



### Breast And Cervical Cancer Prevention

The Illinois Breast and Cervical Cancer Program (IBCCP) offers free mammograms, breast exams, pelvic exams, and Pap tests to residents aged 40-64 in Knox, Warren, and Henderson Counties. Women younger than 40 may also be able to receive these services in some cases, such as family history of breast or cervical cancer. In order to make use of this resource, you must either not have insurance, including Medicaid or Medicare Part B, or your health insurance will not cover these services. Services are provided at Knox County Health Department.

Breast cancer will affect 1 in 8 women over their lifetime. In 2023, an estimated 297,790 women and 2,800 men were diagnosed with breast cancer. Luckily, when caught in the earliest stages, breast cancer has a 99% survival rate. However, about 42,000 women and 500 men in the U.S. die each year from breast cancer. It is recommended that women 50 and over get screened every 2 years. Men and younger women should talk to their doctor about when to get screened

Call the Knox County Health Department at 309-344-2224 to make an appointment. If you live outside of Knox, Warren, or Henderson counties, you can contact your local IBCCP agency, or call the Women's Health Line at 888-522-1282.

### Extension Cord and Power Strip Hazards

HCHD would like to remind you to be safe when using power strips and extension cords. Avoid using damaged cords, never chain together power strips, keep outlets dry and uncovered, and never remove a grounding prong from a cord. Also, always ensure the cord or strip is rated for the wattage of what you plug into it.



### Winter Weather Safety

With winter comes the possibility of extreme cold. HCHD would like to remind you to stay safe in the cold by wearing multiple layers when you go out, not staying outside long, and keeping an eye on the news for any possible winter storms.

Frostbite may present as localized numbness. Skin may appear white or grey and feel firmer or waxy. If you are dealing with frostbite, get to a warm area and expose the effected area to your own body heat or warm water.

If you feel dizzy, confused, or exhausted, this may be hypothermia. Seek warmth immediately.

HCHD is a warming center available to the public during business hours: Monday - Thursday from 8a.m. to 4p.m. and Friday 8a.m. to noon.

### Upcoming Events:

Event	Date and Time	Location
Low Impact Exercise	Mondays at 1p.m.	Strom Center in Oquawka
Fit and Strong! Exercise for Older Adults	Mon. Wed. Fri. 8-9a.m.	Henderson County Health Department
Fit and Strong! Exercise for Older Adults	Mon. Wed. Fri. 10-11a.m.	Stronghurst Senior Center
Influenza/COVID-19 Vaccination Clinic	Every Wednesday, 8a.m.-9a.m.	Henderson County Health Department

## Opioid Overdose Prevention and Naloxone Awareness

Deaths by opioid overdose has increased by 73% since 2019. Many of these incidents involve use of illegal drugs, such as heroin. However, many accidental opioid overdoses occur in people prescribed them legally for pain management. Overdosing can occur by failure to follow the proper dosing listed on the bottle.

Opioid overdose is typically identified by blue or grey in lips and fingers, abnormal breathing, pinpoint pupils, cold/clammy skin, and unresponsiveness. In a possible OD situation, it is best to put the person on their side with protection for their head.

Administering Naloxone (aka Narcan) will serve to block the effects of opioids without risk to people misidentified as an overdose.

HCHD is able to provide Narcan to those who may need it at no charge.

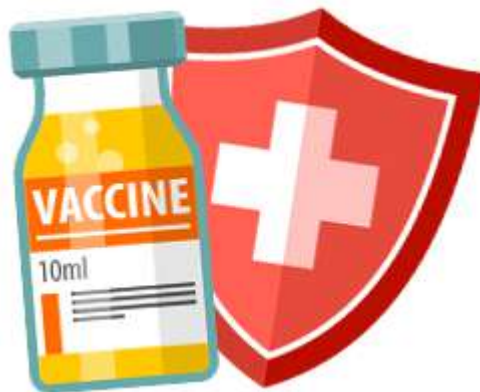
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## HCHD Volunteer Opportunities

Henderson County Health Department is always in need of volunteers to help support the programs that assist our community. Volunteer opportunities include: hospice, transportation, food pantry, Medical Reserve Corps, monthly newsletter, or monthly bulletin board. To volunteer, drop in to HCHD or call at (309) 627-2812. HCHD values our volunteers. Thank you.



## Contact Information:

Phone: (309)-627-2812

Fax: (309) 627-2305

208 West Elm Street,

P. O. Box 220,

Gladstone IL 61437

## Influenza and COVID-19 Clinic

Since October 4th, HCHD has been hosting weekly influenza vaccination clinics every Wednesday from 8a.m.-9a.m. From November 1st, Eagle View Community Health System partnered with HCHD to provide COVID-19 immunizations as well at each of these clinics. The response to the vaccination events has been impressive, with multitudes of people showing up to get access to protection against respiratory illnesses during this season where they are especially common.

Eagle View will continue to provide COVID-19 vaccinations until the end of January at these clinics. HCHD will continue to provide influenza vaccines at the clinics and other times upon request. HCHD will continue to assess the need for vaccinations in our area. HCHD is glad to have provided this important service to our community.

HCHD would like to thank Eagle View for their consistent support in providing for Henderson County's health.

## Business Hours:

Monday – Thursday:

8:00 a.m. – 4:00 p.m.

Friday:

8:00a.m. - Noon

Holiday Closures:

HCHD will be closed on New Year's Day and MLK Jr. Day: Jan. 1st and 15th.