

July
2023

118 Cross Creek Blvd., Salem, IL 62881
618-548.3878
1013 N. Poplar St., Centralia, IL 62801
618-532.6518
www.marioncountyhealthdept.org

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.

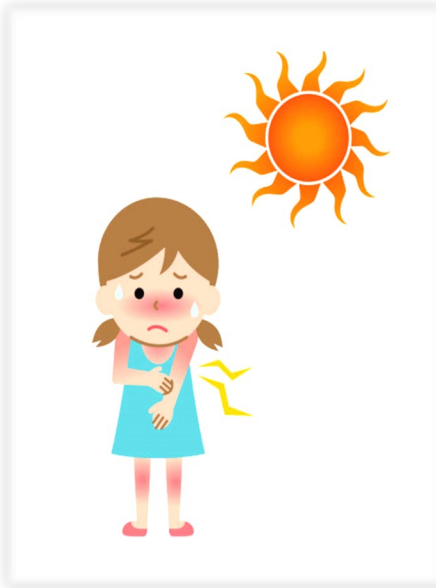


U.V. Safety Awareness Month is celebrated every July when most of us are gearing up to enjoy the warmer days outside. Picnics, outdoor sports, the pool, the beach, relaxing with a drink in your hand and the breeze in your hair—sound cool? It sure is! What isn't cool is skin and eye damage caused by excessive exposure to the sun's U.V. rays. The longer your exposure, however, the greater your risk of sun damage if you are unprotected. The sun emits radiation in the form of Ultraviolet or U.V. light, which is classified into three types: U.V.A., U.V.B., and U.V.C. The ozone layer protects the Earth's stratosphere and blocks the most damaging U.V.C. light, but U.V.B. and U.V.A. light pass through it. U.V.C. radiation can come from artificial sources such as sun lamps or tanning beds.

Radiation from U.V. light is invisible but is always present during the day even when you can't see or feel the sun. These rays can be harmful to our skin and eyes. Aside from wrinkles and sunburn, exposure is associated with the development of skin cancer. Our eyes can be affected by cataracts, cornea damage, and vision loss if left unprotected in the long term.



The sun is at its peak between 10am to 4pm. Head indoors or under shade during these hours. If you stay outside longer for work or play, sunscreen with a high S.P.F. of at least 30, a broad-brimmed hat, sunglasses, and breathable clothing that covers you up can offer the most protection. U.V. rays can pass through clouds. They also reflect off surfaces like sand, snow, cement, and water. That's why sun protection is important in any season, all year round. The CDC recommends the use of a broad-spectrum sunscreen with a minimum of Sun Protection Factor or S.P.F. 15 heading outside for daily activities. An S.P.F. of 30 to 50 for use when spending longer time outdoors is enough. U.V. rays from the sun stimulate the production of vitamin D in our bodies, which helps them absorb calcium. It also strengthens the immune system. You can have too much of a good thing so limit your exposure and when you do, be smart and protect yourself.



5 THINGS TO KNOW TO STAY SUN SAFE

1. **S.P.F. stands for Sun Protection Factor** - the SPF number tells you how long the sun's U.V. rays would take to darken your skin versus the amount of time without any sunscreen.
2. **Always use a broad-spectrum sunscreen** - this means it can protect you from both U.V.A. rays that cause sunburn and U.V.B.
3. **Not all sunglasses are created equal** - wrap around or oversized styles offer more protection but make sure they block 99% to 100% of U.V. rays.
4. **U.P.F. clothing can be expensive** - clothes labeled with Ultraviolet Protection Factor or U.P.F. provide a level of certainty but common fabrics like cotton and denim that cover most of your body can offer some protection as well.

5. **Some clothing colors can provide U.V. protection** -darker and more vivid colors absorb more UV than pale colors making them less likely to reach your skin.

The sun has been our planet's source of energy since time began. It brings us light but it can also cause serious harm if we don't protect ourselves. Summer is not the only time we need sunscreen or sunglasses. We need to protect our skin and eyes from sun damage every day of the year.

Marion County Board of Health

Elizabeth Franczyk, MD
Kendra Taylor, DNP, RN
Kyle Clark, DMD

Mike Morton, RPh
Keith Kessler, BS, JD
Tom Turner, MS

Paula Strother, RN
Creighton Engel, DC, MS

Marion County

May 2023 Statistics

<p>Clinics</p> <p>Blood Pressure / Blood Sugar</p> <p>Persons served: Blood Pressure 0</p> <p>Persons served: Blood Sugar 0</p> <p>Paternity Testing Clinics 1</p> <p>Number of Persons Tested5</p> <p>Immunizations</p> <p>Number of Clinics.....9</p> <p>No. of adults 173</p> <p>No. of adults immz. adm 163</p> <p>No. of peditrics56</p> <p>No. of peditrics immz. adm104</p> <p>Total of vaccines administered.....267</p> <p>Children's Immunizations</p> <p>Pediarix.....9</p> <p>Pediatric Flu 0</p> <p>Hib 13</p> <p>Prevnar 12</p> <p>Rotavirus5</p> <p>Hep A.....18</p> <p>Dtap4</p> <p>MMR.....8</p> <p>Tdap.....2</p> <p>Hepatitis B.....2</p> <p>Varicella.....8</p> <p>Kinrix.....5</p> <p>Gardasil5</p> <p>Meningitis6</p> <p>Pentacel 0</p> <p>ProQuad6</p> <p>IPV (Polio)..... 1</p> <p>Td 0</p> <p>Men. B.....0</p> <p>Adult Immunizations</p> <p>Hepatitis A 136</p> <p>Hepatitis B6</p> <p>Flu 0</p> <p>Men. B 0</p> <p>Meningitis 0</p> <p>MMR..... 0</p> <p>Pneumonia 23 0</p> <p>TD.....3</p> <p>Tdap7</p> <p>Typhoid..... 0</p> <p>Varicella..... 1</p> <p>Yellow Fever 0</p> <p>Prevnar 13..... 0</p> <p>Shingrix.....7</p>	<p>Maternal Child Health (MCH)</p> <p>Maternal Health Encounters490</p> <p>WIC Caseload 1,204</p> <p>WIC Clients receiving Education..189</p> <p>WSSM / WIC Education13</p> <p>Internet WIC Education1</p> <p>Individual WIC Education 29</p> <p>Phone Education 146</p> <p>Lead.....28</p> <p>Hemoglobins 90</p> <p>ASQ Developmental Screenings ... 96</p> <p>Depression Screenings71</p> <p>EPSTD'T'S13</p> <p>Flouride Varnish (Oral Health).....24</p> <p>Number of Vision Tested 0</p> <p>Number of Hearing Tested 0</p> <p>Pregnancy Tests 0</p> <p>Family Case Management</p> <p>APORS Investigations 8</p> <p>Healthworks Caseload..... 69</p> <p>Communicable Disease Investigations</p> <p>Chickenpox 0</p> <p>Cryptosporidiosis 0</p> <p>Hepatitis B1</p> <p>Hepatitis C 2</p> <p>Histoplasmosis 0</p> <p>HIV/AIDS Cases Investigated 0</p> <p>HIV Test 4</p> <p>Salmonellosis 0</p> <p>Streptococcal Infections (Group A) ..1</p> <p>Whooping Cough (Pertussis) 0</p> <p>Sexually Transmitted Disease</p> <p>Chlamydia13</p> <p>Gonorrhea 6</p> <p>Syphilis..... 2</p> <p>TB (Tuberculosis)</p> <p>Tests Administered.....21</p> <p>New Prophylactic Patients 0</p> <p>New Investigations 0</p> <p>New Active Cases 0</p> <p>Lab Draws</p> <p>Private Pay</p> <p>Salem Office40</p> <p>Centralia Office 24</p> <p>Total Private Pay Lab Draws 64</p> <p>Quest Lab Draws</p> <p>Salem Office1</p> <p>Centralia Office 0</p> <p>Total Quest Lab Draws1</p>	<p>Environmental Health</p> <p>Food</p> <p>Routine Inspections.....20</p> <p>Follow-up Inspections 7</p> <p>Complaint Inspections 2</p> <p>Temporary Inspections 3</p> <p>Pre-Operational Inspections 3</p> <p>Emergency Incident Inspections 0</p> <p>Number of Permits Issued28</p> <p>Sewage</p> <p>Routine Inspections..... 10</p> <p>Complaint Inspections 2</p> <p>Realty Inspections 0</p> <p>Sewage Systems Installed..... 10</p> <p>Number of Permits Issued 9</p> <p>Water</p> <p>New System Inspections.....0</p> <p>Existing Water Well Inspections.....0</p> <p>Realty Inspections 0</p> <p>Complaint Inspections 0</p> <p>Water Wells Sealed 0</p> <p>Number of Permits Issued.....0</p> <p>Closed Loop Wells</p> <p>Closed Loop Well Inspections 0</p> <p>Systems Installed 0</p> <p>Number of Permits Issued 0</p> <p>Tanning</p> <p>Routine Inspections..... 0</p> <p>Follow-up Inspections 0</p> <p>Complaint Inspections 0</p> <p>Body Art</p> <p>Routine Inspections..... 0</p> <p>Follow-up Inspections 0</p> <p>Complaint Inspections 0</p> <p>Miscellaneous</p> <p>Animal Bites 9</p> <p>FIT Test</p> <p>Female.....0</p> <p>Male.....0</p>
---	---	---

