

Health Matters



from the Kane County Health Department

— August 24, 2017 —

Trending Matters:



Preparing for the worst

- Make a Plan for Yourself, Family & Friends
- Plan to Help Your Neighbor & Community
- Practice & Build Out Your Plans
- Get Involved!
Be a Part of Something Larger

September is National Preparedness Month: Time for planning ahead



Tornadoes in the Midwest, flooding down south, hurricanes in the east and wildfires and earthquakes out west, it seems no one is immune. Remember: Disasters don't plan ahead, but you can! In fact that is the overarching theme for this year's National Preparedness Month (NPM).

Following the terrorist attacks of Sept. 11, 2001, September has been recognized as NPM to serve 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.

10 Essential Items for your Emergency Stockpile:

1. Three-day supply of water, with one gallon of water per person per day

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

2. Three-day supply of nonperishable food
3. Manual can opener
4. First-aid Kit
5. Radio
6. Flashlights & lanterns
7. Batteries
8. Whistle to signal for help
9. Prescription medications
10. Battery-operated or solar cell phone charger

To watch a short video that illustrates the importance of communicating your emergency plans with your family, please click [HERE](#).

More information about emergency preparedness is available on our website by clicking [HERE](#).

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. Sign up for alerts and warnings in your area. Learn your evacuation zone and have an evacuation plan. Check your insurance coverage and review the Document and Insure Property guide. Plan financially for the possibility of disaster.

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.

Highlighting the need for vaccines throughout our lives

August is National Immunization Awareness Month (NIAM). Immunizations represent one of the greatest public health accomplishments of the 20th century. The purpose of NIAM is to celebrate the benefits of vaccination and highlight the importance of vaccination for people of all ages.



Getting vaccinated according to the recommended immunization schedule is one of the most important things a parent can do to protect their child's health. Diseases can quickly spread among groups of children who aren't vaccinated. Whether it's a baby starting at a new child care facility, a toddler heading to preschool, a student going back to elementary, middle or high school - or even a college freshman - parents should check their child's vaccination records.

Child care facilities, preschool programs, schools and colleges are prone to outbreaks of infectious diseases. Children in these settings can easily spread illnesses to one another due to poor hand washing, not covering their coughs, and other factors such as interacting in crowded environments.

When children are not vaccinated, they are at increased risk for disease and can spread disease to others in their play groups, child care centers, classrooms and communities - including babies who are too young to be fully vaccinated and people with weakened immune systems due to cancer and other health conditions.

The State of Illinois requires vaccinations to protect



children from a variety of diseases before they can enter school. For school entrance, students must show proof of diphtheria, pertussis, tetanus, polio, measles, mumps, rubella, haemophilus influenza type b, hepatitis b, and varicella, as well as pneumococcal and now meningococcal (depending on age) vaccinations.

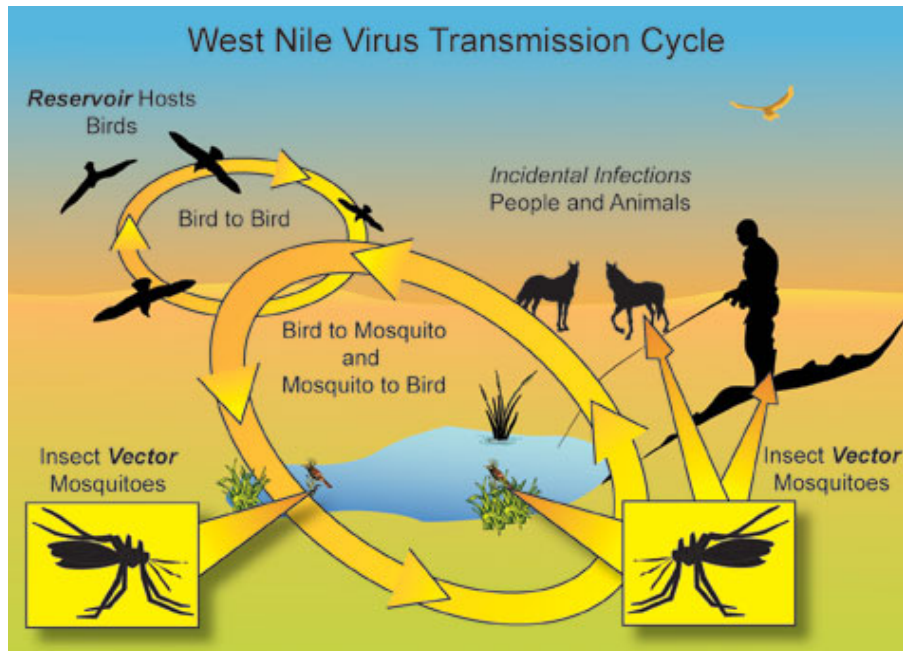
For more information about immunizations, visit the [Illinois Department of Public Health's immunization page](#).

You'll find their vaccination schedules [HERE](#).

West Nile season continues until the first frost

Everyone notices a rise in the mosquito population after one of our typical Midwestern rainstorms. When we're talking about West Nile Virus, it's important to note the different species of mosquitoes we can see in our area. The ones we typically see after the rains are aptly nicknamed "nuisance mosquitoes," or "floodwater mosquitoes." This species, while bothersome, typically does not carry West Nile Virus.

It is the hot, dry weather when the Culex mosquito, the species that does carry West Nile virus, breeds in stagnant water. They can breed in areas like street catch basins and ditches, clogged downspouts, bird baths, old tires and multiply rapidly. Ironically, the action of a heavy rain storm can actually serve to disrupt or even inhibit the Culex mosquito's breeding habits. However, following the heavy rains like some of the ones we've seen this summer, that's the time to inspect your home and yard for sources of standing water where these mosquitoes are likely to breed.



Once a week, it's a good idea to 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 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.

For information about West Nile Virus in Kane County, visit our Surveillance Page [HERE](#).



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Kane County,
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