

## PUBLIC HEALTH COMMITTEE REPORT

### Essential Service #2

#### Protect people from health problems and health hazards

#### Time for your annual shot!

Pictured is County Board Chairman Chris Lauzen getting his annual flu shot, which he does every year because he knows the importance of getting the vaccination. Now is the time to follow his example and think about getting vaccinated as we head into the flu season, which typically peaks in January and February.



Other diseases may get the headlines, but this is the start of the cold and flu season and the Kane County Health Department encourages everyone to take precautions to protect themselves and their loved ones. The best way to prevent the flu is by getting your annual flu shot. The Centers for Disease Control and Prevention recommend everyone over the age of six months be vaccinated. And by following the simple guidelines of the “3 C’s” – Clean your hands, Cover your cough and Contain germs by staying home when you’re sick – we can all help to stop of the spread of the disease.

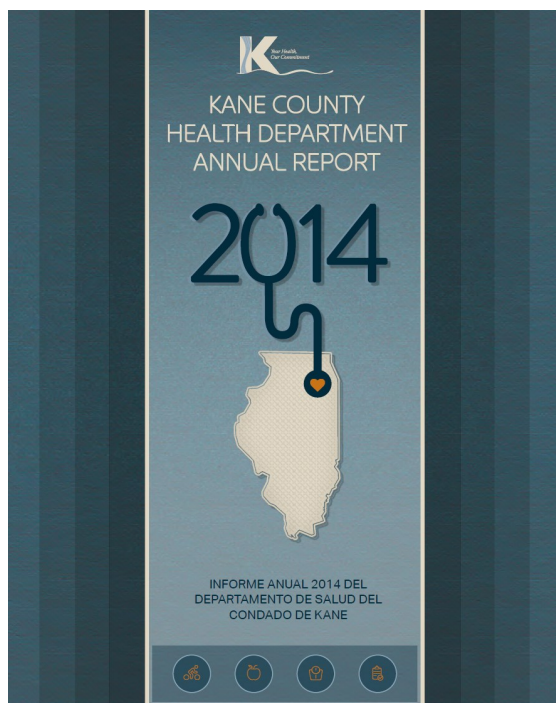
#### Ten essential services of Public Health

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

### Essential Service #3

#### Give people the information they need to make health choices

*The Kane County Health Department's 2014 annual report tells the story of 10 events, milestones and activities from throughout the year. From global issues such as tracking the deadly Ebola virus to a local, heartwarming story of saving a life, the annual report provides a glimpse of a year in the world of public health. With stories in both English and Spanish, the KCHD annual report is meant for everyone.*



#### **Bilingual report tells of activities**

“Welcome to the Kane County Health Department’s 2014 Annual Report! Looking back on 2014, there were so many activities and events, it certainly was difficult to choose a few to include in this report ... these are just some of the highlights, as we continued all year to maintain our core functions of preventing disease and promoting health ”

*From the report*

### Essential Service #3

#### Give people the information they need to make healthy choices



**Emergencies** — such as tornadoes, floods, storms, earthquakes or even disease outbreaks can happen unexpectedly. You may be without electricity, refrigeration, clean tap water or phone service for days or weeks. In some cases, such as during a disease outbreak, you may be asked to stay home to keep safe. That’s why having an emergency preparedness stockpile is important. ***And don’t forget to check the batteries in your smoke detectors as well when you change your clocks!***

***Clocks change Nov.1***

#### **What’s in your emergency kit?**

When you change your clocks back to Central Standard Time on Nov. 1, use it as a reminder to check your preparedness kit to make sure your emergency stockpile isn’t missing any items and the food hasn’t expired. The American Public Health Association’s “Get Ready: Set Your Clocks, Check Your Stocks” campaign is reminding people to refresh their emergency supplies before a disaster occurs.