

May 2009

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# Marion County Health Bulletin

The Mission of the Marion County Health Department is to improve the quality of life through preventing disease and preventative health maintenance.



Public Health  
Prevent. Promote. Protect.

## Know Your Skin Type

Find your score from the eight questions below and determine your skin type:

### Part I: Genetics

#### 1. Your eye color is:

- Light green or light blue = 0
- Blue, green or gray = 1
- Hazel or brown = 2
- Dark Brown = 3
- Brownish black = 4

#### 2. Your natural hair color is:

- Red or light blond = 0
- Blond = 1
- Dark blond or light brown = 2
- Dark brown = 3
- Black = 4

#### 3. Your natural skin color is:

- Pale with a reddish undertone = 0
- Fair = 1
- Fair with a golden undertone = 2
- Olive or light brown = 3
- Dark brown or black = 4

#### 4. Freckles on skin that's not typically exposed to the sun:

- Many = 0
- Several = 1
- Few = 2
- Very few = 3
- None = 4

### Part II: Exposure to the sun

#### 5. How does your skin respond to the sun?

- Always burns, blisters and peels = 0
- Often burns, blisters and peels = 1
- Burns moderately = 2
- Burns rarely, it at all = 3
- Never burns = 4

#### 6. Does your skin tan?

- Never = 0
- Seldom = 1
- Sometimes = 2
- Often = 3
- Always = 4

#### 7. How does your skin tan?

- Not at all or very little = 0
- Lightly = 1
- Moderately = 2
- Deeply = 3
- Very Deeply = 4

#### 8. How sensitive is your face to the sun? (cracking, chafing, rashes, etc)

- Very Sensitive = 0
- Sensitive = 1
- Normal = 2
- Resistant = 3
- Very resistant, my skin has never been sensitive = 4

### What's your Score?

#### Score 0-6, Very Fair: Type 1—

Always burning, never tan; sensitive to exposure; redheaded, freckles. Extremely susceptible to skin damage

**Score 7-12, Fair: Type II—**Burns easily, tans minimally; fair-skinned, blue, green or gray eyes. Highly susceptible to skin damage

**Score 13-18, Light: Type III—**Burns moderately, tans gradually to light brown; Susceptible to skin damage

**Score 19-24, Medium to Light: Type IV—**Burns minimally, always tans well to moderately brown; olive skin; Still at risk for skin damage

**Score 25-30, medium to Dark: Type V—**Rarely burns, tans profusely to dark; brown skin; Still at risk for skin damage

**Score 31+, Dark: Type VI—**Rarely burns, least sensitive; deeply pigmented skin; Still at risk for skin cancers



Remember, no matter what your skin type, everyone must stay protected because anyone can get skin cancer.

For more information for various age groups and activities, visit [www.sunsafetyalliance.org](http://www.sunsafetyalliance.org)

### USE SPF EVERY DAY.



UV rays are strongest during summer, but they can cause damage year-round. Use a sunscreen with an SPF of 15 or higher every day—in every season—no matter what your skin color.

### SEEK SHADE



Play it safe in the shade whenever possible and avoid mid-day sun. UV rays are especially strong between the hours of 10am and 4pm.

### WEAR SUNGLASSES



Protect your eyes with UV-blocking sunglasses.

### DON'T USE TANNING BOOTHS



Tanners have a higher risk of developing skin cancer. Indoor tanning equipment emits mainly UVA radiation. UVA, as well as UVB rays may cause malignant melanoma and immune system damage.

### WEAR A HAT



Make your own shade with a wide-brimmed hat and long-sleeved shirts and pants. Baseball caps and visors shade the face but leave neck, lower face, and ears exposed. A broad-brimmed hat can help prevent skin cancer in those areas.

### LEARN NOT TO BURN!!



Did you know that just one blistering sunburn in childhood or adolescence more than doubles the risk of developing melanoma later in life? Protecting your child with sunscreen every day may be the smartest thing you can do for your child!

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**Enjoy the Water,  
But Be Safe**

This summer, swimming pools will be filled with millions of people having fun and staying cool. But improper pool chemicals and germs may be in the water. To prevent injuries associated with pool chemicals:

- ALWAYS secure pool chemicals, keep children away
- ALWAYS read product name and manufacturer’s direction before each use
- ALWAYS use appropriate protective gear, such as safety glasses and gloves, when handling pool chemicals
- NEVER mix chlorine products with each other, acid, or other substances

Improper chemical balance in pools, water parks and spas can be identified by burning eyes, nose and lungs, and healthy swimming behaviors can prevent illnesses.

Because you share the water with everyone in the pool, here are six “PLEAs” that promote healthy swimming:

- PLEASE don’t swim when you have diarrhea
- PLEASE don’t swallow the pool water
- PLEASE practice good hygiene
- PLEASE take your kids on bathroom breaks
- PLEASE change diapers in a bathroom
- PLEASE wash your child thoroughly before swimming

For more information about recreational water illness prevention, visit [www.idph.state.il.us/envhealth/swimmingpools.htm](http://www.idph.state.il.us/envhealth/swimmingpools.htm)

**Clinics & Gatherings**

**Blood Sugar/Pressure Clinics:**  
Salem Office: Mondays, 8-9am  
Centralia Office: Wednesdays, 8-9am

**Immunization Clinics:**  
Salem Office: Mondays, 9-5  
Centralia Office: Wednesdays, 9-5

**Cholesterol & Lab Clinic:**  
~Please call for an appointment.~

**HIV & STD Testing:**  
~Please call for an appointment.~

Visit [www.marioncountyhealthdept.org](http://www.marioncountyhealthdept.org) for a complete listing of events.

**May 2009 Statistics**

**Clinics**

Blood Pressure / Blood Sugar Clinics .....	8
Persons served: Blood Pressure .....	32
Persons served: Blood Sugar .....	20
Cholesterol Screening	
Number of persons served .....	0
Lead Screening	
Number of persons tested .....	74
Paternity Testing Clinics .....	3
Number tested .....	17
HIV Test.....	5

**Immunizations**

Number of Clinics.....	8
No. of persons immunized.....	154
Total vaccines administered.....	292
Children’s Immunizations	
Pediatric Flu.....	1
Hepatitis A.....	15
Adult Immunizations	
Hepatitis A (number started) .....	6
Hepatitis B (number started) .....	3
Flu .....	0
Meningitis.....	7
MMR.....	1
Pneumonia .....	1
TD.....	14
Typhoid .....	14
Yellow Fever .....	17
Zostavax .....	0
Other Immunization	
Gardasil (number started) .....	6
Varicella.....	20

**Nursing**

Family Case Management	
Pregnancy Testing .....	3
Positive .....	3
Negative.....	0
Prenatal Clients .....	177
Infant & Child Clients.....	625
Number of Visits .....	273
Prenatal .....	84
Postpartum .....	34
Infant Visits.....	135
Child Visits .....	20
SIDS Investigations.....	0
APORS Investigations .....	6
Health Works Active Case Load .....	54
Active WIC.....	1378
WIC Clients receiving education ....	327
Vision & Hearing	
Number Vision Tested .....	1
Number Hearing Tested.....	1
Number Vision Referrals.....	0
Number Hearing Referrals.....	0

**Nursing (continued)**

Communicable Disease Investigations	
Chickenpox.....	1
Cholera .....	0
Hepatitis B (carrier) .....	0
Hepatitis C (carrier) .....	2
Malaria .....	0
Salmonellosis .....	0
Strep Pneumoniae.....	0
Whooping Cough (Pertussis).....	0
Sexually Transmitted Disease	
Chlamydia.....	12
Gonorrhea .....	0
Syphilis .....	0
Tuberculosis	
Tests Administered .....	40
New Prophylactic Patients .....	0
New Investigations .....	0
New Active Cases .....	0

**Environmental Health**

Food	
Routine Inspections.....	33
Follow-up Inspections .....	5
Complaint Inspections .....	3
Temporary Inspections .....	3
Pre-Operational Inspections .....	0
Emergency Incident Inspections .....	1
Number of Permits Issued .....	13
Sewage	
Routine Inspections.....	4
Complaint Inspections .....	3
Realty Inspections .....	0
Sewage Systems Installed .....	3
Number of Permits Issued .....	4
Water	
New System Inspections.....	1
Existing Water Well Inspections.....	2
Realty Inspections .....	2
Complaint Inspections .....	0
Water Wells Sealed .....	0
Number of Permits Issued .....	1
Tanning	
Routine Inspections.....	0
Follow-up Inspections .....	1
Complaint.....	0
Miscellaneous	
Animal Bites .....	4

