

PUBLIC HEALTH COMMITTEE REPORT

Essential Service #2

[Protect people from health problems and health hazards](#)

Not too late

During the flu season it's never too late to protect yourself. The Centers for Disease Control and Prevention say that flu activity has been on the rise and is expected to continue in the coming weeks. In fact, last year Kane County saw its peak activity during the month of March. You can find more information about the flu on our website by clicking [here](#).

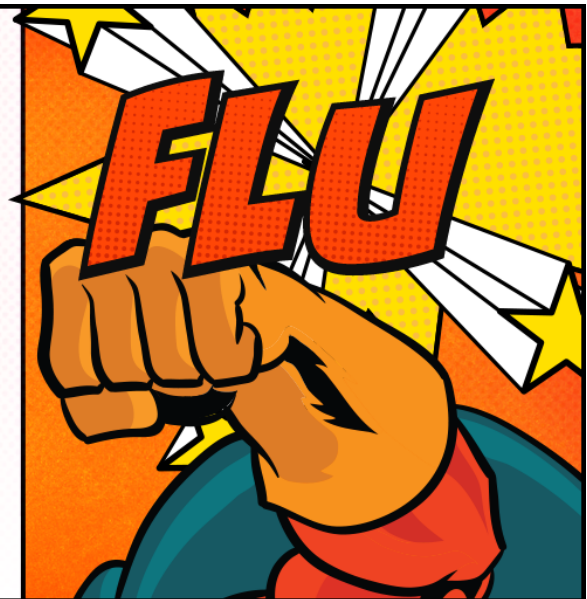


FLU FACT

Even **healthy** people can get the flu. Protect yourself. Get a flu shot.

#FIGHT FLU

www.cdc.gov/FightFlu



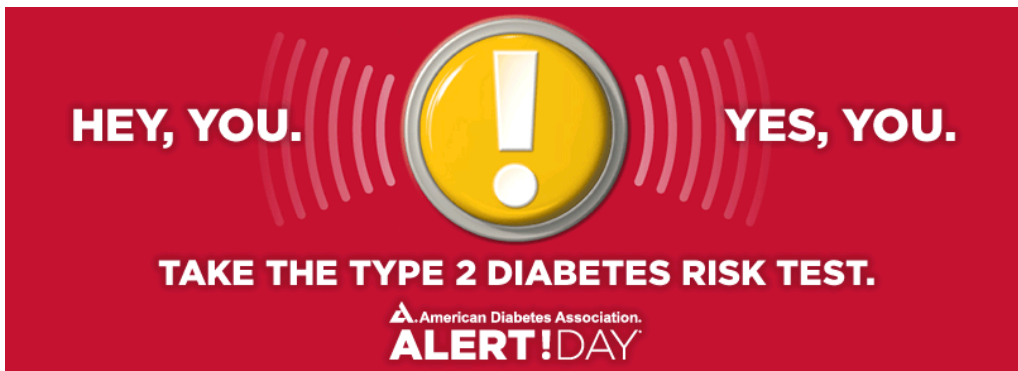
Ten essential services of Public Health

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

Departmental Statistics: www.kanehealth.com/phc.htm

Essential Service #4

[*Engage the community to identify and solve health problems*](#)



<h2 style="margin: 0;">MYTH</h2> <p style="margin: 0;">It's possible to have "just a touch" or "a little" diabetes.</p>	<h2 style="margin: 0;">FACT</h2> <p style="margin: 0;">There is no such thing. Everyone who has diabetes runs the risk of serious complications.</p>
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Diabetes Alert Day: March 22

[Click here to take the Type 2 Diabetes Risk Test](#)

Help stop diabetes: Take the test today

The Kane County Health Department's Community Health Improvement Plan (CHIP) names chronic diseases such as diabetes as one of the three top health priorities facing our residents. In response to similar numbers nationwide, the American Diabetes Association has proclaimed March 22 as Diabetes Alert Day, and we are encouraging everyone to take the Type 2 Diabetes risk test to find out their risk of developing diabetes.

Essential Service #1

[*Monitor health status and understand health issues facing the community*](#)



Tips for everyone in preventing Zika virus:

- Use insect repellent
- Wear long-sleeved shirts and long pants
- Take steps to control mosquitoes inside and outside your home
- Plan for travel, check for travel notices

CDC ready to provide field support

It's not too soon to start thinking about the mosquito season and the risks associated with the Zika virus. The Kane County Health Department will have extra help this year from the Centers for Disease Control and Prevention (CDC) in gathering the type of information needed to furnish pregnant women and children who have been affected by the virus the services they need. For more information about Zika, please visit our website by clicking [here](#).