

Health Matters



from the Kane County Health Department

— February 16, 2017 —

Trending Matters:

Daylight Saving Time begins Sunday, March 12, 2017

Is your emergency preparedness stockpile up to date?



[CLICK HERE](#)

for stockpile resources

12th Annual



**Aurora
African American
Health Coalition**

**COMMUNITY
HEALTH FAIR**

Saturday, March 18

8 AM - 1 PM

Aurora Christian School

[Website](#)

It's never too late for your flu shot

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.

The flu season runs through the end of April and we usually see the most flu activity in January and February. However, the "peak" can be unpredictable, sometimes coming earlier, sometimes later. In fact, in 2016 Kane County saw its peak activity during the month of March. Influenza affects everyone differently; even healthy individuals can get the flu, and it can be serious. By being vaccinated you can protect yourself from influenza and help to prevent spreading it to others.

Individuals with following conditions are highly encouraged to get the annual flu shot:

- Young Children
- Pregnant women
- Individuals who care for children younger than 6 months of age

The Kane County Health Department encourages everyone to take precautions to protect themselves and their loved ones. In addition to receiving your flu vaccine, you can take these everyday preventative actions to help stop the spread of germs and prevent the flu:

Clean your hands: Wash your hands with soap and warm water after coughing, sneezing or using the bathroom.

Cover your nose and mouth: Use a tissue when coughing or sneezing; if you don't have a tissue, cough or sneeze into

- People with chronic heart and lung conditions, diabetes, or a weakened immune system
- Healthcare workers
- People 65 years of age and older

your upper sleeve or elbow—not your hands.

Contain your germs: Stay home if you have the flu. If you have fever or chills and a cough or sore throat, you should call your doctor.

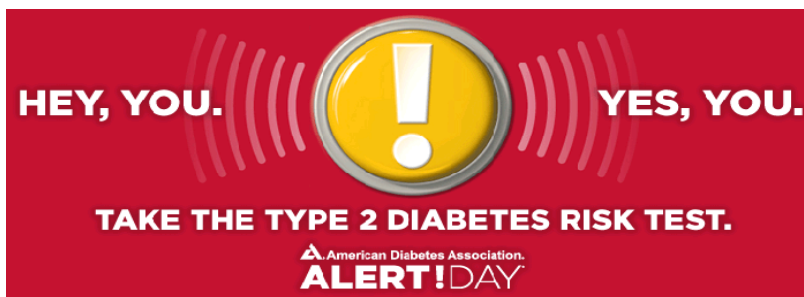
More information about the flu, including local weekly flu activity reports, is available by visiting the Health Department's website [HERE](#).

Diabetes Alert Day promotes awareness of taking action



Chronic disease is one of the greatest threats to the health of our residents. In the U.S., 7 out of 10 deaths each year are attributed to chronic diseases, accounting for 86% of our nation's health care costs. Closer to home, through our 2014 Community Health Assessment, we know that 9.4% of Kane County adults report having been diagnosed with diabetes. That equates to almost 50,000 of our residents. Further, another 6.0% of Kane County adults report that they have "prediabetes" or "borderline diabetes," which puts them at high risk for developing type 2 diabetes.

People with prediabetes have blood glucose (sugar) higher than normal, but not high enough to be diagnosed with type 2 diabetes. This is why Our **Community Health Improvement Plan (CHIP)** specifically addresses chronic disease as a top health priority.



In response to these disturbing numbers, the American Diabetes Association has proclaimed **Wednesday, March 22**, as **American Diabetes Association Alert Day** and we are encouraging everyone to follow the Association's recommendation to take the Type 2 Diabetes risk test to find out their risk of developing diabetes.

American Diabetes Association Alert Day sounds the alarm so people can take action and get the medical care they need to live well. By understanding your risk, you can take the necessary steps to help prevent or delay type 2 diabetes. Plus, we hope you will share the test with everyone you care about, including family members, friends, and colleagues.

Please make sure to mark your calendar for **American Diabetes Association Alert Day on March 22** and take [the Type 2 Diabetes Risk Test](#).

What can you do?

- Take the American Diabetes Risk Assessment
- See a Health Professional
- Eat Healthy
- Be Active

For more information about chronic disease and the Kane County Health Department's CHIP, please visit the Kane Health Counts web site [HERE](#).

CDC ready to provide field support in battle against Zika

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.

A grant from the CDC will provide field support to collect and report accurate data on people, pregnancies and infants with laboratory evidence of possible infection.



Aedes mosquito - carrier of the Zika Virus

Kane County was one of just a few health departments across the United States to be approved to receive the support. Although the ranges of mosquitos known to carry the virus, *Aedes Aegypti* and *Aedes Albopictus*, do not typically extend to northern Illinois, a deciding factor in deciding Kane's eligibility was its large Hispanic population.

The CDC field support will improve the testing and follow-up process in order to ensure that it is conducted in the proper manner and at the right time. The field support will support educational efforts to make sure people are taking the proper precautions to reduce the risk. The Kane County Health Department's web site provides more information about Zika, including a micro-site with a direct feed from the CDC. Please visit the site by clicking [HERE](#).

Even though the risk of sustained local transmission of Zika in Kane County is extremely low, many of our residents could be at-risk because of frequent travel to those locations where local transmission is well documented. Additionally the spread of the virus through blood transfusion and sexual contact has been reported.



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
- When planning to travel, check for travel notices



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