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

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## **National Public Health Week**

April 2-8, 2018 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. ICPHD offers several services designed to help you focus on building a healthier you.

**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.

**Have your home tested for radon.** Radon, an indoor air pollutant, is the leading cause of lung cancer in non-smokers. The only way you can know whether your home has an elevated level is to test for it.

**Have your well water tested.** Test your private well annually or if there is a change in taste, odor, or appearance, when the system is serviced, or if the well head is covered with flood water.

**Participate in regular cancer screenings.** ICPHD has fecal immunochemical test (FIT) kits available for colorectal screenings. These kits detect the presence of blood in your stool and are a less invasive screening option for people who are looking for a more comfortable way to screen for colon cancer. ICPHD also participates with the Illinois Breast and Cervical Cancer Program (IBCCP) which provides free breast & cervical cancer screenings for uninsured and underinsured Illinois women 35 years and older, regardless of income.

**Quit smoking.** Quitting smoking will help you live a longer, healthier life. Call the Illinois Tobacco Quitline at 1-866-QUIT-YES. Smokers are at greater risk for diseases that affect the heart and blood vessels (cardiovascular disease). ICPHD provides free blood pressure screenings.

Please stop by the Iroquois County Public Health Department to pick up test kits or call 815-432-2483 for more information. The Iroquois County Public Health Department is located in the Administrative Building at 1001 E Grant Street in Watseka.