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**FOR RELEASE THE WEEK OF:
Immediate Release**

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National Public Health Week

April 3-9, 2017 is National Public Health Week. Join the Iroquois County Public Health Department (ICPHD) in celebrating and become part of a growing movement to create the healthiest nation in one generation. Each day of the week ICPHD is offering various services designed to help you focus on building a healthier you.

Monday - Make sure your immunizations are up-to-date.

Every year, tens of thousands of adults in the United States suffer serious health problems, are hospitalized, or even die from diseases that could have been prevented by vaccination. Stop by the Iroquois County Public Health Department and talk to one of our nurses about immunizations you may need. Our Senior Service Program will also be offering free pill organizers on April 3rd in honor of National Public Health Week.

Tuesday - Have your home tested for Radon.

Radon is the leading cause of lung cancer in non-smokers. Radon is an indoor air pollutant, which is a colorless and odorless radioactive gas that comes from naturally occurring uranium in our soil. The only way your family can know whether your home has an elevated level is to test for it. Stop by the Iroquois County Public Health Department and obtain your free test kit. ICPHD will also offer free water testing for your well on April 4th.

Wednesday - Women, protect yourself from HPV (human papillomavirus) and cervical cancer.

The Illinois Breast and Cervical Cancer Program (IBCCP) provides free cervical cancer screenings, pelvic exams, diagnostic services, and referrals *for uninsured and underinsured Illinois women 35 years and older, regardless of income*. If you are an uninsured or underinsured woman between the ages of 35 and 64, please stop by the Iroquois County Public Health Department to get more information.

Thursday - Create a plan to stop smoking for good.

Quitting will help you live a longer, healthier life. Call the Illinois Tobacco Quitline at 1-800-QUIT-YES. Smokers are at greater risk for diseases that affect the heart and blood vessels (cardiovascular disease). Stop by the health department for a free blood pressure screening.

Friday - Develop healthy habits.

Eating balanced meals and exercising regularly can help protect your health long term. Over time, turn these actions into habits for your health. Start small - join the staff of the Iroquois County Public Health Department in a walk through Legion Park over our lunch hour. We will meet at 12:10 p.m. in the parking lot of the Iroquois Community Health and Social Service Center at 850 S 4th Street. After your walk, stop in at the health department for a free glucose test.