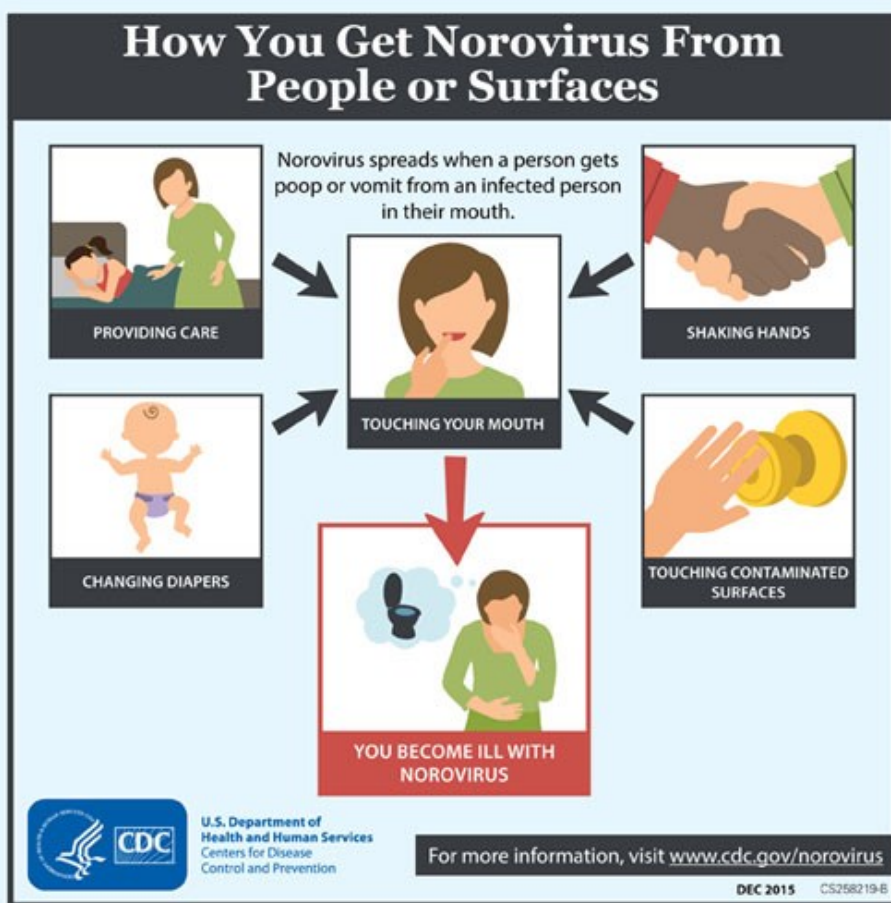


PUBLIC HEALTH COMMITTEE REPORT

Essential Service #2

Protect people from health problems and health hazards



Practice proper hand hygiene

Wash your hands carefully with soap and water— especially after using the toilet and changing diapers, and always before eating, preparing, or handling food.

- Rinse fruits & vegetables.
- Cook shellfish thoroughly.
- Clean surfaces & wash laundry.
- When you're sick, don't prepare food or care for others.

Norovirus is the leading cause of illness and outbreaks from contaminated food in the United States.



Stop Norovirus!

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 #2

Protect people from health problems and health hazards



**Testing is easy
and inexpensive;
It's only way to know that
radon is in your home.**

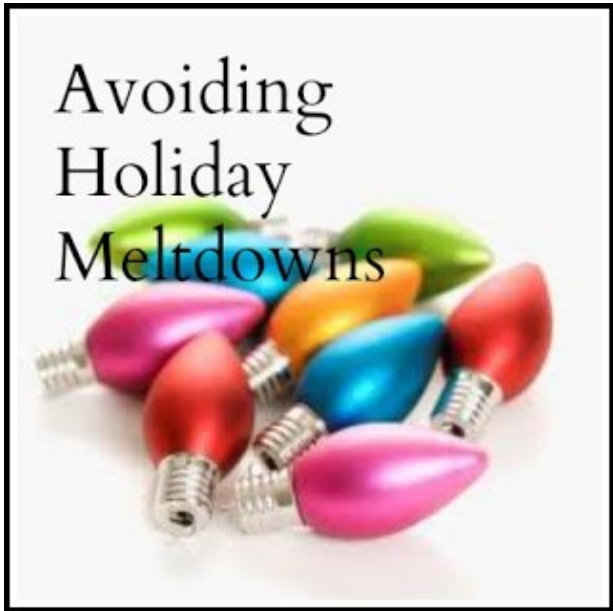


Dangers of Radon

The U.S. EPA has found that radon is the leading cause of lung cancer deaths among nonsmokers. Because of the geology in north-east Illinois, the homes in Kane County have the potential for higher levels of radon. This is especially true during the winter when our homes are closed up tight. Learn more about radon, how to test and how to fix the problem at kanehealth.com/radon.htm.

Essential Service #3

Give people the information they need to make healthy choices



Enjoy the holidays!

Holiday coping

We feel that the holiday season is supposed to be a time full of joy, parties and gatherings, But then we are bombarded with unrealistic expectations. Some people experience temporary periods of depression like the "holiday blues" or Seasonal Affective Disorder (SAD), while some live with mental illness every day. Behavioral Health is a priority in the [Community Health Improvement Plan \(CHIP\)](#). To learn more, please visit the [Kane County Behavioral Health Council's website](#).