

Start off the New Year Right with help from the McDonough County Health Department

Every January we take stock of our lives. Our health is always one of the top things on the list- we want to lose weight, eat healthier, and take better care of ourselves.

The McDonough County Health Department wants to remind you that your health is our #1 priority. Here are just a few of the ways the McDonough County Health Department can help you live healthier in 2012:

1. The McDonough County Health Department offers a reduced cost Wellness Clinic for some blood work, STD testing, blood pressures, tobacco cessation patches, pregnancy testing, TB skin tests, and adult and child immunizations.
2. The McDonough County Health Department can help you properly dispose of your:
 - a. Unwanted over the counter medications and most prescription medications (no controlled substances)
 - b. Used Sharps by providing you with an approved sharps container and drop off kiosk at the health department (sponsored by Waste Management)
 - c. Used batteries- household batteries such as Alkaline (AAA, AA, C, D and 9 Volt); carbon zinc; NiCd, NiCd; NiMH; silver oxide and mercury. Lead batteries cannot be accepted. For safety reasons all batteries need to have their ends taped (sponsored by Waste Management)
 - d. Burnt out CFL light bulbs- Please transport CFLs in a zip lock bag when dropping them off. (sponsored by Waste Management)
3. The McDonough County Health Department provides inexpensive radon and well water testing kits for your home.
4. The McDonough County Health Department assists women ages 35 to 64 with no health insurance to receive mammograms and pap smears.
5. The McDonough County Health Department helps pregnant women and families with children under the age of 5 through the Women, Infant, and Child Nutrition Program (WIC).
6. The McDonough County Health Department wants you to make healthy and informed food choices. Check out the latest food scores on the McDonough County Health Department website (www.mchdept.com)

How can the McDonough County Health Department help you in 2012? For more information about the health department's services, check their website at www.mchdept.com or stop by the health department at 505 E. Jackson St. in Macomb. The health department is open Monday through Thursday 7:30 AM- 5:00 PM.