 8 Keep it thermally controlled:**
Houses that do not maintain adequate temperatures may place the safety of residents at increased risk from exposure to extreme cold or heat.

