

# Health Matters



from the Kane County Health Department

— September 21, 2018 —

## Trending Matters:

Wednesday, October 10



See article below  
Sign up to participate

## Flu season just around the corner

The flu season runs from October through the end of April and we usually see the most flu activity in January and February. The trouble is the "peak" can be unpredictable, sometimes coming earlier, sometimes later. Flu vaccine provided now will give protection throughout the season. Influenza affects everyone differently; even healthy individuals can get the flu and it can be serious. By being vaccinated you can protect yourself from influenza and help to prevent spreading it to others.

Influenza (flu) is a contagious respiratory disease that infects the nose, throat, and lungs and can lead to serious complications (ex. Pneumonia and bronchitis), hospitalization, or even death. Influenza is spread by coughing, sneezing, or nasal secretions.



Anyone can get influenza but rates of infection are highest among children. The symptoms include: fever, sore throat, chills, fatigue, cough, headache, and muscle aches. Flu vaccinations are available at your primary care provider and many local pharmacies. Even if you were vaccinated last year it is important to get an annual flu shot because flu viruses are constantly changing and vaccines are usually updated from one season to the next to protect against the most recent and most commonly circulating viruses. A person's immune protection from vaccination declines over time and annual vaccination is

needed for optimal protection.

Other diseases may get the headlines, but this is the start of the cold and flu season and the Kane County Health Department encourages everyone to take precautions to protect themselves and their loved ones. More information about the flu, including local weekly flu activity reports, is available by visiting the Health Department's website [HERE](#).

***In addition to receiving your flu vaccine, you can take these everyday preventative actions to help stop the spread of germs and prevent the flu:***

***Clean your hands:*** Wash your hands with soap and warm water after coughing, sneezing or using the bathroom.

***Cover your nose and mouth:*** Use a tissue when coughing or sneezing; if you don't have a tissue, cough or sneeze into your upper sleeve or elbow—not your hands.

***Contain your germs:*** Stay home if you have the flu. If you have fever or chills and a cough or sore throat, call your doctor.

## Walk to School Day: Healthy activities, healthy kids



**Walk to School Day 2018 will be on Wednesday, Oct. 10.** Every year, dozens of Kane County elementary and middle schools actively participate and promote safe, healthy and active transportation to school. This year we hope to engage even more schools, students and families in this great awareness raising event.

This is our 9th year promoting this event in Kane County and last year was the most successful year yet, when 82 schools participated. We hope staff, students and families find it to be a fun way to raise awareness about the benefits of safely walking and biking to school. The Making Kane County Fit for Kids initiative is once again offering stipends to schools that participate. Fit for Kids will provide \$150 to the Parent-Teacher Organization at each eligible school that participates and meets the deliverables. To learn more call 630-208-3140 or email [romantery@countyofkane.org](mailto:romantery@countyofkane.org) by October 1.

**Walk to School Day** is a fun activity that encourages community leaders to consider the feasibility and accessibility of walking to school in their neighborhoods. The hope is to raise awareness of



the costs of chronic diseases and to make physical activity a routine part of everyone's day. Chronic disease prevention is one of the three priorities of Kane County's Community Health Improvement Plan (CHIP).

Walk or Bike to School Day is a day celebrated internationally to promote the importance of physical activity by engaging schools, students, and communities. It's a one-day event geared toward creating change in community culture and creating mobility and transportation options for all. While the event only occurs once per year, it's a conversation starter and change initiator for schools and communities.

To learn more about local efforts to make our children healthier, go to [makingkanefitforkids.org](http://makingkanefitforkids.org) or check out the Fit for Kids Facebook page.

More info about International Walk to School Day, is available at [walkbiketoschool.org](http://walkbiketoschool.org).



## Mental Health Awareness: Providing support and educating the public



According to the Centers for Disease Control and Prevention, more than 1 out of 20 Americans 12 years of age and older have reported current depression. In acknowledging this issue, the Kane County community chose behavioral health as one of its top health priorities in the Community Health Improvement Plan (CHIP).

### ***Mental Illness Awareness Week, Oct. 7 – 13***

The National Alliance on Mental Illness (NAMI) and other agencies from across the county and the nation are raising awareness of mental illness. Each year, the movement grows stronger. Mental health issues are important to address year-round, but highlighting them during #MIAW provides a time for people to come together and display the passion and strength of those working to improve the lives of the tens of millions of Americans affected by mental illness.

[NAMI Website](#)



**National Depression Screening Day Oct. 11, 2018**

This special day is dedicated to raising awareness and encouraging screening for people for depression and related mood and anxiety disorders. Depression Screening Day falls within Mental Illness Awareness Week. Each year, the week provides an opportunity to fight stigma, provide support, educate the public and advocate for equal care. Unfortunately, individuals and families affected by mental illness are still often subjected to stigma and discrimination.

CLICK for link to take an online mental health screening

The Kane County Behavioral Health Council is a strategic partnership of caring organizations striving to improve the quality of life in Kane County.



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