



Madison County Flu Clinic

Madison County Health Department had their yearly flu clinic in the month of October. The clinic was open to all Madison County residents. There was no seasonal shortage of the influenza vaccine this year. Many of our Medical Reserve Corps volunteers helped the health department this year. The volunteers made sure the public knew how to fill out the proper paperwork for the immunization which kept the waiting room from becoming overwhelmed with people. The health department would like to thank all of the volunteers for their time to help us this year. They made the clinic flow very smoothly and helped out our staff tremendously. If anyone is interested in helping with other volunteer opportunities, feel free to contact me at:

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INSIDE THIS ISSUE:

Plague 2

Orientation 2
Training

Helpful 2
Websites

Flu Season 3
Cont.

Plague 3
Cont

Volunteers 4

Its Flu Season Again!

It is becoming that time of the season again. Not only are the holidays just around the corner but also, flu season is here! Influenza or, the flu, is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. Common symptoms of influenza are fever, sore throat, muscle pains, severe headaches, coughing, weakness, and general discomfort. Infants and the elderly are at a high risk for contracting the influenza virus. However, you do not have to be an infant or an elder to fall victim to the flu. Everyone needs to take preventative measures and the best way to prevent the flu is to receive a flu vaccination.

Continued on page 3

Orientation Training

My name is Katelyn Nonn and I am the 2007-2008 AmeriCorps member for Madison County Health Department. I am now the Medical Reserve Corps Coordinator for Madison County's Emergency Preparedness Program. I wanted to thank everyone who participated in the Orientation Training held on Monday October 29 from 5:30-7:30 pm. Everything went well and pizza was great! This orientation training is to give the volunteer an idea of what is expected in the event of a public health emergency. For those of you who have not been able to attend the orientation training, there will be more opportunities ahead and we encourage you to come out and join us! Free pizza, soda, and coffee!

HELPFUL WEBSITES

www.bt.cdc.gov/stockpile/index.asp

www.medicalreservecorps.gov

www.pandemicflu.gov

www.ready.gov

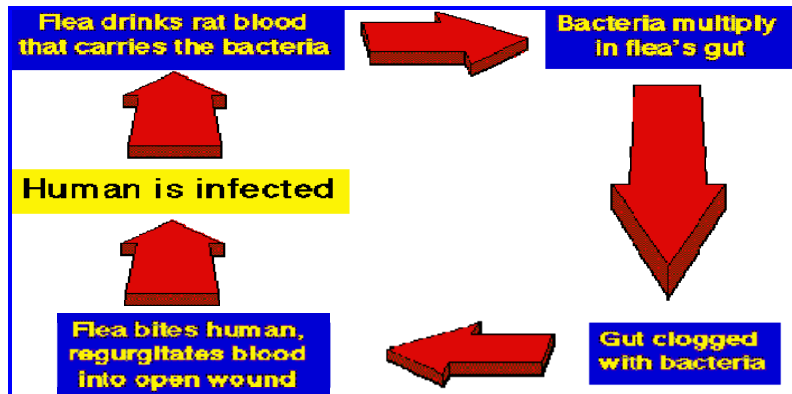
www.cdc.gov

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Plague

Plague is an infectious disease of animals and humans caused by a bacterium. Plague is a bioterrorist agent. This disease is usually transmitted to humans from a bite of an animal or insect. During the middle ages, the Black Plague outbreak was estimated to have killed a third to two thirds of the population. Today there are effective antibiotics that can be used to treat an infected person however if the disease goes untreated, plague can be fatal. Wild rodent plague exists in the western half of the USA; large areas of South America; central, eastern, and southern Africa; central, southwestern and southeastern Asia, and extreme southeastern Europe near the Caspian Sea. Outbreaks can still take place in our communities today so it is important to be preventative.



Flu Season Continued...

A pandemic is a global disease outbreak. An influenza pandemic occurs when a new influenza virus emerges for which people have little or no immunity, and for which there is no vaccine. An influenza pandemic is a rare but recurrent event. Three pandemics occurred in the previous century: “Spanish Influenza” in 1918, “Asian Influenza” in 1957, and “Hong Kong Influenza” in 1968. There is no way to be able to predict the next flu pandemic but everyone is at risk when it occurs. Influenza pandemics has occurred regularly every 30 or 40 years since the 16th century. The most infamous and destructive outbreak was the Spanish Flu. This particular outbreak killed approximately 50 million people world wide.

Here are some tips you can use to help prevent you from contracting influenza:

Practice good hygiene including washing hands frequently, covering your nose and mouth when coughing or sneezing, and regularly cleaning surfaces that are touched by multiple people.

Practice good health habits including eating a balanced diet, getting regular exercise and getting sufficient rest.

Stay home from work or school when you are sick.

Get a flu vaccination annually, especially those individuals at high risk.

Plague Continued

Take the following precautions if you live or spend time in regions where plague outbreaks occur:

- * Avoid contact with sick or dead animals
- * Rodent-proof your home
- * Prevent your pets from contacting fleas
- * Take precautions when outdoors

Some signs and symptoms to look for when dealing with plague are:

- * Sudden onset of fever and chills
- * Headache
- * Fatigue, weakness or malaise
- * Muscle aches
- * Abdominal pain, diarrhea and vomiting
- * Bleeding from your mouth, nose, rectum, or under your skin
- * Shock
- * Blackening and death of a tissue
- * Difficulty breathing and a cough with bloody sputum



WE NEED VOLUNTEERS

We are still seeking volunteers for the Madison County Reserve Corps. We currently have 161 volunteers. We are far away from reaching our overall goal for 1,000 volunteers. In the event of a bio-terrorism emergency or another type of public health disaster, the Madison County Health Department has been designated as the agency to provide medication to the public to prevent disease. Volunteers will help with dispensing medication, restocking supplies, keeping the human traffic flow moving, and performing clerical duties. If you know anyone who wishes to participate and become a volunteer, please have them contact me. I will be more than happy to send them a volunteer packet and talk to them more about the program. Thank you in advance for your time and cooperation.

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