



Dedicated to YOUR Wellbeing

KENDALL COUNTY HEALTH DEPARTMENT

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A Nursing Perspective in Board of Health

Nanci Reiland joined the Kendall County Board of Health in 2019 as a Registered Nurse and nursing school professor at Lewis University. “When I started, the world had no notion of the pending pandemic at the beginning of 2020. It was impactful to have been on the board during the ‘normal’ years and see the broad scope and intensity of commitment to so many public health issues and then see that same emphasis go into a whole new area when COVID hit. The many lessons learned before COVID helped move KCHD in a very thoughtful and engaged way into the pandemic. The focus on servant leadership and team collaboration really became evident during those years and continue strong today.”

“Having worked in community health for most of my career, and then teaching it to nursing students in the past two decades, has allowed me to think about the holistic dimensions of health and impact of social determinants of health. From a chronic and acute care side, I could see the negative consequences when clients aren’t supported in their holistic needs (mental health, financial concerns, housing, food, etc) and the great cost (lower quality of life, anxiety, financial) of healthcare when those preventable circumstances are not addressed. While on the Board of Health, I learned that every community member has a voice in our county, and county health. Each board member has unique experiences, skills and perspectives and all contributions are respected.”

“When thinking about public health in the future, I would like to see more of an introduction to basic principles in our school systems and throughout one’s life. Health literacy can be a huge issue. Addressing public health concerns should be a shared accountability between the institution and the community, including individual members. If we want our community members to be more accountable for their health decisions and behaviors, there needs to be authentic and appropriate information, dialogue, and collaboration. There are many ways to get involved with the work of the health department, directly with the Board of Health, or through community programs. Meetings are open to the public and a great way to learn about what the needs of the community are.”

With a planned move out of county, Ms. Reiland has stepped down from the Board of Health. Kendall County Health Department thanks Nanci for her time spent on the board and her dedication to the community.



Nanci Reiland receiving her Service Award

West Nile Virus and You

In late September, we look forward to wrapping up our West Nile Virus trapping and surveillance season. For this, we decommission our traps, bring them back, and store them for the winter. It is also the time when the virus traditionally is at its most transmissible level. The 2023 season has followed this trend. In the last several months, most of our mosquito traps in different parts of the county tested positive for the virus. The State Department of Public Health reported that 21.2% of the mosquito tests in Illinois this season have tested positive and we now know of 60 positive human cases and 5 deaths across the state. These numbers are the highest in several years.



Our surveillance program helps identify when the virus amplifies in the community to levels that can infect humans. We worked hard to communicate with municipalities about positive test results and we've worked to educate residents through mainstream news articles and social media posts. The more people know, the more they can protect themselves from the disease. Remember, until the first hard frost of the season, mosquitoes are still active and can transmit the virus. Wear repellants during dusk and dawn, dump or flush standing water and wear long sleeve shirts and pants when out when mosquitoes are active.

Managing Big Emotions

School is back in session. Often, when we think about “back to school” we think about children kindergarten aged and older. However, we also know that children between 0 to 5 years of age are growing, learning, and changing. This is a crucial time of development for our younger generation. Kendall County Health Department is lucky to have two (2) Infant and Early Childhood Mental Health Consultants (IE/CMHC) who work with agency childcare providers and family childcare providers to foster a learning and care environment that both care providers and infants and children grow in. Our IE/CMHCs share that young children develop in relationships. As their caregiver (e.g., teachers, parents, guardians) you can focus on developing warm, responsive relationships by connecting on interests shared by the child; providing an environment enriched by language (narrate what is happening around you – “did

you see that red bird fly?”); and creating as many new, interesting, engaging experiences as possible. And within those experiences, you could consider modeling and describing emotions and where you feel them in your body, and how to address them. IE/CMHCs provide training to providers and consultation to multiple levels throughout agency and family childcare centers. Reach out to us today for more information.

◆ TAKE 3 DEEP BREATHS AND COUNT TO 10

◆ GO CALM DOWN IN MY CALM PLACE

◆ REMEMBER IT'S NOT OK TO HURT ANYONE OR DESTROY PROPERTY

◆ USE MY WORDS TO EXPRESS MY FEELINGS

◆ ASK FOR HELP OR A HUG FROM AN ADULT

Be Prepared! Respiratory Disease Season Is Upon Us

The Centers for Disease Control and Prevention (CDC) and Kendall County Health Department are preparing for co-circulating influenza virus, SARS-CoV-2, and respiratory syncytial virus (RSV) this fall and winter. Vaccines can provide life-saving protection against all three viral respiratory diseases. CDC recommends these vaccines for older adults, who are at a higher risk of severe illness from these diseases. It is possible for a person to be infected with multiple viruses at the same time.

- SARS-CoV-2** for ages 6 months to 12+ years.
 - RSV** vaccine is new and is recommended for: 60 years and older and can be given during pregnancy to help protect babies from RSV from birth through 6 months.
 - The Flu** vaccine is recommended for ages 6 months to 65+ years.
- (Prevalent flu months are September to April).

For further information on how and where to get your vaccines, please call Kendall County Health Department at 630-553-9100 or go to www.kendallhealth.org.

Symptoms	COVID-19	RSV	Flu
Onset of symptoms	Gradual onset then sudden escalation	Mild onset with sudden escalation	Abrupt onset
Severity of symptoms	Mild to severe	Mild to severe	Mild to severe
Length of symptoms	7-25 days	3-7 days	7-14 days
Loss of taste and/or smell	Common	Rare	Rare
Trouble breathing	Sometimes (can be severe)	Common	Not common
Cough	Common (usually dry)	Common	Common (usually dry)
Sneezing	Not common	Common	Rare
Runny/stuffy nose	Not common	Common	Sometimes
Sore throat	Sometimes	Common	Common
Fever	Common	Common	Common
Fatigue	Sometimes	Sometimes	Common
Headaches	Sometimes	Rare	Common
Body aches	Sometimes	Rare	Common
Diarrhea/nausea/vomiting	Sometimes	Rare	Sometimes

Energy Assistance Available for Eligible Households

We have begun another season of providing valuable energy assistance to our neighbors in Kendall and Grundy counties. Energy Assistance is a program where families that are below the 200% poverty level can receive a one-time grant towards their electric, gas, or propane bills. Last season, we broke records for the most applications ever processed with more than 4,000 applicants. The reality is, households experiencing poverty often times have to face the “heat-or-eat” dilemma: deciding on whether to put food on the table or keep their home safe with proper heating.



With this valuable assistance being available, our goal is to provide relief for our neighbors experiencing poverty by decreasing their energy cost burden so that they have more income available to feed their families.

The Low Income Home Energy Assistance Program opens scheduling for the general population on December 1st. To find out more, please visit www.kendallhealth.org. To schedule an appointment, please call 630-553-9100.



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Have feedback or questions about the newsletter? Please call Arissa Hunt at (630)553-8056 or email her at awhunt@kendallcountyil.gov

BOARD OF HEALTH MEMBERS

Lynn Cullick , President	Jim Jensen	Karen Kelly
Karin Gustafson, D.O.	Jay DeMarco	Andrea Mann
Gabriella Shanahan	John Gleason, M.D.	Jordan Gash
Brooke Shanley	Julie Conlin, D.D.S.	

Mission

The mission of the Kendall County Health Department is to promote physical health, mental health, environmental health, protect the community's health, prevent disease, and promote family economic self-sufficiency through both person-based services and population-based programs.

Vision

Partnering to build a thriving Kendall County where all people have equal opportunity for overall health and well-being.

Values

Integrity • Accountability • Commitment to Excellence • Inclusion • Compassion



Narcan and Gun Locks Available

Members of the community can stop by the lobby of the health department and pick up free resources to keep them and their loved ones safe. Narcan nasal spray is used to reverse an opioid overdose. Gun locks can secure handguns, preventing accidents and suicides. Both of these resources are free of charge and no questions asked.

