

Seasonal Flu Shots

The single best way to protect against the flu is to get vaccinated each year.

Two Types of vaccine

-The shot: an inactivated vaccine (a killed virus) that is given with a needle

-The nasal-spray: Nasal mist, a vaccine made with live, weakened flu viruses that do NOT cause the flu

-When should you get vaccinated?

Flu vaccinations begin in September, or as soon as the vaccine is available, and continue throughout the influenza season (usually until February or March)

Who should get vaccinated (high risk groups)?

-Pregnant women

-Children younger than 5

-People 50 years of age and older

-People with certain chronic medical conditions

-People who live in nursing homes and other long-term care facilities

-People who live with or care for those at high risk for complications from the flu.



Recycle

Recycling is reusing materials in original or changed forms rather than discarding them as wastes. In reusing material changing material into new materials rather than throwing it away the environment as well as we benefit from it. The benefits of recycling are:

Saves Energy- It takes less energy to process recycled materials than it does to use virgin materials. For example, it takes less energy to recycle paper from waste material than it does to create paper from new woodland, because there is no longer a need to cut down a new tree, process the wood from the tree and make it into paper.

Saves Money- Money is saved when less energy is used (this can also mean more competitively priced goods) and often pollution and emissions are reduced when less energy is used. For example, production of recycled paper uses 80% less water and 65% less energy, and produces 95% less air pollution than virgin paper production.

Area Recycle Centers:

Centralia- Highway 161 West / 1758 W McCord St.

Salem- Parking lot in the 200 block of North Broadway

Saves Land Space- Recycling reduces trash in landfill sites, which cuts down on the cost of waste disposal and the clearing of more land for new landfills when the current landfills become too full to store any more waste.

Reduces Air Pollution- Decomposing waste often release noxious gases and chemicals as it decomposes at landfill sites. These gas and chemicals create air pollution, air pollution is exactly what it sounds like, polluted air. When the chemicals leach into the groundwater this creates water pollution and our water is contaminated.

Creates New Jobs- Recycling in the U.S. is a \$235 billion a year industry. More than 56,000 recycling and reuse enterprises employ 1.1 million workers nationwide.

Preserves Wildlife- Recycling also preserves wildlife. When fewer trees are cut down to make virgin material or to make space landfills, habitat for wildlife remains.



Great American Smokeout

The American Cancer Society is marking the **36th Great American Smokeout** on **November 17** by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By doing so, smokers will be taking an important step towards a healthier life – one that can lead to reducing cancer risk. Quitting smoking is not easy, but it can be done. To have the best chance of quitting successfully, you need to know what you're up against, what your options are, and where to go for help. The **Illinois Tobacco Quitline** at **1-866-Quit-Yes** is a great resource! The Quitline is available from **7am -11pm**, everyday and staffed with Registered Nurses, Respiratory Therapist and trained Counselors. Call today and join the Great American SMOKEOUT!

October 2011 Statistics

Clinics

Blood Pressure / Blood Sugar Clinics	8
Blood Pressure Screenings.....	17
Blood Sugar Screenings.....	7
Lead Screening	
Number of persons tested.....	61
Paternity Testing Clinics	2
Number tested.....	2
HIV Test	0

Immunizations

Number of Clinics	8
No. of persons immunized.....	321
Total vaccines administered.....	365
Children's Immunizations	
Pediatric Flu.....	518
Hepatitis A.....	6
Adult Immunizations	
Hepatitis A (number started).....	4
Hepatitis B (number started).....	1
Flu.....	831
Meningitis.....	0
MMR.....	2
Pneumonia.....	0
TD.....	5
Tdap: Adacel.....	9
Typhoid.....	3
Yellow Fever.....	2
Zostavax.....	0
Other Immunizations	
Gardasil (number started).....	2
Varicella.....	1

Nursing

Sexually Transmitted Disease	
Chlamydia.....	21
Gonorrhea.....	0
Syphilis.....	0
Communicable Disease Investigations	
Chickenpox.....	0
Cholera.....	0
Hepatitis B.....	0
Hepatitis C.....	2
Malaria.....	0
Salmonellosis.....	1
Strep Pneumoniae.....	0
Whooping Cough (<i>Pertussis</i>).....	0
Tuberculosis	
Tests Administered.....	48
New Prophylactic Patients.....	0
New Investigations.....	2
New Active Cases.....	0
Family Case Management:	
Pregnancy Testing.....	4
Positive.....	3
Negative.....	1
Prenatal Clients.....	165
Infant & Child Clients.....	542
Number of Visits.....	228
Prenatal.....	68
Postpartum.....	25
Infant Visits.....	120
Child Visits.....	15
SIDS Investigations.....	0
APORS Investigations.....	0
Health Works Active Case Load.....	58
Active W.I.C.....	1331
Clients receiving education.....	259
Vision & Hearing	
Number Vision Tested.....	1
Number Hearing Tested.....	2
Number Vision Referrals.....	0

Environmental Health

Food	
Routine Inspections.....	26
Follow-up Inspections.....	4
Complaint Inspections.....	0
Temporary Inspections.....	3
Pre-Operational Inspections.....	1
Emergency Incident Inspections.....	0
Number of Permits Issued.....	14
Sewage	
Routine Inspections.....	11
Complaint Inspections.....	1
Realty Inspections.....	0
Sewage Systems Installed.....	6
Number of Permits Issued.....	8
Water	
New System Inspections.....	0
Existing Water Well Inspections.....	0
Realty Inspections.....	0
Complaint Inspections.....	4
Water Wells Sealed.....	0
Number of Permits Issued.....	0
Tanning	
Routine Inspections.....	2
Follow-up Inspections.....	2
Complaint.....	0
Body Art	
Routine Inspections.....	0
Follow-up Inspections.....	0
Complaint.....	0
Miscellaneous	
Animal Bites.....	3

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