



National Stress Awareness Month

April is National Stress Awareness Month. Stress is a mental tension that makes a person feel anxious, frustrated, or angry, which can have negative effects on their physical health. Stress can cause insomnia, high blood pressure, stomach issues, and an increased likelihood of getting sick. Additionally, it can cause emotional and social issues, such as depression, anxiety, and irritability. Developing skills to manage stress is vital to preserving mental, physical, and social health.

Stress management can be as simple as reaching out and talking to a friend regularly. Exercise, like taking a walk or a yoga class, can also help to alleviate stress while promoting physical wellbeing. Making time for things you love, like listening to music or partaking in a favorite hobby, can help with stress as well.

Just as mental health can create physical outcomes, taking care of physical health can improve mental health. Eating healthy meals and exercising can improve mental wellbeing and combat stress. Having an active social life can also help with alleviating stress, which makes exercise groups especially useful for combating stress.

National Public Health Week

April 1st-7th is National Public Health Week. During this week, we remember that everyone has a part to play in supporting public health. Take a role in your community by joining an exercise group, building community groups with a focus on health, keeping local spaces clean and healthy, or volunteering at your local health department.



Child Abuse Prevention

April is Child Abuse Prevention Month. Adults can ensure the wellbeing of a child by building the child's self-esteem, being mindful of how they speak to the child, and being thoughtful in administering punishments. Helping a child understand and respect boundaries gives them a better framework to recognize abuse. Teachers, caretakers, and other adults should be aware of possible signs of abuse, both physical and emotional. Aside from physical injury, someone experiencing abuse may have social and emotional difficulties due to the abuse. Teaching kids to have firm boundaries around the way they are touched or treated can help them recognize abuse and ask for help.

Resources for a child survivor of abuse are available by calling Victim Services at 309-837-5555 or Turning Point Child Advocacy Center at 309-344-8416.

Upcoming Events:

Event	Date and Time	Location
Bingo is Back!	April 3rd and 17th, 1p.m.	Henderson County Health Department
Low Impact Exercise	Mondays at 1p.m.	Strom Center in Oquawka
Fit and Strong! Exercise Class	Mon. Wed. Fri. 8-9a.m.	Henderson County Health Department
Fit and Strong! Exercise Class	Mon. Wed. Fri. 10-11a.m.	Stronghurst Senior Center

Severe Weather Safety

Spring is the time when weather tends to become more severe in the Midwest. Severe thunderstorms, flooding, tornadoes, and hail can all be dangerous, so planning for these severe weather events is crucial. During a tornado, the basement or an interior room with no windows will be the safest place to take cover. If you are driving during a tornado, get to shelter quickly. If that is impossible, stay low to the ground in a ditch with no coverings that may fall on you. Stay until it is safe. Flashlights and a weather radio can help in storms that may take out the power. Weather radios can help keep you informed on the status of the storm and what precautions to take. People who live near the river need to plan for where they would go in the event of a flood. Carports and garages can protect vehicles in the event of hail. People without these amenities should buy a hail blanket to protect their vehicles.

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HCHD Volunteer Opportunities

The 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 (309) 627-2812. HCHD values our volunteers. Thank you.



Bingo is Back at HCHD!

HCHD will be hosting a free bingo event every first and third Wednesday at 1p.m. In April, this will be the 3rd and 17th. Donations welcome.

Contact Information:

Phone: (309)-627-2812
Fax: (309) 627-2305
208 West Elm Street,
P. O. Box 220,
Gladstone IL 61437

National STI Awareness Week

The second week in April is National STI Awareness Week. Reported cases of sexually transmitted infections like chlamydia, gonorrhea, and syphilis have continued to rise in the U.S. Syphilis cases are the highest they've been since the 1950s, increasing by 80% in the last 5 years. This makes the use of barriers, such as condoms and dental dams, during sex vital to preventing STIs. Additionally, sexually active individuals should be tested for STIs, such as syphilis, chlamydia, and gonorrhea, every year. People with multiple sexual partners should have more frequent STI tests, with one every 3-6 months recommended.

National STI Awareness Week. STI testing is available at Eagle View in Stronghurst, Oquawka, and Monmouth (phone: 1-866-346-1337), Family Planning Services of Western Illinois in Galesburg (phone: 309-343-6162), or Friends of Central Illinois in Peoria (phone: 309-671-2144). They can also provide barriers to keep you safe during sex.

Business Hours:

Monday – Thursday:
8:00 a.m. – 4:00 p.m.

Friday:

8:00a.m. - Noon

Holiday Closures:

HCHD will not have any closure holidays in April.