



HENDERSON COUNTY

HEALTH NEWSLETTER

DEPARTMENT Issue 19 June 2025

Recycling At HCHD

While you are doing your Spring cleaning please remember HCHD offers **FREE** recycling of electric items and paints.

Acceptable items: televisions, corded and uncorded small appliances & tools, boom boxes, calculators, computers, printers, DVD players, microwaves, scanners, rechargeable batteries.

Unacceptable items:

- *Air conditioner
- *washers & dryers
- *refrigerators
- *stoves
- *dishwashers
- *water heaters

Unacceptable Paints/Liquids:

- *adhesives
- *automotive paints
- *industrial or 2 part paints
- *brushes, bags, or rollers,
- *driveway sealant
- *joint compound
- *roofing tar
- *solvents
- *yard & garden chemicals



Acceptable Paints/Liquids:

- *latex paints, alky, enamel & oil base paints/stains
 - *oil & latex primers
 - *varnishes & urethane
- Please call: 309 627 2812 ex 228 to make certain there is room available. or if you have any questions.

Temporary Food Applications

Anyone hosting a public food event not part of a permanent eating establishment should apply for and receive a temporary food vendor's license at least two weeks before the event. These licenses ensure vendors are trained in food safety to prevent foodborne illnesses. No fee for a temporary food certificate for a Not for Profit with a tax-exempt number on the application. For more details call HCHD at 309-627-2812 ext.244



Oquawka Farmer Market

It's new and it's fun!

The Oquawka Farmers Market is located at Indian Park. The Farmers Mkt is usually on the first Saturday of the month June thru September with the exception of July which will take place on July 12th. There is no charge to set up at the Farmers Market. All types of vendors are welcome but **Absolutely NO Flea Market or Yard Sales**. Biscuit & Gravy will be served on June 7th at 8am for a free will offering. Visit them on *Face Book Oquawka Parks and Tourism* for application and rules. Check out their Face Book for other upcoming events in Oquawka.

Stronghurst Farmers Market

The Stronghurst Farmers Market will be held every other Monday from May 16th to September 8th. The Farmers Market will be on Broadway St. in Stronghurst. The Farmers Market is sponsored by the Stronghurst Booster Club. Stronghurst Farmers Market serves as a venue for local farmers and gardeners to present their delicious fresh fruits and vegetables. Bake goods, plants and crafts are also welcome for sale. In order to incentivize local vendors to be involved in the Stronghurst Farmers Market, the organizers have chosen not to charge vendors for setting up at each Farmers Market. Instead, each vendor gives an item to be put into a Vendor Basket Raffle. Stronghurst Farmers Market will be June 2, 16, 30 July 14 & 28 August 11, 25 September 8. Monday evenings 5 to 7 p.m. Come shopping, visit with friends and stay for supper with many choices of delicious foods from many food vendors.



Healthy & Safe Swimming Tips

Memorial Day is considered the start of swimming season & splash pad fun. Illinoisans are urged to take precautions to avoid risks such as drowning, spreading disease, and injuries from falling due to slippery surfaces.

Poor hygiene poses a significant health risk. Diarrhea is the most common cause of recreational water illness. Anyone with diarrhea symptoms should avoid swimming. Just one diarrhea or vomiting accident can release millions of germs. If other swimmers swallow a mouthful of the contaminated water, it can cause diarrhea lasting up to three weeks. Please avoid swimming if diarrhea has been an issue in the past two weeks. If there is an accidental release of matter, let the pool operator know. Take kids on bathroom breaks every 60 minutes. Check diapers every 30-60 minutes. Change the diapers away from the water area, to keep germs away from the water.

For safety, children should wear bright-colored swimsuits. Shades of blue tend to blend in with the color of the swimming pool.

Swimmers of all ages should wear water shoes whether in the pool, running through a splash pad, or at the beach. to avoid injuries to their feet.

It is important to keep your family safe and healthy while enjoying water activities.

Tick Safety

Summer in the Midwest means everyone should be wary of ticks, especially when in the woods or fields. Ticks can carry diseases like Lyme disease and babesiosis, so protecting your family and pets is essential. Pay attention to areas like the back of the knee and hairline where ticks can hide. Make sure to treat your pets with tick repellent or use a repellent collar. If a person or pet has a tick on them, use tweezers to firmly grasp the tick by the head and pull up. Monitor the area for any changes in appearance. Pets with decreased appetites, stiff or swollen joints, or low energy or mood after a tick bite should see a vet. When going into woods or fields, wear long pants tucked into shoes to avoid tick exposure. Ticks can be submitted for Lyme disease testing at the health department.

Can Men Get Breast Cancer, Too?

Male breast cancer has been on the increase. Men may not have as large of breasts as women, but they do have breast tissue. Male breast cancer tends to be diagnosed at a more advanced stage because breast changes and lumps typically don't lead men and their doctors to think "breast cancer." Changes in male breasts need to be checked out, too.



Business Hours:

Monday – Thursday:

8:00 am. – 4:00 pm

Friday: 8:00am to Noon

Contacts: 309 627 2812

Facebook.com/hendcohealth
Website: hendcohealth.com

**HCHD will be closed on
Thursday June 19th in observance
of Juneteenth**

Event	Time & Date	Location
FREE Bingo Public is Invited	1:00 to 3:00 June 4 & 18	Henderson County Health Department
Low Impact Exercise (FREE) No registration required	Mon-Wed-Fri 8:00 am to 9:00 am	Henderson County Health Department
Fit and Strong! Exercise Class (Free) No registration required	Mon-Wed-Fri 9:30 am to 10:30 am	Stronghurst Senior Center
Low Impact Exercise	Mondays 9:30p.m.	Strom Center Oquawka
Oquawka Farmers Market	June 6 9am to Noon	Indian Park Oquawka
Stronghurst Farmer Market	Monday Evenings June 2, 16, & 30	Broadway Stronghurst