

## PUBLIC HEALTH COMMITTEE REPORT

### Essential Service #10

#### [Contribute to and apply the evidence base of public health](#)



#### Students from China visit in Aurora

The Kane County Health Department and VNA Health Care on Wednesday, May 31, welcomed students from the [Dalian Medical University](#) in China, through the [Benedictine University](#) Master of Public Health Program. The students got an overview of public health in this country and took a tour of the health department. Then they visited the [VNA Health Care](#) facility, where they learned about the Federally Qualified Health Center (FQHC).

#### **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](#)

**According to the CDC, cases of foodborne illness spike in the summer. Learn more by [clicking here.](#)**



**FOOD SAFETY**  
Don't let food make you sick!

**CLEAN**

- Wash your hands, cutting boards & counter tops with soap & water
- Always wash fruits & vegetables before eating

**SEPARATE**

- Keep raw meats & eggs away from other foods like fruits, vegetables & bread
- Wash hands between working with raw meat & other foods

**COOK**

- Make sure your food is fully cooked to proper temperatures
- Keep hot food at 140°F or above

**CHILL**

- Put food in the refrigerator right away
- Keep your refrigerator below 41°F

Website: [kanehealth.com](http://kanehealth.com)

Information and images provided by the FIGHT BAC! Program [fightbac.org](http://fightbac.org) & [foodsafety.gov](http://foodsafety.gov)

### Think food safety in the summertime

With backyard barbecues and family get-togethers in full swing, this is the season for plenty of good eating. Unfortunately, the CDC tells us that foodborne illnesses increase during the summer due to a variety of factors, contributing to the estimated 48 million illnesses and 3,000 deaths each year in the United States. You can follow simple rules to ensure your next party is free from foodborne illness. Find more information

[here.](#)

### Essential Service #2

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



**Protect your family and yourself with the mumps vaccine**

The mumps vaccine is the best way to protect your child against mumps. Talk to your healthcare professional or check your child's immunization records to ensure the mumps vaccine is up to date.

### Protecting against the mumps

Recently, we've seen increases in mumps cases in northern Illinois. In some years, there are more cases than usual because of outbreaks. According to the CDC, the measles, mumps rubella (MMR) vaccine prevents most, but not all, cases of mumps. Outbreaks can still occur in highly vaccinated U.S. communities, particularly in close-contact settings. However, high vaccination coverage helps limit the size, duration, and spread of mumps outbreaks. Click [here](#) for more info.