MEETING AGENDA

1. Call to Order
2. Roll Call
3. Approval of Agenda
4. Approval of Minutes from July 20, 2015
5. Status Reports
   - Health Department
   - Soil & Water
   - Water Related Groups
   - Other Reports:
     - Human Resources: Wellness Update
6. Old Business
7. New Business
8. Public Comment
9. Questions from the Media
10. Action Items
11. Executive Session
12. Adjournment
COUNTY OF KENDALL, ILLINOIS
Health & Environment Committee
Monday, July 20, 2015
Meeting Minutes

CALL TO ORDER
The meeting was called to order by Chair Judy Gilmour at 9:09 a.m.

ROLL CALL
Committee Members Present: Dan Koukol – present, Judy Gilmour – here, John Purcell - yes

Committee Members Absent: Elizabeth Flowers, Matthew Prochaska

Others Present: Megan Andrews, KC Soil & Water; Paren Bolte, KC Health Department Communicable Disease Coordinator; Terri Olson, KC Health Department Community Health Director; Dr. Amaal Tokars, KC Health Department Executive Director; and Jenny Wold, Education Coordinator, KC Soil & Water

APPROVAL OF AGENDA – Member Koukol made a motion to approve the agenda, second by Member Purcell. With all in agreement, the motion passed.

APPROVAL OF MEETING MINUTES – Member Koukol made a motion to approve the June 15, 2015 meeting minutes, second by Member Purcell. With all in agreement, the motion passed.

STATUS REPORTS

- **Health Department** – Paren Bolte, Communicable Disease Coordinator for the Community Health Department reviewed data on the various types of STD’s, the United States, Illinois and Kendall County cases and rates.

  Ms. Bolte said they have partnered with the YMCA regarding the Health Department presenting sex education classes to a broader group base. The Health Department also plans to reach out to other school districts to garner their support and aid, continue to educate Health Department staff on current conditions and updated treatments, and outreach to health professionals on facts about Expedited Partner Therapy and ensuring proper treatment. Ms. Bolte reported the HD Community Health division has partnered with Yorkville High School in offering sex education classes to high school students, and presented at Snowball, a Christian teen leadership group).
Ms. Bolte explained that the Health Department sex education presentations cover the topics of:
- Defining Sex
- Why it’s important to communicate about sex
- What constitutes safe sex
- All methods of contraception and protection
- Transmission and treatment of STI’s, HPV, and HIV
- The importance of household discussion
- The psychological and emotional aspects

Soil & Water – Megan Andrews provided information on the US Drought Monitor, and said just a small portion of central U.S. at risk for drought.

Ms Andrews reported they are updating and redesigning their website to make it more user-friendly and efficient.

Ms. Andrews said their tree and fish fall sales are nearing and the order forms are now available. Tree sale orders and pick-up are due in September, and fish sale orders and pick-up are due in October.

Ms. Andrews said they partner with Grundy County Soil & Water District to present their Pond Shocking Demonstration on Tuesday, September 8, 2015 at 6:00p.m. with Fisheries Biologist Rob Miller from the IL Dept of Natural Resources. The demonstration will be at Kellogg Farms in Kendall County.

KC Soil & Water entered into a contribution agreement with USDA Natural Resources Conservation Service to assist with administrative work with contracts, program work and farm bill programming. Ms. Andres said they are continue to seek opportunities to bring in funding as they become available and are still waiting to hear from the State of Illinois regarding funding for this fiscal year.

Jenny Wold, Education Coordinator highlighted the recent Farm and Safety Camp at the Kellogg Farm. Ms. Wold said there were 41 seven to eleven year old youth attended the third annual camp. The camp focused on agricultural, health and safety topics. Presenters included the Bristol-Kendall Fire District and EMT, Staudacher Horse Farm in Yorkville, and a company that provided a demonstration on the use of drones in obtaining data on fields and farms.

Ms. Wold said they are preparing for the Family Activity Tent at the Kendall County Fair. The general topics will be General Agriculture, Food and Science.

Upcoming Ag in the Classroom program – Ms. Wold will have four presentations presented to every 2nd grade classroom in the County.
Ms. Wold is completing a flyer/newsletter focusing on four area family farms that she will use along with her classroom presentations.

☐ **Water Related Groups** – Information from Northwest Water Planning Alliance was available in the packet.

**OLD BUSINESS** – None

**NEW BUSINESS** - None

**PUBLIC COMMENT** – None

**ACTION ITEMS** – None

**EXECUTIVE SESSION** – None Needed

**ADJOURNMENT** - Member Purcell made a motion to adjourn the meeting, Member Koukol seconded the motion. **With all in agreement, the meeting was adjourned at 9:55a.m.**

Respectfully Submitted,

Valarie McClain
Administrative Assistant/Recording Secretary
2015 West Nile Virus Surveillance Update

Presented by Steve Curatti on September 21, 2015, to the Kendall County Board’s Health & Environment Committee

**Kendall County Primary Data as of 9/18/15 (8/13/15)**

- 12 mosquito traps set
- 106 (68) tests run yielding 22 (6) positive results for West Nile virus
- Positive samples from 10/12 traps
- 4 dead birds submitted; Results: 3 negative 1 pending
- 1 (0) human case, fatality

**State Secondary Data as of 8/13/15 (9/18/15)**

- 1,438 (381) positive mosquito samples
- 41 (13) positive birds
- 59 (43) counties with positive mosquitoes and/or birds
- 6 (0) positive horses
- 22 (0) human Cases; ages ranging 16-91
- 3 (0) human fatalities
2015 Positive Human Cases

2015 Positive Birds, Mosquitoes, Horses and other Animals

FAQs: Mosquito Prevention for People, Property & Pets


What kinds of diseases can be carried by mosquitoes?

Mosquito-borne disease is rare in Illinois. However, mosquitoes can carry at least three encephalitis viruses that cause human disease. La Crosse (California) encephalitis is normally an infection of squirrels and chipmunks; in humans it affects mainly children. St. Louis encephalitis is an infection of wild birds; in humans it affects mainly older adults. In 2001, West Nile virus (WNV) was detected for the first time in Illinois in birds, horses and mosquitoes. West Nile virus, like St. Louis encephalitis, causes encephalitis primarily in older adults.

What is encephalitis?

Encephalitis is an inflammation of the brain that can be caused by arboviruses (viruses carried by arthropods, such as mosquitoes and ticks) or by other types of viruses. In Illinois, arboviruses are primarily transmitted to humans by the bites of infected mosquitoes. Most individuals who are bitten by an infected mosquito will experience no symptoms of the disease or will have only very mild symptoms.

Approximately 1 percent to 2 percent will develop recognizable symptoms. Some persons may have mild symptoms, such as a fever and headache. Severe infection may cause rapid onset of severe headache, high fever, muscle aches, stiffness in the back of the neck, problems with muscle coordination, disorientation, convulsions and coma. Symptoms usually occur five to 15 days after the bite of an infected mosquito. Not all viruses that cause encephalitis are carried by mosquitoes.

How can I help protect my family and myself from mosquitoes and the diseases they may carry?

During the summer, mosquitoes can develop in any standing water that lasts more than seven to 10 days. Consequently, you can begin protecting your family from mosquitoes
by reducing the amount of standing water available for mosquito breeding around your home:

- Dispose of discarded tires, cans, plastic containers, ceramic pots or other unused similar water-holding containers that have accumulated on your property. Do not overlook containers that have become overgrown by vegetation.
- At least once per week, empty standing water from containers on your property, such as tire swings, or bird baths.
- Fill in tree rot holes and hollow stumps that hold water.
- Drill holes in the bottom of recycling containers that are left outdoors. Drainage holes drilled in the sides of containers allow sufficient water to collect in which mosquitoes may breed.
- Clean clogged roof gutters, particularly if the leaves from surrounding trees have a tendency to plug up the drains. Flooded roof gutters are easily overlooked but can produce hundreds of mosquitoes each season.
- Turn over plastic wading pools when not in use. A wading pool becomes a mosquito producer if it is not used on a regular basis.
- Turn over wheelbarrows and do not allow water to stagnate in bird baths. Change water in bird baths and wading pools on a weekly basis.
- Store boats covered or upside down, or remove rainwater weekly.
- Aerate ornamental pools or stock them with fish. Water gardens are fashionable but become major mosquito producers if they are allowed to stagnate.
- Clean and chlorinate swimming pools that are not being used. A swimming pool that is left untended by a family that goes on vacation for a month can produce enough mosquitoes to result in neighborhood-wide complaints. Be aware that mosquitoes may breed in the water that collects on swimming pool covers.
- Keep drains, ditches and culverts free of grass clippings, weeds and trash so water will drain properly.
- Fill in low areas on your property to eliminate standing water. Ponds or streams where fish are present or the water is disturbed by current or wave action do not produce many mosquitoes.
- Report possible mosquito breeding sites to your local mosquito control agency if one exists in your community.

**Should we stay indoors?**

It is not necessary to limit outdoor activities unless there is evidence of mosquito-borne disease in your area. However, you can and should try to reduce the risk of being bitten by mosquitoes.
Minimize time spent outdoors between dusk and dawn when mosquitoes are most active.

Be sure door and window screens are tight-fitting and in good repair.

Wear shoes, socks, long pants and a long-sleeved shirt when outdoors for long periods of time, or when mosquitoes are most active. Clothing should be light colored and made of tightly woven materials to keep mosquitoes away from the skin.

Use mosquito netting when sleeping outdoors or in an unscreened structure and to protect small babies when outdoors.

When it is necessary to be outdoors, apply insect repellent as indicated on the repellent label. The more DEET a product contains, the longer the repellent can protect against mosquito bites. However, concentrations higher than 50 percent do not increase the length of protection. For most situations, 10 percent to 25 percent DEET is adequate. Apply repellents to clothes whenever possible; apply sparingly to exposed skin if label permits. Consult a physician before using repellents on young children.

Insect light electrocutors ("bug zappers") or sound devices do little to reduce biting mosquitoes in an area.

Spraying your backyard with an insecticidal fog or mist is effective only for a short time. Mosquitoes will return when the effect of the spray has ended.

Installing bird or bat houses to attract these insect-eating animals has been suggested as a method of mosquito control. However, there is little scientific evidence that this significantly reduces the mosquito population around homes.

Can pets and livestock get WNV infection?

Horses can become infected with WNV if bitten by mosquitoes that carry the virus. There is a published report of West Nile virus isolated from a dog in southern Africa (Botswana) in 1982. West Nile virus has been isolated from several dead cats in 1999 and 2000. A blood of dogs and cats in the epidemic area showed a low infection rate.

What signs of infection should I look for in domestic animals?

West Nile virus and other mosquito-borne viruses can cause encephalitis in domestic animals. Sick animals may have a fever, weakness, poor muscle coordination, muscle spasms and signs of a neurological disease, such as change in temperament or seizures.

What should I do if I suspect my pet has WNV?

If your animal is sick, contact your veterinarian. The veterinarian will evaluate your animal, provide treatment and forward samples for laboratory testing to rule out other
possible diseases. The Illinois Department of Agriculture can help veterinarians
determine if WNV is the cause once the illness is reported.

**Can you get WNV directly from birds, game or domestic animals?**

The risk to humans and domestic animals is from the bite of WNV-infected mosquitoes. Although there is no evidence of human infection from handling infected live or dead animals, the U.S. Centers for Disease Control and Prevention recommends that anyone handling sick or dead animals avoid bare-handed contact. Hunters should use gloves when cleaning game animals and persons disposing of dead birds should use a shovel, gloves or double plastic bags to place carcasses in a garbage can. After disposing of the carcass, thoroughly wash your hands with soap and warm water. Veterinarians should use normal veterinary infection control precautions when caring for a horse suspected to have this or any other infection.

**Is there a vaccine for pets and livestock for WNV?**

A vaccine is available to protect horses from WNV infection; vaccines for other domestic animals are not available currently.

**How is WNV infection in domestic animals treated?**

As in people, there are no specific treatments for WNV infection in domestic animals. Treatment is primarily supportive to lessen the severity of the symptoms.

**How can I protect pets and livestock from WNV infection?**

You can reduce the risk of WNV infection in animals by minimizing their exposure to infected mosquitoes.
Lyme Disease Cases, Confirmed
Kendall County
(Data Source: iNEDSS Reports thru 8/14/15)

Year 2015 Does not include 1 case of Ehrlichiosis/Anaplasmosis confirmed 7/2015

Lyme Disease Cases, Confirmed
Illinois
(Data Source: CDC, 2015)
Lyme Disease  *(Source: CDC, 2015)*

If you had a tick bite, live in an area known for Lyme disease, or have recently traveled to an area where it occurs, and observe any of these symptoms, you should seek medical attention.

**Early localized stage (3 to 30 days post-tick bite)**

- Red, expanding rash called erythema migrans (EM)
- Fatigue, chills, fever, headache, muscle and joint aches, and swollen lymph nodes

Some people may experience an EM rash and the general symptoms. In other people, general symptoms may be the only evidence of infection.

Some people get a small bump or redness at the site of a tick bite that goes away in 1 to 2 days, like a mosquito bite. This is not a sign that you have Lyme disease. However, ticks can spread other organisms that may cause a different type of rash. For example, Southern Tick-associated Rash Illness (STARI) causes a rash with a very similar appearance.

**Erythema migrans (EM) or "bull's-eye" rash**

Rash occurs in approximately 70 to 80 percent of infected persons' and begins at the site of a tick bite after a delay of 3 to 30 days (average is about 7 days).

- Rash gradually expands over a period of several days, and can reach up to 12 inches (30 cm) across. Parts of the rash may clear as it enlarges, resulting in a "bull's-eye" appearance.
- Rash usually feels warm to the touch but is rarely itchy or painful.
- EM rash may appear on any area of the body.
- Examples of EM rashes([http://www.cdc.gov/lyme/signs_symptoms/rashes.html](http://www.cdc.gov/lyme/signs_symptoms/rashes.html))

**Early disseminated stage (days to weeks post-tick bite)**

Untreated, the infection may spread from the site of the bite to other parts of the body, producing an array of specific symptoms that may come and go, including:

- Additional EM rashes on other areas of the body
- Facial or Bell's palsy (loss of muscle tone on one or both sides of the face)
- Severe headaches and neck stiffness due to meningitis (inflammation of the spinal cord)
- Pain and swelling in the large joints (such as knees)
- Shooting pains that may interfere with sleep
- Heart palpitations and dizziness due to changes in heartbeat ([Lyme carditis](http://www.cdc.gov/lyme/signs_symptoms/lyme_carditis.html)))
Many of these symptoms will resolve over a period of weeks to months, even without treatment. However, lack of treatment can result in additional complications, described below. Please see your doctor if you have these symptoms.

**Bell's (facial) palsy**

Loss of muscle tone on one or both sides of the face is called facial or “Bell’s” palsy.

**Late disseminated stage (months to years post-tick bite)**

Approximately 60% of patients with untreated infection may begin to have intermittent bouts of arthritis with severe joint pain and swelling. Large joints are most often affected, particularly the knees. Arthritis caused by Lyme disease manifests differently than other causes of arthritis and must be distinguished from arthralgias (pain, but not swelling, in joints).

Up to 5% of untreated patients may develop chronic neurological complaints months to years after infection. These include shooting pains, numbness, or tingling in the hands or feet, and problems with short-term memory.

**Arthritis**

Pain and swelling in the large joints (such as knees) can occur.

**Lingering symptoms after treatment (post-treatment Lyme disease syndrome)**

Approximately 10-20% of patients with Lyme disease have symptoms that last months to years after treatment with antibiotics. These symptoms can include muscle and joint pain, cognitive difficulties, sleep disturbances, or fatigue. The cause of these symptoms is not known, and, according to current research, these symptoms are not due to ongoing infection with *B. burgdorferi*. This condition is referred to as Post-treatment Lyme Disease (PTLD). There is some evidence that PTLD is caused by an autoimmune response, in which a person’s immune system continues to respond, doing damage to the body’s tissues, even after the infection has been cleared. Studies have shown that is not helpful and can be harmful for persons with PTLD.
Register for Your Health Evaluation Today!

Kendall County has partnered with Interactive Health to deliver a wellness program available to all employees participating in the BlueCross BlueShield Health Insurance that makes healthy living fun and flexible!

Sign-Up Today
Register for your free, onsite preventive health evaluation, which includes a health assessment, blood pressure screening and a comprehensive blood test that evaluates your risk for:
- cardiovascular disease
- diabetes
- liver and kidney disease
- anemia
...and much more — all in less than 20 minutes!

Don’t miss out on this exciting opportunity to maximize your wellness program benefits!

There is no cost to you for the health evaluation

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**HEALTH EVALUATION LOCATION**

**Kendall County Government**

Health and Human Services Building
WIC Room

**September 24, 2015**

8:00am - 11:00 am

Health evaluations are by appointment
Please schedule by:
September 21, 2015

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Schedule your appointment and complete your health assessment online. Turn over for details!
How to Schedule Your Onsite Health Evaluation Appointment

1. Register online at www.myinteractivehealth.com First time website users can register using sponsor code S8VY3.

2. Click the “Schedule Your Health Evaluation” box at the top of the page.

3. Select your appointment location, date and time and complete your health assessment. Please have your insurance card ready.

4. Continue until you are prompted to confirm your appointment.

5. Send your lab results directly to your physician. (Provide your physician’s name, fax and phone number when you register for your health evaluation.)

You may also schedule your appointment by calling Interactive Health at (800) 840-6100 between 8:00 a.m. and 6:00 p.m. Central Time.

Your results are 100% confidential and will not be shared with your employer

You will need to Fast before your appointment
Please fast for 12 hours before your test. Drink plenty of plain water – no food or other beverages. If you are diabetic, pregnant, on medication, or have a medical condition that will prevent you from fasting 12 hours, please follow your doctor’s instructions regarding fasting.

Unable to attend onsite? Participate at a nearby lab!
You may select a lab location when you register online. Or call Interactive Health at (800) 840-6100 and ask to Test at a Lab. If you use this option, please schedule by October 2 and complete your test no later than October 16, 2015.
Employee Wellness Screening
Frequently Asked Questions

When and Where
Wellness Screenings will be held Sept 24, 2015 in the Health and Human Services building from 8:00 am – 11:00 am in the WIC room.

What if you have already received a wellness screening this year or want to later?
If you already received a Wellness examination this year you can still take this wellness screening. Your annual wellness benefit is not utilized for this screening.

Can I just walk in or do I need to sign up beforehand?
Employees need to sign up beforehand at www.myinteractivehealth.com and enter the patient or sponsor code SAVV3. The deadline to sign up is September 21.

Are Health screenings private and confidential?
Yes. Your employer has no access to any of your information pertaining to your personal test results. Should a problem be detected from your screening(s), i.e. something out of range, you will only be notified to follow up with your primary doctor. Neither your insurance carrier or your doctor will know your results unless you choose to share it.

What does the screening cover?
The basic screening covers test for risk factors such as diabetes, cholesterol, anemia, heart and kidney disease and many others.

What is the cost for basic screening?
There is not cost for employees enrolled in one the County’s health insurance plans. An employee must be currently enrolled in the BCBS HMO Blue Advantage, Blue Print PPO, or Blue Edge HSA on the day of the wellness screening to receive it for free.

Can my spouse or children sign up for the on-site wellness screening Sept 24?
Not for this on-site screening. However, if you carry (family) medical coverage for your dependents, you can schedule a wellness examination or screening with your family doctor or medical network at cost.

Do you need to abstain from eating beforehand?
Yes. You should not eat 10-12 hours before you receive your screening. Healthy snacks such as fruits, bagels and granola bars will be on hand to participants after they compete their screening.
I. Health Profile includes the following:

**Glucose and Uric Acid:**
Glucose, Serum
Uric Acid, Serum

**Kidney (Renal):**
BUN
Creatinine, Serum
eGFR
BUN/Creatinine Ratio

**Electrolytes:**
Sodium, Serum
Potassium, Serum
Chloride, Serum
Calcium, Serum
Phosphorus, Serum

**Liver (Hepatic):**
Protein, Total, Serum
Albumin, Serum
Globulin, Total
A/G Ratio
Bilirubin, Total
Bilirubin, Direct
Alkaline Phosphatase, S
LDH
AST (SGOT)
ALT (SGPT)
GGT
Iron, Serum

**Lipids:**
Cholesterol, Total
Triglycerides
HDL Cholesterol
VLDL Cholesterol Cal
LDL Cholesterol Calc
T. Chol/HDL Ratio

**CBC (Complete Blood Count):**
WBC
RBC
Hemoglobin
Hematocrit
MCV
MCH
MCHC
RDW
Platelets

II. Smart Testing based on age and gender:

For Men 50 years and older: PSA

For Women 40 years and older: TSH
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