It's Never Too Early to Quit Smoking

CDC’s Office on Smoking and Health (OSH) knows that it may take a number of tries before you’re able to quit for good, but we also know that it can be done. In fact, so many people have quit that there are now more former smokers than current smokers in the United States. Quitting can be challenging, but you can find support for your quit journey where and when you need it, to raise your chances of quitting for good. This year, make a New Year’s resolution to quit smoking for good.

Whether you’ve never tried to quit or have tried many times, a new year means another chance to create your successful quit plan. Even though adult smoking rates are at an all-time low, cigarette smoking remains the leading cause of preventable death in the country, with 480,000 people dying each year.

Smoking is linked to many dangerous diseases, including heart disease, type 2 diabetes, emphysema and cancer. Smoking around others hurts their health too. Breathing secondhand smoke can cause many of the same illnesses as smoking does. It can make children get sick more often, and smoking while pregnant raises the risk of a baby dying suddenly in the first year of life. No amount of secondhand smoke is risk-free.

Help is Out there!

There are many free resources to help you quit—no matter where you are in your quit journey. Call Quitline today, 1-800-QUIT-NOW (1-800-784-8669).

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The Marion County Health Department, for the month of January, is offering a discounted Thyroid Stimulating Hormone (TSH) blood test for the low price of $20!

Call:
Salem Office at 618-548-3878
–or–
Centralia Office at 618-532-6518

Appointments only, no walk-ins.

WIC Office has NEW hours:
Salem and Centralia Offices—
Monday—Thursday 8:00-5:15pm
Effective January 2020
November 2019 Statistics

Clinics
Blood Pressure/Blood Sugar Clinics... 4
Persons served: Blood Pressure...... 3
Persons served: Blood Sugar ........ 6
Paternity Testing Clinics .......... 3
Number of Persons Tested........ 13

Immunizations
Number of Clinics .................. 17
No. of adults...................... 197
No. of adults immz. adm........ 212
No. of pediatrics ................. 167
No. of pediatrics immz. adm.... 321
Total of vaccines administered .... 533

Children’s Immunizations
Pediarix................................ 17
Pediatric Flu........................ 122
Hib .................................... 20
Prevnar ................................ 18
Rotavirus .............................. 7
Hep A.................................. 31
Dtp...................................... 14
MMR .................................... 20
Td ....................................... 10
Hepatitis B ............................ 2
Varicella .............................. 20
Kinrix .................................. 3
Gardasil ............................... 12
Meningitis ............................ 16
Pentacel ............................... 0
IPV (Polio) ......................... 8
Td ....................................... 8
Men. B ................................. 1

Adult Immunizations
Hepatitis A .......................... 0
Hepatitis B .......................... 3
Flu .................................... 166
Meningitis ............................ 0
MMR .................................... 1
Pneumonia 23 ......................... 11
TD....................................... 0
Tdap ................................. 10
Typhoid ................................ 0
Varicella .............................. 0
Yellow Fever ........................ 0
Prevnar 13 ......................... 11
Shingrix .............................. 10

Maternal Child Health (MCH)
Maternal Health Encounters..... 373
WIC Caseload ...................... 985

MCH Continued...
WIC Clients receiving Education... 162
WSSM / WIC Education .......... 105
Internet WIC Education .......... 22
Individual WIC Education ....... 23
Lead ................................. 26
Hemoglobins ......................... 100
ASQ Developmental Screenings .. 68
Depression Screenings ............. 66
EPSDT’S ............................. 37
Flouride Varnish (Oral Health) ... 36
Number of Vision Tested .......... 0
Number of Hearing Tested ........ 2
OAE Hearing Tested ................. 1
Pregnancy Tests .................... 0

Family Case Management
APORS Visits ....................... 4
Healthworks Caseload .......... 87

Communicable Disease Investigations
Chickenpox .......................... 0
Cryptosporidiosis ................. 1
Hepatitis B ........................ 1
Hepatitis C ........................ 2
Histoplasmosis ..................... 0
HIV/AIDS Cases Investigated .... 1
HIV Test ............................. 1
Salmonellosis ....................... 2
Streptococcal Infections (Group A) 0
Whooping Cough (Pertussis) ...... 0

Sexually Transmitted Disease
Chlamydia ............................ 15
Gonorrhea ........................... 4
Syphilis ............................. 0

TB (Tuberculosis)
Tests Administered ................. 16
New Prophylactic Patients ........ 2
New Investigations ................ 0
New Active Cases .................. 0

Drug Testing
5-Panel Hair Drug Test .......... 0
9-Panel Non-Regulated Urine Test 0
5-Panel Hair Test w/ Exp.Opiates .... 0

Lab Draws
Private Pay
Salem Office ...................... 55
Centralla Office ................... 23
Total Private Pay Lab Draws .. 78

Quest Lab Draws
Salem Office ...................... 1
Centralla Office ................... 3
Total Quest Lab Draws ......... 4

Environmental Health
Food
Routine Inspections ............... 12
Follow-up Inspections ............ 0
Complaint Inspections ............ 0
Temporary Inspections ............. 0
Pre-Operational Inspections ....... 0
Emergency Incident Inspections .. 0
Number of Permits Issued ....... 12

Sewage
Routine Inspections ............... 7
Complaint Inspections ............ 0
Realty Inspections ................ 1
Sewage Systems Installed ...... 6
Number of Permits Issued ....... 5

Water
New System Inspections .......... 0
Existing Water Well Inspections .. 0
Realty Inspections ................ 0
Complaint Inspections ............ 0
Water Wells Sealed ............... 0
Number of Permits Issued ....... 0

Closed Loop Wells
Closed Loop Well Inspections .. 0
Systems Installed ............... 6
Number of Permits Issued ....... 5

Tanning
Routine Inspections ............... 1
Follow-up Inspections .......... 0
Complaint Inspections .......... 0

Body Art
Routine Inspections ............... 0
Follow-up Inspections .......... 0
Complaint Inspections .......... 0

Miscellaneous
Animal Bites ....................... 0

FIT Test
Female............0
Male............0

Submit
Complaints
618-540-3878
866-973-4466

1-866-QUIT YES (784-8937)