

Woodford County Health Department

1831 S Main St. Eureka, IL 309-467-3064

Hours: M-TH 7:30-4:00; Fridays 8:00-12:00

www.woodfordhealth.org

Dear Woodford County resident,

Fall is here and winter is around the corner. WCHD works tirelessly with our community partners to keep you healthy and safe so you can enjoy your holidays. Please "like" WCHD on Facebook.

"Health care is vital to all of us some of the time, but public health is vital to all of us all of the time." -C. Everett Koop, Former Surgeon General

Private Sewage Disposal Program

One of the greatest public health improvements since the early 1900s is the understanding that proper sanitation of water and proper disposal of sewage reduces disease.

Woodford County Health Department Environmental Health staff work diligently to assist with regulation of methods of disposing sewage from facilities and homes that are not served by a public sewer system. Most farms, businesses and homes in rural areas have private sewage disposal systems. If you are not sure of the location of your septic system on your property, you can request that information from the health department. Knowledge of where exactly your septic system is located on your property will help you and licensed professionals maintain your septic system or address any problems.

By helping to ensure that all sewage is discharged to a properly designed and operating waste facility, WCHD environmental health program helps eliminate transmission of disease, disease organisms, and nuisances.



Public Health
Prevent. Promote. Protect.
**Woodford County
Health Department**

Public health promotes and protects the health of people and the communities where they live, learn, work and play. —American Public Health Association

Prevent Flu!

WCHD offers flu shots by appointment. Call us today 309-467-3064.

-The CDC recommends everyone 6 months and older get a flu shot.

-An annual flu shot can reduce illness, doctors' visits, missed work and school, and protect those in your community that cannot get a flu shot.

-For the 2017-2018 flu season, CDC estimates 79,000 flu deaths and 960,000 hospitalizations due to flu illnesses.

-For more locations for a flu shot, visit vaccinefinder.org

Private sewage disposal program activities include:

- Approving plans for new and renovated private sewage disposal installations
- Inspecting private sewage disposal systems
- Investigating private sewage complaints
- Issuing private sewage disposal permits
- Registering licensed Illinois Private sewage disposal contractors

Conventional septic systems have two main components. The first is a septic tank. The septic tank collects and separates solid wastes from liquids. From the septic tank, the liquid wastes carry over to the second component of the system, the leach field. There are different types of leach fields, gravel trench, gravel-less trench, seepage bed or buried sand filter bed. In some cases if a conventional system cannot be used, a self-contained aerobic treatment system can be installed. This system treats domestic sewage by combining oxygen through the use of a compressor.

Basic Tips for Taking Care of Your Septic System

- Know the location of your septic system on your property; WCHD may be able to provide a diagram depending on when your system was installed.
- **Never enter into a septic tank. Toxic gases in the tank can be fatal.** Septic tanks must be pumped by licensed professionals.
- **Have the septic tank pumped every 3-5 years.** If a garbage grinder is present in the dwelling, have the tank pumped more frequently (1-2 years). Septic tank additives are not necessary since ingredients that help a septic tank function are naturally found in wastes. Some additives may actually harm your system.
- Private sewage disposal system septic tanks serving residential properties shall be evaluated within 3 years after the date of installation and a minimum of once every 5 years after installation. Depending on the system's use, the tanks and compartments may need to be evaluated and pumped more frequently.
- Know where the components of the system are located and have any damaged components repaired immediately; keep detailed records of maintenance and repairs.

(Continued on Page 3)



What is the MRC?

The MRC is a volunteer group designed to recruit, train, and mobilize willing members of the community who have the skills, knowledge, and desire to help others in need during a disaster.

What is the purpose?

- To strengthen communities by establishing and maintaining a community based volunteer system.
- To utilize the expertise of various healthcare and support personnel who can assist the existing public health infrastructure during a health emergency or disaster.
- To provide a reserve capacity at the community level to respond to local health needs and priorities.
- To supplement emergency services when a disaster of high magnitude occurs.

For more information and monthly meeting schedule please contact the MRC Coordinator at (309) 467-3064.



- Do not build (ex: outbuildings, swimming pools, play equipment) or plant trees over or near any components of a system. For proper distance requirements, consult the Illinois Private Sewage Code.
- To lessen the burden on the system, conserve water usage. For example, fix leaky faucets, avoid long showers and operate the washing machine with full loads as opposed to partial loads. Space laundry loads throughout week to avoid overloading the septic system.
- Avoid introducing chemicals or household waste into the septic system (ex: paint, varnish, pesticides, or other household hazardous waste, fat, oil or grease).
- Avoid flushing or introducing non-biodegradable items (or items that can be disposed of by other means) into the septic system such as band aids, paper towels, coffee grounds, cigarette butts, condoms, diapers, dental floss, feminine hygiene products, or flushable wipes.
- Malfunctions that need a licensed professional could include: slow draining toilets and drains, sewage odor and/or back-ups inside or outside the dwelling, or unusual ponding or standing water.
- Remember that sewage contains bacteria, viruses, and other disease-carrying pathogens. It is important to maintain your septic system to keep it functioning but also to minimize potential health hazards.

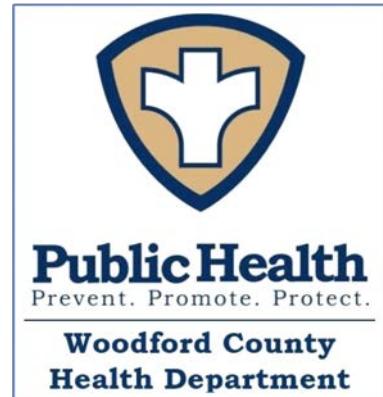
For more information about septic system maintenance, visit www.woodfordhealth.org. For specific questions about your private sewage disposal system or to request a diagram of your system location, call WCHD Environmental Health at (309) 467-3064.

Did you know?

Effective January 1, 2019, Illinois law will require children to remain properly secured in a **rear-facing child restraint system until age 2**.

Children riding rear-facing may use a rear-facing only car seat (infant carrier) or a convertible car seat installed rear-facing.

Always follow car seat manufacturer's directions on harnessing and height and weight limitations for all car seat installations. More car seat information can be found at www.safekids.org



WCHD Offers Low-Cost Lab Draws!

- Lab draws are done by appointment; Wednesdays & Thursdays only.
- A doctor's order is required.
- A \$10 lab draw fee each visit.
- Payment required at time of service; cash or check only.
- Results faxed directly to doctors office.

The following laboratory tests are offered at discounted prices:

BMP-\$35
CBC w/ Differential-\$35
CMP-\$35
Hemoglobin A1C-\$45
LDL, Direct-\$65
Lead, Serum-\$35
Lipid Panel-\$35
PSA-\$40
TSH-\$35
Vitamin D (250H)-\$50
TSH 4-\$60
Hep A Titer-\$45
Hep B Titer-\$45
MMR Titer-\$85
Mumps Titer-\$45
Varicella Titer-\$45

WCHD provides lab draw services utilizing University of Illinois Hospital and Health Sciences System Reference Laboratory.

Smoke-Free Illinois Act

It has been almost 11 years since the 2008 Smoke-Free Illinois Act was passed. WCHD helps to promote compliance and enforcement of the Smoke-Free Illinois Act (SFIA). The Smoke-Free Illinois Act requires that public places and places of employment must be completely smoke-free inside and within 15 feet from entrances, exits, windows that open and ventilation intakes.

Beginning **January 1, 2008**, business owners shall:

- Not permit smoking at their business or within 15 feet of entrances, exits, windows that open and ventilation intakes.
- Post "No Smoking" signs at each entrance to the place of employment or public place where smoking is prohibited. "No Smoking" signs must comply with the specification in the Smoke-free Illinois Act. Signs that meet these specifications are available to download free on the Illinois Department of Public Health Web site, www.smoke-free.illinois.gov.

-Remove ashtrays from areas where smoking is prohibited.

For more information about SFIA compliance, violations fines, or submit a complaint, please visit www.smoke-free.illinois.gov

Employees and patrons who want to quit tobacco products:

If you use tobacco products and want to quit, or know someone who wants to quit, call the FREE Illinois Tobacco Quit Line toll-free at **866-QUIT-YES (866-784-8937)**.

New in 2018-2019:

WCHD will be focusing on making our communities a healthier place to live, work and play by working with community partners to make large outdoor spaces, such as parks, nature preserves, athletic fields and campuses (businesses and schools) smoke-free.

For more information, contact Andrea Ingwersen, Health Educator at (309) 467-3064 or aingwersen@woodford-county.org



WCHD Employee Spotlight

Director of Environmental Health, Eric Lane, BS, LEHP, celebrates 20 years of service!



"People interact with the environment every day. Environmental Health consists of prevention and controlling disease.

Maintaining a healthy environment is central to increasing quality and years of life.

I am grateful and proud to be a part of Woodford County Health Department." -Eric Lane, BS, LHEP