

Health Matters



from the Kane County Health Department

— August 18, 2016 —

Trending Matters:

Help prevent breeding mosquitoes that carry West Nile & Zika

- ✓ Don't let standing water collect on your property!
- ✓ Check for turned up garbage can lids, grill covers, and children's toys.
- ✓ Empty, clean & refill birdbaths & wading pools frequently.



[Kane County West Nile Surveillance Page](#)

September is National Preparedness Month: Time to prepare for emergencies

*Don't Wait, Communicate.
Make Your Emergency Plan Today*



September is recognized as National Preparedness Month (NPM), which serves as a reminder that we all must take action to prepare, now and throughout the year, for the types of emergencies that could affect us where we live, work, and also where we visit.

It is recommended that you prepare and plan in the event you must go for three days without electricity, water service, access to a supermarket, or local services for several days.



Just follow these four steps:

Stay Informed: Information is available at Ready.gov to learn what to do before, during, and after an emergency.

Make a Plan: Discuss, agree on, and document an emergency plan with those in your care. For sample plans, see Ready.gov. Work together with neighbors, colleagues, and others to build community resilience.

Build a Kit: Keep enough emergency supplies - water, nonperishable food, first aid, prescriptions, flashlight, and battery-powered radio on hand - for you and those in your care.

Get Involved: There are many ways to get involved especially before a disaster occurs. The whole community can participate in programs and activities to make their families, homes and places of worship safer from risks and threats.

More information about our Emergency Response program is available [HERE](#).

Please follow us on [Twitter](#) and [Facebook](#) during September for updates on **2016 National Preparedness Month's weekly hazard focused themes:**

September 4-10: Multigenerational preparedness

September 11-17: Community Service

September 18-24: Individual Preparedness

September 25-30: Lead up to National Day of Action

September 30: **National PrepareAthon Day**

Learn more about the PrepareAthon and National Day of Action by clicking [HERE](#).



West Nile and Zika virus update in Kane County

The Culex mosquito (right) carrier of the West Nile Virus

Commonly found in the Midwestern USA



This summer Kane County has seen evidence of West Nile Virus, which is carried by the Culex mosquito. Although the types of mosquitoes can vary, methods of fighting them do not. Effective measures include: using mosquito repellent, removing areas of standing water in your yard, and making sure window and door screens are repaired.

Read more about how to prevent mosquito-borne diseases [HERE](#).

Zika has been reported in the news recently in several states. The Kane County Health Department will continue to monitor the situation and post updates as they occur on our website. We encourage all Kane County residents who plan to travel to and from areas with active Zika virus transmission to take precautions by regularly checking [KCHD's Website](#) or the [CDC's Website](#) for the latest updates to protect you and your families.

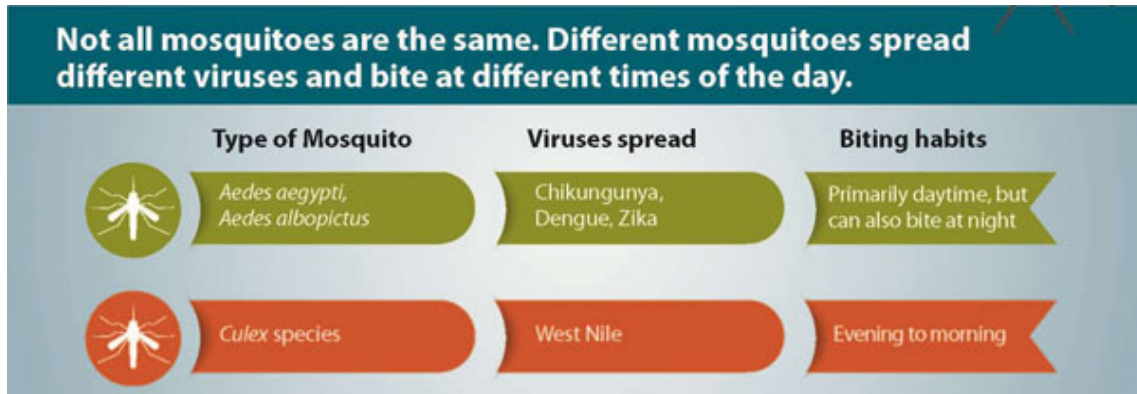
For pregnant women the CDC recommends that, if you must travel to an area where Zika is present, you should talk to your

Virus

Currently
NOT
commonly
found in the
Midwestern
USA



doctor or other healthcare provider first and strictly follow steps to prevent mosquito bites during the trip. Some travelers become infected while traveling abroad but do not get sick until they return home. Be aware of any illness or symptoms during your trip or after you return home. Tell your doctor or other healthcare provider where you have traveled and when you were there. Sexual transmission of Zika virus from a male partner is possible, so travelers are encouraged to use condoms or not have sex.



Key mosquito-borne disease prevention strategies include:

Eliminate standing water in and around your home

- Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers. Check inside and outside your home.
- Tightly cover water storage containers (buckets, cisterns, rain barrels) so that mosquitoes cannot get inside to lay eggs.
- For containers without lids, use wire mesh with holes smaller than an adult mosquito.
- If you have a septic tank, follow these steps:
 - Repair cracks or gaps.
 - Cover open vent or plumbing pipes. Use wire mesh with holes smaller than an adult mosquito

Keep mosquitoes out of your home

- Use screens on windows and doors.
- Repair holes in screens.
- Use air conditioning when available.

Prevent mosquito bites

- Use an Environmental Protection Agency (EPA)-registered repellent with one of following active ingredients: DEET, picaridin, IR3535, and some oil of lemon eucalyptus and para-menthane-diol products provide longer-lasting protection.

Dr. Stone stepping down from Health Advisory Committee after seven years

Dr. David Stone is stepping down as a member of the Public Health Advisory Committee after serving in that capacity since June, 2009. He will be taking the position of Associate Vice-President for Research at Oakland University in Rochester, Mich. Dr. Stone will be leaving his current position as Associate Vice President for Research and Associate Professor of Public Health at Northern Illinois University.



While a member of the Health Advisory Committee, Dr. Stone served on the Community Health Improvement Plan's Executive Committee. He helped organize Care4Kane, a new and innovative initiative designed to increase research collaboration between communities and academic institutions. His service to Kane County residents also included his position as a Commissioner on the Kane County Regional Planning Commission.

Dr. Stone received his academic degrees from Boston University. Previously he was the Founding Director of the South East European Research Centre, founding Associate Director of the Pediatric and Adolescent Health Research Center at Tufts University, and former director, Boston Violence Prevention Project at Harvard School of Public Health. His dedication and contributions to the health of our residents have been endless and he will be sorely missed.

Learn more about the Public Health Advisory Committee [HERE](#).

Right: Kane County Health Department Executive Director Barbara Jeffers presents Dr. Stone with a pen set in honor of his seven years on the Health Advisory Committee.



KCHD receives Promising Practice Award for QI practice



The project that earned the Promising Practice Award from the National Association of County and City Health Officials (NACCHO) took the form of promoting the use of Quality Improvement tools, and how best to motivate and encourage the staff to complete six required QI training modules identified in the Kane County Health Department's QI Plan and Workforce Development Plan.

This project was led by the Office of Community Health Resources team (OCHR) and QI committee, but to be successful the effort relied on all staff at the agency working together. To pinpoint the areas that provide the greatest improvement, the team started a Plan-Do-Check-Act (PDCA) exercise designed to test all the options that would lead us toward achieving our desired goal, which was improving the percentage of staff that had completed the training modules.

How did we do?

Before starting the project, the percentage of staff completing the six modules was 61.7%. After its completion, it is now greater than 90%. Not only were the targets reached and surpassed, the lessons learned from the project ended up creating new and exciting activities.

The storyboard from the PDCA can be found [HERE](#).

Other information regarding the Kane County Health Department's Quality Improvement Initiatives and projects can be found on the health department's QI [HERE](#).

- We were approached by the Public Health Quality Improvement Exchange (PHQIX) and Robert Wood Johnson Foundation to create a video around the QI culture at KCHD. The video, and other videos the health department has created with PHQIX, can be found [HERE](#).
- We conducted an All-Staff PDCA training using an activity that combined fun while utilizing QI tools. Teams were chosen and were told to design and make paper airplanes and see how far they could make them fly. Then by employing the PDCA process, the teams looked to improve their flying distances.
- We created a QI resource library with different learning opportunities outside the QI modules (handouts, games, videos, etc.).
- We created games to learn more about QI (ex: Crossword linking to specific section of QI plan) with high percentage of staff participating, making QI a fun and learning experience.



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