

June 2017



The Cardinal

OFFICIAL PUBLICATION OF THE ILLINOIS ENVIRONMENTAL HEALTH ASSOCIATION

Cryptosporidium

see page 9





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Cardinal

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ILLINOIS ENVIRONMENTAL
HEALTH ASSOCIATION

Volume 47 Number 2 // June 2017

The purposes of the Illinois Environmental Health Association are: To maintain and improve the environmental health protection of the public by fostering and encouraging research, education and the dissemination of information; To promote the highest degree of skill, efficiency and professional competence among sanitarians and others practicing in the various environmental health disciplines through the mutual exchange of knowledge and experience; To publish, or cause to be published, technical and other useful information relating to environmental health; In both the public and private sectors, to promote the administration of environmental health programs for the maximum public benefit; To foster cooperation of the various branches and departments of government at all levels in activities directed toward the improvement of health and comfort of the public; To engage in other lawful activities which are appropriate for a professional association; Provided, that the Association shall not function as a collective bargaining agent for the purpose of fixing the compensation or conditions of employment for any of its members; provided further, that the Association shall not endorse or sanction the endorsement by any of its members of products or services of a commercial nature.

Illinois Environmental Health Association, **PO Box 7505, Rockford, Illinois 61126, Telephone (815) 977-5884, Fax (866) 760-6873. Email: iehaoffice@gmail.com, Web Site: <http://www.iehaonline.org>**

Editorial Policy

- Goal -** The Cardinal is to provide useful and profitable information to members and to act as a forum for member opinions and ideas.
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Email: iehaoffice@gmail.com.
- Manuscripts -** Authors alone are responsible for opinions and views stated in their articles. FAX articles to (866) 760-6873. Email them to iehaoffice@gmail.com. Email submissions in electronic format are preferred. Mail paper or disk copies to **The Editor, The Cardinal, Box 7505, Rockford, Illinois 61126**. Articles and letters submitted may be edited for clarity or space.
- Deadlines -** All materials must be submitted to The Cardinal by the first working day of March, June, September and November. The next deadline for materials is September 1, 2017.
- Advertising -** Advertising copy must be submitted to the Advertising Manager in a form that is suitable for reproduction within the dimensions of the selected space. The copy may be submitted as original or good quality photo static reproductions. No plates are required. Computer graphics files in JPEG format are preferred. Note: Advertising rates have changed. Call **(815) 977-5884** for details.

The Cardinal Staff

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Circulation: Paul Chase
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Message from the President

Greetings Members!

In the last article I talked about possibly having the 2018 Annual Education Conference at Starved Rock Lodge. The contract has been signed and we will be there November 5th and 6th next year! This year's conference is in East Peoria at the Holiday Inn and Suites October 19th and 20th. I hope to see you there.

Back in April, in association with the Illinois Environmental Coalition and IPHA, I traveled down to Springfield for their Environmental Legislation Day. Lenore Killam and I attended a couple legislator receptions the night before where I was able to meet and speak with Representative Robyn Gabel. She is the legislator who brought forth HB3693 extending the LEHP license another ten years. I thanked her for her efforts understanding that the renewal would have to wait until next year. In short, IDFPR did not want to set precedent by having our profession leap frog others. After speaking with IDFPR, I can assure membership that this was the only reason that the Bill was delayed. While down at the capitol I was able to have a meeting with Senator Christina Castro. I explained our mission and she is on board. I was also able to meet with Representative's Steven Anderson and Michelle Mussman who are on our side. Last but not least I had coffee with Senator Pamela Althoff, she is the one who sponsored SB1992, extending the LEHP Act on the Senate side. The Board is actively reaching out to their respective legislators and getting them to understand our situation and how important it is to have professional, licensed practitioners.

The last item I would like to bring up is the adoption of the 2013 FDA Model Food Code (most parts). While attending the Central and North Chapter's conferences I found out that out of the roughly 150 people in attendance only a very few were actively using the new Code. As we are only a year away from full implementation I thought we would ask the membership how they would feel about a special conference dedicated solely to the new rules. In the near future you might see a survey on this subject to gauge interest. I have been using the new code for a couple years now and I can honestly say that it is one of the few times the federal government has gotten something right. Switching from reactive to proactive. From giving equal weight to property maintenance violations to focusing on the conditions that will make customers sick. Understanding that society is increasingly litigious and therefore more paperwork is necessary. By the time the inspector performs the walk through most of the critical issues have been addressed. Will it take longer to inspect, yes it will. But after the first or second inspection both the proprietor and inspector will be more comfortable and then inspection times will decrease to a manageable length.


"Change is inevitable, progress is optional" – Tony Robbins

Take Care

Dave Banaszynski

IEHA President





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Editor's Column

By Lenore Killam, IEHA Publications Committee Chair

Summer is upon us; the glory days of sunlit evenings, open windows, and vacations. But, we also have the unfortunate knowledge that the time has come around for cryptosporidium outbreaks, heat extremes and severe weather. We have updates and safety tips to share with your communities.

Late spring is also giddy with the excitement of so many graduations, and UIS is no exception.

We are fortunate that so many of our graduates are already serving within our profession, and many more serve as interns. If you know one of our graduates, please congratulate them on a job well done.

Two urgent issues that are gaining increased scrutiny are dietary supplements and blood lead testing. There are articles



The Legislative Day breakfast. IEHA was warmly received by legislators there.

about each in this issue and includes a warning about a blood lead test that is no longer reliable.

I had an interesting experience with Dave Banaszynski at the Legislative Day activities. IEHA helped co-sponsor the IPHA Legislative Day breakfast, and I was pleased with our warm reception.

This is the time of year when planning is under way for the annual statewide AEC. If you have a good idea for a presentation, workshop or speaker, please send your recommendations forward to your chapter VP, or contact Katie Lynn, AEC Chair.



UIS Confers MPH Degrees

By Lenore Killam, IEHA Publications Committee Chair



The University of Illinois Springfield faculty celebrated our 2017 graduates on May 13. These men and women have worked diligently and we are very proud of their accomplishments. Many of them are already well established within our profession, and the new professionals are ready to join them as they change the world! If you know one of these graduates, please congratulate them for a job well done.

L to R Back Row: Allison Rump, Susan DeBoer, Kafilat Shobajo, Candace Crause, Julie Pryde

L to R Front Row: Marleigh Voightmann, Emilie Lohman Irwin, Veenu Khubnana (MPH Marshall) Kapil Jahdev, Gurav Modi, Mahesh Bhandaru, and Saileela Nittala



FDA Warns about risk of inaccurate results from certain lead tests

CDC recommends retesting for certain children, pregnant women and nursing mothers

Press Release

May 17, 2017

Release

The U.S. Food and Drug Administration and Centers for Disease Control and Prevention are warning Americans that certain lead tests manufactured by Magellan Diagnostics may provide inaccurate results for some children and adults in the United States. The CDC recommends that parents of children younger than six years (72 months) of age, and currently pregnant women and nursing mothers who have been tested for lead exposure consult a health care professional about whether they should be retested. “The FDA is deeply concerned by this situation and is warning laboratories and health care professionals that they should not use any Magellan Diagnostics’ lead tests with blood drawn from a vein,” said Jeffrey Shuren, M.D., director of the FDA’s Center for Devices and Radiological Health. “The agency is aggressively investigating this complicated issue to determine the cause of the inaccurate results and working with the CDC and other public health partners to address the problem as quickly as possible.”

The FDA’s warning is based on currently available data that indicate Magellan lead tests, when performed on blood drawn from a vein, may provide results that are lower than the actual level of lead in the blood. Currently, the FDA believes the issue may date back to 2014. The warning includes all four of Magellan Diagnostics’ lead testing systems: LeadCare; LeadCare II; LeadCare Plus; and LeadCare Ultra. At this time, all LeadCare systems can be used with blood from a finger or heel stick, including the LeadCare II system - a system found in many doctors’ offices and clinics. In addition, some laboratories offer other methods of lead testing, which are not believed to be affected at this time.

The CDC is recommending that health care professionals retest children younger than six years (72 months) of age at the time of this alert (May 17, 2017) if their test was conducted using blood drawn from a vein using any Magellan Diagnostics’ LeadCare System tests and received a result of less than 10 micrograms per deciliter (µg/dL). The CDC also recommends that women, who are currently pregnant or nursing and were tested in this manner while pregnant or nursing, get retested. Other adults who are concerned about their risk or the risk to an older child

should speak to their health care professional about whether they should be retested.

“We understand that parents of children and others affected by this problem will be concerned about what this means for their health,” said Patrick Breyse, Ph.D., director of the CDC’s National Center for Environmental Health. “While most children likely received an accurate test result, it is important to identify those whose exposure was missed, or underestimated, so that they can receive proper care. For this reason, because every child’s health is important, the CDC recommends that those at greatest risk be retested.”

Lead exposure can affect nearly every system in the body, produces no obvious symptoms, and frequently goes unrecognized, potentially leading to serious health issues. Lead poisoning is particularly dangerous to infants and young children. While recommendations for lead screening differ from state to state, all states require children to be screened for lead exposure. Some adults are also at risk for lead exposure, including those who work around products or materials that contain lead.

The FDA, an agency within the U.S. Department of Health and Human Services, promotes and protects the public health by, among other things, assuring the safety, effectiveness, and security of human and veterinary drugs, vaccines and other biological products for human use, and medical devices. The agency also is responsible for the safety and security of our nation’s food supply, cosmetics, dietary supplements, products that give off electronic radiation, and for regulating tobacco products. [CDC works 24/7](#) protecting America’s health, safety and security. Whether diseases start at home or abroad, are curable or preventable, chronic or acute, stem from human error or deliberate attack, CDC is committed to respond to America’s most pressing health challenges.

###

Inquiries

Media

[FDA: Tara Goodin](#)

240-402-3157

[CDC: Bernadette Burden](#)

404-639-3286



CDC Warns of Heat Related Illnesses



It is the time of year again for the CDC to issue its' warnings about heat-related illnesses.

They remind us that [Older adults](#), [young children](#), and people with [chronic medical conditions](#) are at high risk for heat-related illness and death. From 1999 to 2010, a total of 7,415 people died of heat-related deaths in the United States, an average of about 618 deaths a year.

Warmer temperatures can mean [higher ozone levels](#). Pay attention to the U.S. Environmental Protection Agency's [Air Quality Index](#) when planning outdoor summer activities, especially if you have asthma or another lung disease.

[Track extreme heat](#) in your area. The CDC's Tracking Network provides information you can use to protect yourself from extreme heat. The net-

work contains U.S. data on [heat-related deaths and illnesses](#) from 27 states. You can use it to see if heat-related deaths and illnesses are rising or declining in your state or county.

When temperatures are extremely high, take steps to protect yourself and your loved ones:

- Stay cool, stay hydrated, and stay informed.
- If you do not have air conditioning, visit a shopping mall or public library for a few hours or call your local health department to find any heat-relief shelters in your area.
- Drink plenty of fluids (nonalcoholic), regardless of your activity level.
- Wear lightweight, light-colored, loose-fitting clothing.
- NEVER leave anyone in a closed, parked vehicle, including pets.
- Visit [older adults](#) or others at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. They offer a great graphic that you may want to pass along to your community stakeholders. The link to the graphic is

<https://www.cdc.gov/phpr/documents/avoid-spot-treat-heat.pdf>

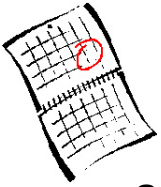
The graphic is also reprinted in the Electronic Edition Extra.

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Mark Your Calendar

81st NEHA AEC
July 10 - 13, 2017
Grand Rapids, Michigan

Information at NEHA.org

2017 IEHA South Chapter
Annual Educational
Conference

September 6 - 7, 2017
The Pavillion, Marion, Illinois

Mark Your Calendar

2017 IEHA Annual
Educational Conference

October 19 - 20, 2017
Holiday Inn and Suites,
East Peoria, Illinois

Mark Your Calendar



SAVE THE DATE
IEHA
SOUTHERN
REGION
ANNUAL
CONFERENCE

WEDNESDAY,
SEPTEMBER 6, 2017

THURSDAY,
SEPTEMBER 7, 2017

LOCATION:

THE PAVILLION-
 CITY OF MARION
 1602 SIOUX
 DRIVE
 MARION, IL
 62959

FOOD
 5 LEHP/LHPG
 CEUS

WATER
 3 LEHP/LHPG
 CEUS

SEWAGE
 3 LEHP/LHPG
 CEUS

A Word of Caution about Dietary Supplements

By Lenore Killam, IEHA Publications Committee Chair

Many professionals are surprised to find out how little regulatory power the US Food and Drug Administration has over the regulation of dietary supplements. Dietary supplements are a persistent problem, particularly among the vulnerable ill. Often, these cleverly marketed products disparage the advice of doctors with statements such as “the secret that doctors don’t want you to know!” or “Surgeons are angry we are telling you this!”. As with many natural herbal remedies, ingredient strength is variable, and often these products have undisclosed pharmaceutically active ingredients.

The vulnerable ill try these “cures” out of desperation; they may not have access or want to visit a regular MD or they may be convinced that this is a less expensive alternate to pharmaceutical grade medications. Often, this leads to a delay in seeking proper, effective medical care and can have a deleterious effect with other medications and treatments.

FROM THE US FDA; How Do You Know It’s Fraudulent?

Watch out for these claims:

- **One product does it all.** Be suspicious of products that claim to cure a wide range of diseases.
 - **Personal testimonials.** Success stories such as “It cured my diabetes,” or “My tumors are gone,” are easy to make up and are not a substitution for scientific evidence.
 - **Quick fixes.** Few diseases or conditions can be treated quickly, even with legitimate products. Beware of language such as “lose 30 pounds in 30 days,” or “eliminates skin cancer in days.”
 - **“All natural.”** Some plants found in nature can kill if you eat them. Plus, the FDA has found products promoted as “all natural” that contain hidden and dangerously high doses of prescription drug ingredients.
 - **Miracle cure.** Alarms should go off when you see this claim or others like it such as “new discovery” or “scientific breakthrough.” A real cure for a serious disease would be all over the media and prescribed by doctors—not buried in print ads, TV infomercials, or on Internet sites.
- FDA-approved.** Domestic or imported dietary supplements are not approved by FDA.

US Food and Drug Administration (2107, May 25). Some Imported Dietary Supplements and Nonprescription Drug Products May Harm You.

<https://www.fda.gov/ForConsumers/ConsumerUpdates/ucm466588.htm>



Crypto outbreaks linked to swimming have doubled since 2014

Diarrhea caused by parasite is problem for swimming pools and water playgrounds

CDC Press Release

May 18, 2017, 1:00 p.m. ET

The *Cryptosporidium* parasite can spread when people swallow something that has come into contact with the feces (poop) of a sick person, such as pool water contaminated with diarrhea. Outbreaks of a parasitic infection linked to swimming pools and water playgrounds are increasingly being reported to CDC, with twice as many outbreaks in 2016 as in 2014.

At least 32 outbreaks caused by *Cryptosporidium* (also known as “Crypto”) linked to swimming pools or water playgrounds in the United States were reported in 2016, compared with 16 outbreaks in 2014, according to preliminary data published today in CDC’s *Morbidity and Mortality Weekly Report*. The parasite can spread when people swallow something that has come into contact with the feces (poop) of a sick person, such as pool water contaminated with diarrhea.

In comparison, 20 Crypto outbreaks linked to swimming were reported in 2011, 16 in 2012, and 13 in 2013. It is not clear whether the number of outbreaks has increased or whether better surveillance and laboratory methods are leading to better outbreak detection.

Crypto is the most common cause of diarrheal illness and outbreaks linked to swimming pools or water playgrounds because it is not easily killed by chlorine and can survive up to 10 days in properly treated water. Swallowing just a mouthful of water contaminated with Crypto can make otherwise healthy people sick for up to three weeks with watery diarrhea, stomach cramps, nausea, or vomiting, and can lead to dehydration. “To help protect your family and friends from Crypto and other diarrhea-causing germs, do not swim or let your kids swim if sick with diarrhea,” said Michele Hlavsa, R.N., M.P.H., chief of CDC’s Healthy Swimming Program. “Protect yourself from getting sick by not swallowing the water in which you swim.”

Prevent the spread of germs in the pool and other recreational water

Standard levels of chlorine and other pool disinfectants kill most germs within a few minutes. However, Crypto is extremely hard to kill at standard levels of pool disinfectants. CDC recommends closing pools and treating the water with high levels of chlorine, called [hyperchlorination](#), when responding to a diarrheal incident in the water or a Crypto outbreak. The best way to help protect yourself and others from germs that cause diarrhea is to follow these steps:

- Don’t swim or let your kids swim if sick with diarrhea.
- If diarrhea is caused by Crypto, wait until two weeks after diarrhea has stopped to go swimming.

- Don’t swallow the water in which you swim.
- Rinse off in the shower before getting in the water to help remove any germs on your body that could contaminate the water.
- Take kids on bathroom breaks often, and check diapers in a diaper-changing area and not right next to the pool.

Examples of large Crypto outbreaks in the United States

In 2016, Alabama, Arizona, Ohio, and other states investigated and controlled Crypto outbreaks linked to swimming pools or water playgrounds. Those outbreaks highlight the ongoing challenges that treated recreational water venues have with Crypto due to how difficult it is to kill and the small number of germs that can make people sick. Arizona identified 352 people sick with Crypto for July–October 2016, compared with no more than 62 cases for any one year in 2011–2015. Ohio identified 1,940 people sick with Crypto in 2016, compared with no more than 571 cases for any one year in 2012–2015.

Using CryptoNet for tracking cryptosporidiosis

[CryptoNet](#), launched in 2010, is the first U.S. DNA fingerprinting–based tracking system for illness caused by a parasite. The system helps states detect and control outbreaks by identifying which types of Crypto are infecting people. For example, Arizona used CryptoNet in 2016 to confirm the spread of a particular type of Crypto in multiple swimming pools in the Phoenix area.

CDC is working to upgrade CryptoNet with more advanced DNA fingerprinting techniques. Examining the results combined with information on what patients were doing before they became sick will help CDC and its public health partners develop more effective strategies to stop the spread of Crypto.

Healthy and Safe Swimming Week

Healthy and Safe Swimming Week begins on May 22. CDC encourages swimmers to help protect themselves, family, and friends from *Cryptosporidium* and other germs in the water we swim in. For more information and other healthy and safe swimming steps, visit www.cdc.gov/healthywater/swimming.

[U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES](#)



5 Spring Safety Tips

by Crystal Bruce, MPH, CDC Blogger

(source: <https://blogs.cdc.gov/publichealthmatters/2017/03/5-spring-safety-tips/>)

Spring is in the air, and that means warmer weather, blooming flowers...and [the potential for extreme weather conditions!](#) Some of our favorite animals remind us of what steps we can take to keep ourselves safe if bad weather strikes.

Don't let floods, thunderstorms, or tornadoes take you by surprise this season. Keep these 5 weather safety tips in mind:

1. Stay informed – get a weather radio.

The National Weather Service continuously broadcasts warnings and forecasts that can be received by [NOAA](#) weather radios.

Know what to Listen For!

- **Tornado Watch:** Tornadoes are possible in your area. Remain alert for approaching storms.
- **Severe Thunderstorm Watch:** Tells you when and where severe thunderstorms are likely to occur. Watch the sky and stay tuned to know when warnings are issued.
- **Tornado Warning:** A tornado has been sighted or indicated by weather radar.
- **Severe Thunderstorm Warning:** Issued when severe weather has been reported by spotters or indicated by radar.

2. When thunder roars, go indoors.

Take thunderstorms seriously. Lightning strikes may be rare, but they still happen and the risk of serious injury or death is severe.

- If there are storms in your area, find a safe, enclosed shelter.
- The main lightning safety guide is the 30-30 rule. After you see lightning, start counting to 30. If you hear thunder before you reach 30, go indoors. Suspend activities for at least 30 minutes after the last clap of thunder.
- If no shelter is available, crouch low, with as little of your body touching the ground as possible. Lightning causes electric currents along the top of the ground that can be deadly over 100 feet away.

3. Turn around, don't drown®.

Don't underestimate the power and force of water. Remember, it's never safe to drive or walk into any kind of flood waters.

- Just six inches of swiftly moving water can sweep you off your feet. If flowing water is above your ankles, stop, turn around, and go another way.
- If you're caught on a flooded road and waters are rising rapidly around you, get out of the car quickly and move to higher ground. Most cars can be swept away by less than two feet of moving water.
- Danger can lurk in the water: downed power lines or other debris may not be easily visible. If you see a downed power line, move at least ten feet away from it – or anything touching it. If you're driving and your car comes in contact with a downed power line, stay in your car.

4. Beware of flying objects.

Falling and flying debris causes most deaths and injuries during a tornado.

- Go to the basement or an inside room without windows on the lowest floor (bathroom, closet, center hallway).
- Avoid windows.

For added protection get under something sturdy (a heavy table or workbench). Cover your body with a blanket, sleeping bag or mattress. Protect your head with anything available.

5. Prepare for everywhere.

Make a kit for home, and one for the road.

For home, keep a three day supply of food and water:

- One gallon of water per person per day (a family of four should keep 12 gallons of water).
- Foods that are easy to make and won't spoil, like canned soup, dry pasta, and powdered milk.
- Don't forget a manual can opener and basic utensils to prepare and serve meals!

For your car:

- Personal items like medications and emergency phone numbers.
- Check the kit regularly. Make sure the flashlight batteries work.





Illinois Environmental Health Association

2017 Membership Application

Instructions: New members please complete the entire form. Renewing members, please enter your name and any other information that has changed. Members who are renewing with no changes, please enter your name only.

New Member Renewing Member Renewing Member - No Changes

Name: _____

Employer: _____

Address: _____

City/State/Zip: _____

This is my home address This is my work address

Phone: _____ Fax: _____

Email: _____

I wish to receive a printed hard copy of the Cardinal by U.S mail rather than the electronic version by email.

IEHA tracks your CEUs. Please print your license number below:

Please mark your membership class: Active - \$45.00 Retired - \$15.00 *Student - \$5.00

*Students: please submit proof of your current full-time college or university student status

All applicants: Please return your completed application and check payable to IEHA to:

Illinois Environmental Health Association
ATTN: Membership
P.O. Box 7505
Rockford, Illinois 61126

Questions? Contact the IEHA office: Phone: (815) 977-5884 Fax: (866) 760-6873 Email: iehaoffice@gmail.com

For Office Use Only:

Date Received: _____ Check Number: _____ Amount: \$ _____

Notes:

ELECTRONIC EDITION



By Paul Chase, IEHA Office Manager

Summer is nearly here and the IEHA Office usually takes a breather since there's less going on in the summer than at other times of the year.

There are a couple of items of interest that involve this issue's Electronic Edition Extra.

The first is the IEHA Board voted in March to change the name of the "IEHA News" to "The Cardinal." At that same meeting, the Board voted to raise the membership dues for Active Members from \$45.00 to \$55.00. A copy of the meeting minutes are included in the Extra if you're interested in how this happened.

The only other item in the Extra this issue is a reprinted graphic from a CDC web site article about heat stroke.

Finally, this is a repeat but the email address, ieha2001@aol.com has been retired. Actually, it has been retired for some time and I rarely look at email from that account. So if you sent an email there and have not gotten a response, try resending it to iehaoffice@gmail.com. That's the official IEHA Office email address and is monitored regularly.

As always, if you need anything IEHA related, please let me know.

Thanks and have a great summer!



Illinois Environmental Health Association

Board of Directors Meeting Minutes

March 22, 2017

Call to Order: 1:05 PM

Roll Call of Officers and Directors

David Banaszynski, Stacy Thompson, Greg Olsen, Brad Bohner, Chris Pozzi, Doug King, Mike Charley, Barb Holt, Sharron LaFollette, Laurie Jahn, Christine Czernecki, Giordan Kaplan, Lenore Killam, Kimberly Bradley

A quorum was established

Greg motions to approve the previous meeting minutes, Barb seconds. The minutes are approved

Board Reports

President

-

President – Elect

- No Report

Past President

- n/a

Treasurer

- Savings and checking total \$41,060.
- February money in = \$1870
- February money out = \$4088

Secretary

- No Report

North Chapter Vice President

- Conference planned for April 26-27. The Elgin Community College buses will take participants to the Dream Kitchen tour.

Central Chapter Vice President

- No Report

South Chapter Vice President

- Conference is set for September 6th

North Chapter Director

- No report

Central Chapter Director

- n/a

South Chapter Director

- no report

Director at Large until 2017

- n/a

Director at Large until 2018

- no report

Director at Large until 2019

- No Report

Chase Environmental Services

- n/a

Committee Reports

Constitution and By Laws

- Look over your section in the IEHA bylaws/constitution and email comments if you have any or no changes needed

Finance

- Our account will begin getting charges starting next month
- The secretary needs to open up the new account with Chase
 - Kim, Dave, and Stacy will need ATM cards for the new account

Legislative

- n/a

Membership

- No Report

Nominating

- n/a

Professional Development

- n/a

Publications

- Paul had concerns about branding since the Cardinal logo is used by a number of people and organizations
- The motion passes to change the name of the newsletter to the Cardinal
 - 2 oppose: Paul and Greg
- The pins are in. 100 pins cost \$249

Public Relations

- n/a

Awards

- n/a

Tellers

- n/a

Strategic Planning

- n/a

Program and Education

- no report

Technical Section Reports

Food

- n/a

Water

- n/a

On Site Wastewater

- n/a

Pest/Vector Control

- n/a

General Environmental Health

- n/a

Management

- No Report

Student Outreach

- n/a

New Business

LEHP Renewal Status Update

- There is a subcommittee meeting today at 2 pm.
 - 60+ people signed the witness slip proponent
 - IDFPR opposes

Newsletter name change

- A motion was passed to rename the newsletter to the cardinal.
 - Two opposed: Greg and Paul

New legislation (raw milk, cottage foods)

- IDPH not opposing

Chapter Conference Updates

- Discussed during Board and Committee reports

Dues

- A motion was passed to raise the dues \$10 for all active membership

Environmental Lobby Day

- April 5th and 6th is Legislative Action Day
 - IPHA is looking for us to co-sponsor with them. We would have a booth and table
 - Co-sponsor dues are \$250

IEC Expert Issue Committees

MembershipClicks Discussion

Lenore requested a motion to adjourn, Barb seconded. Motion was carried.

Adjourned at 2:00 pm

AVOID • SPOT • TREAT

HEAT STROKE & HEAT EXHAUSTION

In hot temperatures your body may be unable to properly cool itself, leading to serious health problems.

AVOID

When the temperature is very high stay indoors. If you must go outside, **dress properly** and **take breaks** often. Know who is at **high risk** for heat stroke and **heat exhaustion**.

Tips to Beat the Heat



Drink plenty of water!



Check on friends and neighbors at high risk for heat-related illness.



Find air-conditioned places to cool off (shopping malls and libraries).



NEVER leave kids or pets in a closed, parked vehicle.

If you go outside, remember:



Know who is at high risk:



Infants



Young children



Older adults



People with chronic medical conditions

SPOT

Know the signs of heat stroke and heat exhaustion.

Heat Stroke

Signs & Symptoms

- Very high body temperature (above 102°F)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Upset stomach
- Confusion
- Fainting or

Heat Exhaustion

Signs & Symptoms

- Heavy sweating
- Pale skin
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Upset stomach or vomiting
- Fainting



If you see any of these signs, get medical help immediately.

TREAT

While waiting for medical attention, you can help someone with heat stroke or heat exhaustion.

Heat Stroke



Move the victim to a shady area or indoors. Do not give the person fluids. Cool the body by:

- Placing person in a cool (not cold) bath or shower
- Spraying with a garden hose
- Spraying with cool water
- Fanning

Continue efforts to cool the person until help arrives or his or her body temperature falls below 102°F and stays there.

Heat Exhaustion

Get medical attention if symptoms get worse or last longer than one hour. Cool the body with:



- Cool, nonalcoholic beverages
- Rest
- A cool (not cold) bath, shower, or sponge bath
- Moving to an air-conditioned room
- Wearing lightweight clothing



immediately if symptoms are severe or if victim has heat problems or high blood pressure