

Health Matters



from the Kane County Health Department

— May 17, 2018 —

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 toys.
- ✓ Empty, clean & refill birdbaths & wading pools frequently.

Front line troops told 'You're on the right track'

Every 12.5 minutes someone dies from an opioid overdose in the United States. It's the kind of statistic that caused U.S. Rep Randy Hultgren to host an Opioid Conference at Waubensee Community College on May 2, with special guest U.S. Surgeon General Dr. Jerome Adams. Just prior to the conference, Illinois Department of Public Health Director Dr. Nirvan Shah, with Hultgren and Dr. Adams, stopped at the Kane County Health Department offices in Aurora for a roundtable meeting to speak about the opioid epidemic and the countywide efforts at preventing the spread of the opioid epidemic in our county.



U.S. Surgeon General Jerome Adams, IDPH Director Dr. Nirav Shah and Kane County Board Chairman Chris Lauzen pose with the staff of the Kane County Health Department.

Kane County Health Department Executive Director Barbara Jeffers, MPH, hosted the roundtable event and provided a tour of the Department's offices to the visitors. Kane County Board Chairman Chris Lauzen also addressed the room full of health department employees, and community partners including local police and

sheriff agencies, firefighters, paramedics, social service agencies, hospitals and other partners, all of whom are "on the front lines" battling the tragedy of the opioid epidemic.

The Health Department's Narcan team has been stepping up efforts to increase the reach to even more people. At first the team was focused on trainings for police and fire departments. Now, they are reaching out to a wider range of agencies, such as social service agencies, colleges, schools and libraries. Director Jeffers stated that this is the beginning and plans are to mobilize the community to address this epidemic together as a community.

"You're on the right track," Dr. Adams said. He told a personal story of how his own brother is serving prison time because of his addiction to opioids.

He noted that the 10-year sentence levied against his brother will end up costing taxpayers \$500,000 to \$1 million, and still not provide his brother with any counseling, in effect, sending him back out on the street never having received any help. He noted that there has been some success in reducing the number of opioid prescriptions – not much, but some – and data show that heroin use is stable. The bad news is that the drugs now available are much stronger, including those laced with fentanyl, which can be 50 to 100 times stronger than heroin.

During his talk Dr. Adams noted that there has been \$3 billion in federal money earmarked to fight the opioid crisis in America. He said, sadly, that there can never be enough money in the federal budget to stop the epidemic. Instead, the effort and burden in bringing the crisis to a close will also require the diligence of people like the ones in attendance Wednesday, all partners working together toward a common goal.



From Left, IDPH Director Nirav Shah, Kane County Health Department Executive Director Barbara Jeffers, MPH and U.S. Surgeon General Dr. Jerome Adams.



Kane County Board Chairman Chris Lauzen addresses the participants during the Opioid Roundtable Meeting at the Health Department May 2.

Synthetic cannabinoids linked to four deaths



It's not the typical public health problem, but with case numbers expanding daily through March and April, it became imperative to get the word out about synthetic cannabinoids quickly and often. As of May 9, there had been 164 confirmed cases, including four deaths. Kane County's one case was diagnosed early, and fortunately that number has not increased. Still, the warning needed to be issued to not use the product. Several of the patients have tested positive for brodifacoum, a lethal anticoagulant often used as a rodenticide, or rat poison. The majority of cases have been found [downstate](#).

According to the Illinois Department of Public Health, synthetic cannabinoids are human-made, mind-altering chemicals that are sprayed on to dried plant material. They can be smoked or sold as liquids to be vaporized in e-cigarettes and other devices. These chemicals are called cannabinoids because they are similar to chemicals found in the marijuana plant. The health effects from using synthetic cannabinoids can be unpredictable, harmful, and deadly.

Public health officials continue to investigate to try to identify any common brand and determine where they were obtained. Synthetic cannabinoids are found across Illinois and the U.S. in convenience stores, gas stations, drug paraphernalia shops, novelty stores, and online.

Anyone who has a reaction to synthetic cannabinoids, such as severe bleeding, should call 911 or have someone take them to the emergency department immediately. More information is available on the IDPH website [HERE](#).

Number of cases since March 7, 2018:

Statewide: 164

Kane County: 1

Synthetic Cannabinoids



Synthetic cannabinoids are human-made, mind-altering chemicals.

Sometimes misleadingly called "K2/Spice" or "fake weed."

K2/Spice is DEADLY

Recently, synthetic cannabinoid users have experienced **SEVERE BLEEDING** resulting in deaths.

Symptoms include coughing up blood, blood in the urine, severe bloody nose, and bleeding gums.

K2/Spice is UNSAFE



BRAIN

- Suicidal thoughts
- Violent behavior
- Paranoia
- Hallucinations

HEART

- Rapid heart rate

STOMACH

- Nausea and vomiting

You never know what chemicals have been added to synthetic cannabinoids making them **DEADLY, UNSAFE, and UNPREDICTABLE.**

K2/Spice is UNPREDICTABLE

They are not natural, legal, or safe.

They have brand names such as K2, Spice, Black Mamba, Bombay Blue, Genie, and Zohai.

Shredded, dried plant material



Man-made chemicals



Synthetic cannabinoids

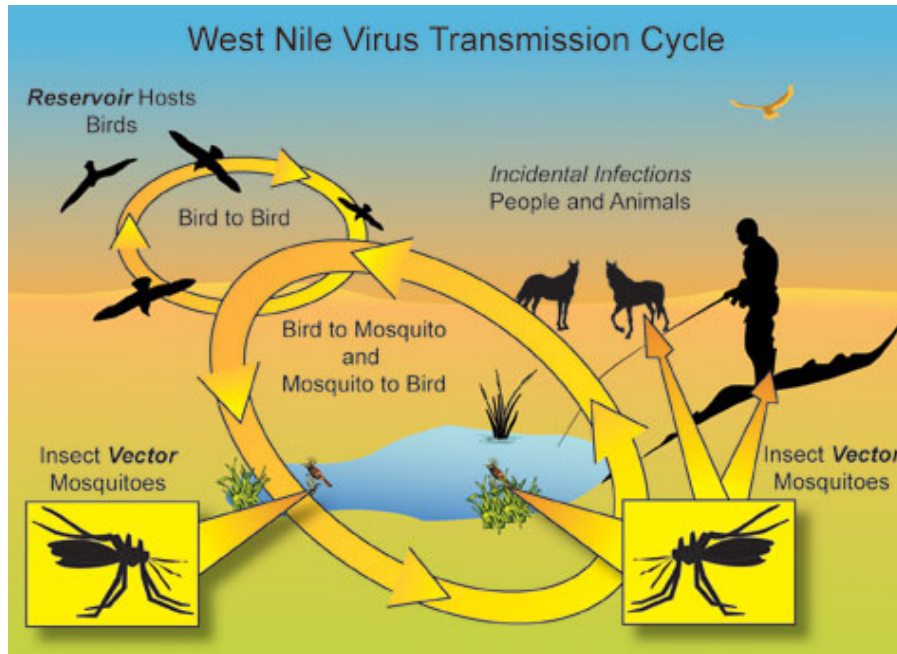


If you experience any of these symptoms after using synthetic cannabinoids...

CALL 9-1-1

This infographic in a printable pdf

Get ready: Here comes West Nile Virus season again



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. Following heavy rains is the best 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:

- **For adults**, 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 children**, do not apply insect repellent onto a child's hands, eyes, mouth, and cut or irritated skin. Spray insect repellent onto your hands and then apply to a child's face.

Visit the Health Department's website [HERE](#) for a wealth of information about West Nile Virus.

Zika Virus

Again this year the Health Department will be actively monitoring for the Zika virus. We need to keep in mind that in Kane County, the public at large is currently at extremely low risk of local transmission of the Zika Virus because the primary type of mosquito that has been found to transmit Zika virus (*Aedes aegypti*) is rarely found in Illinois. However, we know that many people travel to and from areas where Zika is more common. This opens the possibility that they may become ill while traveling.

We will continue to provide up-to-date information about Zika as we receive it.

Those persons planning to travel to areas where the Zika virus is found should take the standard precautions for preventing mosquito bites. Also, it has been shown that the virus can be spread during sex by a man infected with Zika to his partner.

ZIKA VIRUS
What is Zika?

Zika is a virus transmitted by the *Aedes* mosquito, which also transmits dengue and chikungunya.

Signs and symptoms:
Mild fever
Conjunctivitis
Headache and joint pain
Skin rash

Onset is usually 2-7 days after the bite of an infected *Aedes* mosquito

It is not clear yet if Zika sometimes causes more severe complications, like affecting unborn babies

World Health Organization
Western Pacific Region

You can learn more by visiting our Zika page [HERE](#).

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Health Department**

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from the Kane County Health Department

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