



Fast PHACTs:

“Heat, Bugs, and Bites: What every clinician should know going into the summer!”

Arti Barnes, MD, MPH

Samantha Kerr, MS

Connie Austin, DVM, MPH, PhD, DACVPM

June 18, 2025



CME Accreditation Statement

The Illinois Department of Public Health, Medical Services Division is authorized to offer formal Continuing Medical Education (CME) programs to Illinois physicians licensed under (225 ILCS 60/) the Medical Practice Act of 1987. The formal programs must comply with the criteria in subsection (c)(3) of 68 Illinois Administrative Code, Section 1285.110, and all other criteria in this Section.

This course may be used for Illinois Registered Nurse re-licensure in 2025. Each licensee is responsible for maintaining records of completion of continuing education and shall be prepared to produce the records if requested by the Illinois Department of Financial and Professional Regulation.

Financial Disclosures

Name and Credentials	Role in Activity	Was there a relevant Financial Disclosure	List of Mitigated Disclosures
Arti Barnes, MD, MPH	Moderator/Presenter	No	N/A
Samantha Kerr, MS	Presenter	No	N/A
Connie Austin, DVM, MPH, PhD, DACVPM	Presenter	No	N/A
David Hale-Arroyo	Staff	No	N/A

Learning Objectives

- *Upon completion of the webinar, participants will have:*
- Increased awareness of resources and risk factors for summer-related health concerns like heat injury.
- Improved understanding of the changing ecology, updated surveillance data, and preventing of tick and other vector-borne diseases.
- Explored prevention and triage of animal bites, including rabies.

Turning up the
heat on preparing
for the summer.

Moderated by:



Arti Barnes, MD, MPH
IDPH Chief Medical Officer





Turning up the heat on preparing for the summer

Arti Barnes, MD MPH
6-18-25

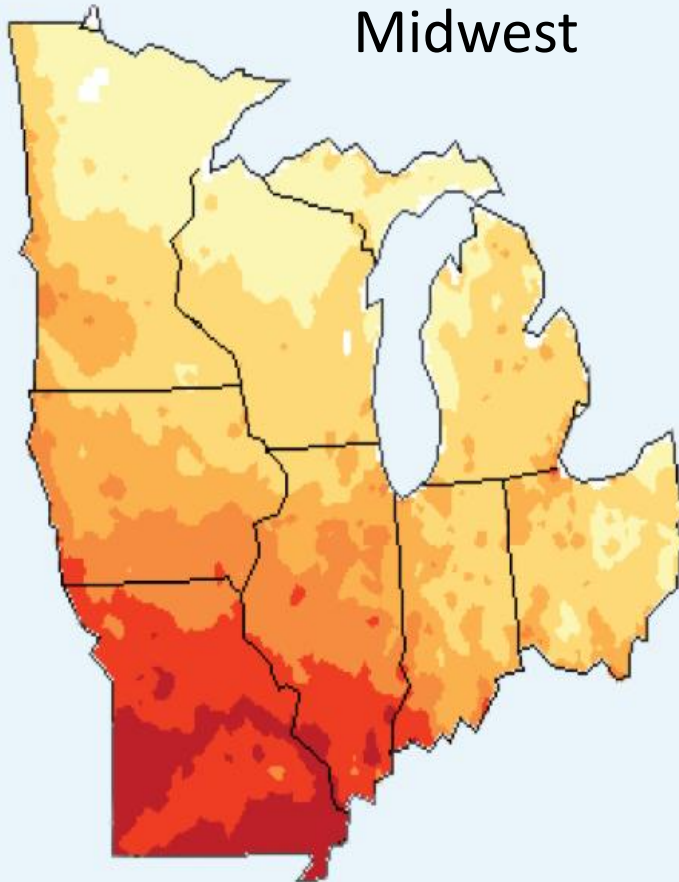
When the past and the future collide....

DAYS ABOVE 95° F

COOLING DEGREE DAYS

HEAVY PRECIPITATION

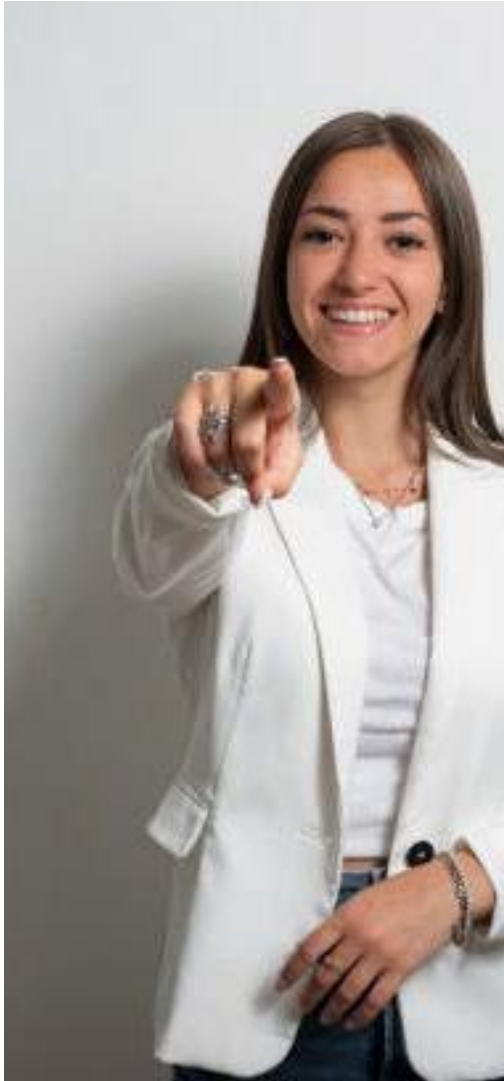
Projected Climate Change in the Midwest



Difference in Number of Days



<https://nca2014.globalchange.gov/highlights/regions/midwest>



What I want you to take away from this:

- Expect more extreme weather events and heat injury.
- Understand what conditions make your patients vulnerable to heat injury.
- YOU can help patients prevent heat injury by recognizing risk factors and creating a plan to stay safe.
- Now is the time to plan how you and your clinic respond to heat advisories.



Children

WHO:

More males
than females
are affected



Older adults



Outside workers



People with disabilities

Hot days have been associated with:

- worse pregnancy and birth outcomes
- ED visits and hospitalizations beyond heat illness, such as:
 - cardiovascular and respiratory diseases, asthma, diabetes, kidney diseases, mental health conditions, and injuries.

- Infants and children
- [Pregnant](#) women
- Adults over age 65
- People with disabilities
- People with mental health conditions
- People with [chronic health conditions](#)
- People with substance-use disorders
- People who lack housing and/or quality housing
- People who lack access to cooling
- People who are socially isolated
- People who breathe polluted air
- [workers](#)
- Strenuous outdoor activities, including athletes

KNOW BEFORE YOU GO! Medication Management

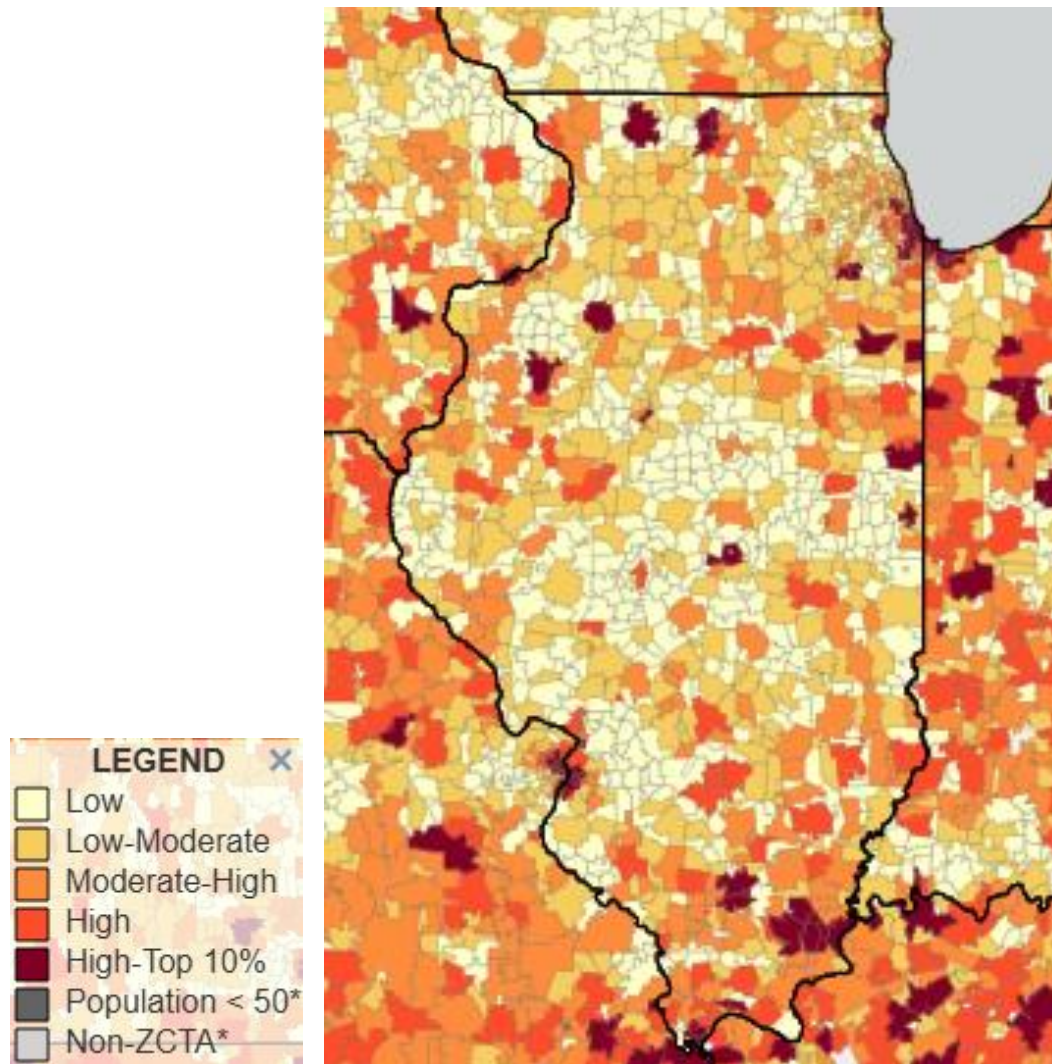
Table 2. Medications and Drugs with Potential to Increase Risk of Heat-Related Illness.*

Agent	Mechanism ²⁷
Alcohol	May reduce alertness and affect judgment and perception of heat; exacerbates dehydration and affects vasodilation and cardiac contractility
Amphetamines	May increase metabolic heat production
Anticholinergics	May decrease sweat production
Antihistamines	May cause peripheral vasoconstriction, limiting radiative cooling
Antipsychotics	Interferes with hypothalamic thermoregulation
Benzodiazepines	May reduce alertness and affect judgment and perception of heat
Beta-blockers	Decreases heart rate and contractility
Calcium-channel blockers	Decreases cardiac contractility and compromises vascular compensatory mechanisms
Diuretics	May increase risk of dehydration and hypovolemia
Illicit drugs (e.g., cocaine, heroin, phencyclidine, and MDMA)	May increase metabolic heat production and reduce alertness and judgment
Laxatives	May increase risk of dehydration and hypovolemia
Lithium	May reduce alertness and affect judgment and perception of heat and lead to nephrogenic diabetes insipidus; levels may rise to dangerous levels and cause kidney injury in the context of dehydration
Serotonin-reuptake inhibitors	May interfere with hypothalamic thermoregulation
Thyroid agonists	May increase metabolic heat production
Tricyclic antidepressants	May cause peripheral vasoconstriction, thereby limiting radiative cooling, and may affect central thermoregulation
Weight-loss supplements that may increase metabolic rate (e.g., carnitine and green tea extract)	May increase metabolic heat production

* This list of medications (based on information from Pryor et al.²⁸) and mechanisms is not comprehensive. MDMA denotes 3,4-methylenedioxymethamphetamine.

KNOW BEFORE YOU GO!

DO YOU SERVE A COMMUNITY AT RISK??

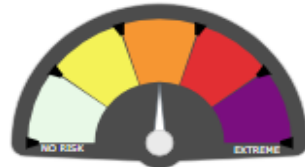


Heat and Health Index (HHI) is a national tool that incorporates historical temperature, heat-related illness, and community characteristics.

<https://ephtracking.cdc.gov/Applications/heatTracker/>

**Today's *HeatRisk***

Cook County, IL

**Moderate**

Tuesday, June 17, 2025

Source: [NOAA/NWS](#)Today's *HeatRisk* is **Moderate**.

Today is an okay day to be outside for most people.

People who are outside for a long time or who are [sensitive to heat](#) could have health impacts.**Actions you can take to protect your health**

Even a few hours in a cool location can lower your risk for health problems from heat. Stay hydrated, stay cool.

If you are outside, especially for a long time, you can:

- Stay in the shade as much as possible.
- Take breaks when you can.
- Do outdoor activities during the coolest parts of the day or evening, if possible.

When you are indoors, you can:

- Use air conditioning or [find a location](#) that has one.
- Use a fan to cool your body off, only when indoor temperatures are less than 90°F.

Check on your family, friends, and neighbors, especially if they have chronic medical problems or live alone. Check on pets.

Work with your doctor to see if you need to take additional health actions.

Check the [air quality](#) in your area before heading out.[Heat and Your Health](#)***HeatRisk* Forecast**

Cook County, IL

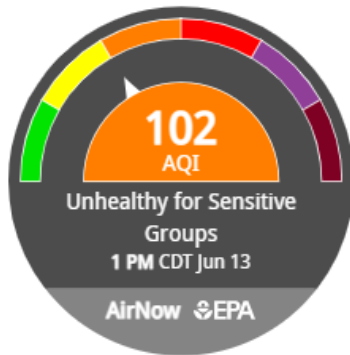
Wednesday	Thursday	Friday	Saturday	Sunday	Monday
June 18	June 19	June 20	June 21	June 22	June 23
Minor	Moderate	Moderate	Major	Major	Major

Heat and Air Quality

Heat can make the air quality worse. One reason is that higher temperatures can lead to more harmful pollutants in the air. Breathing in polluted air can cause health problems or make existing health problems worse.

You may be more sensitive to air pollution if you are pregnant or have asthma, heart conditions, mental health issues, or other chronic health conditions.

Today's Air Quality



Unhealthy for Sensitive Groups

Today's air quality is **Unhealthy for Sensitive Groups (101-150)**.

Actions you can take to protect your health

Everyone can:

- Take steps to maintain good [indoor air quality](#).

If you are sensitive to air pollution you can also:

- Reduce prolonged or heavy exertion. It's okay to be active outside, but take more breaks and do less intense activities.
- If you have asthma, follow your asthma action plan and keep your quick relief medicine handy.
- If you have heart disease, symptoms such as palpitations, shortness of breath, or unusual fatigue may indicate a serious problem. If you have any of these, contact your health care provider.

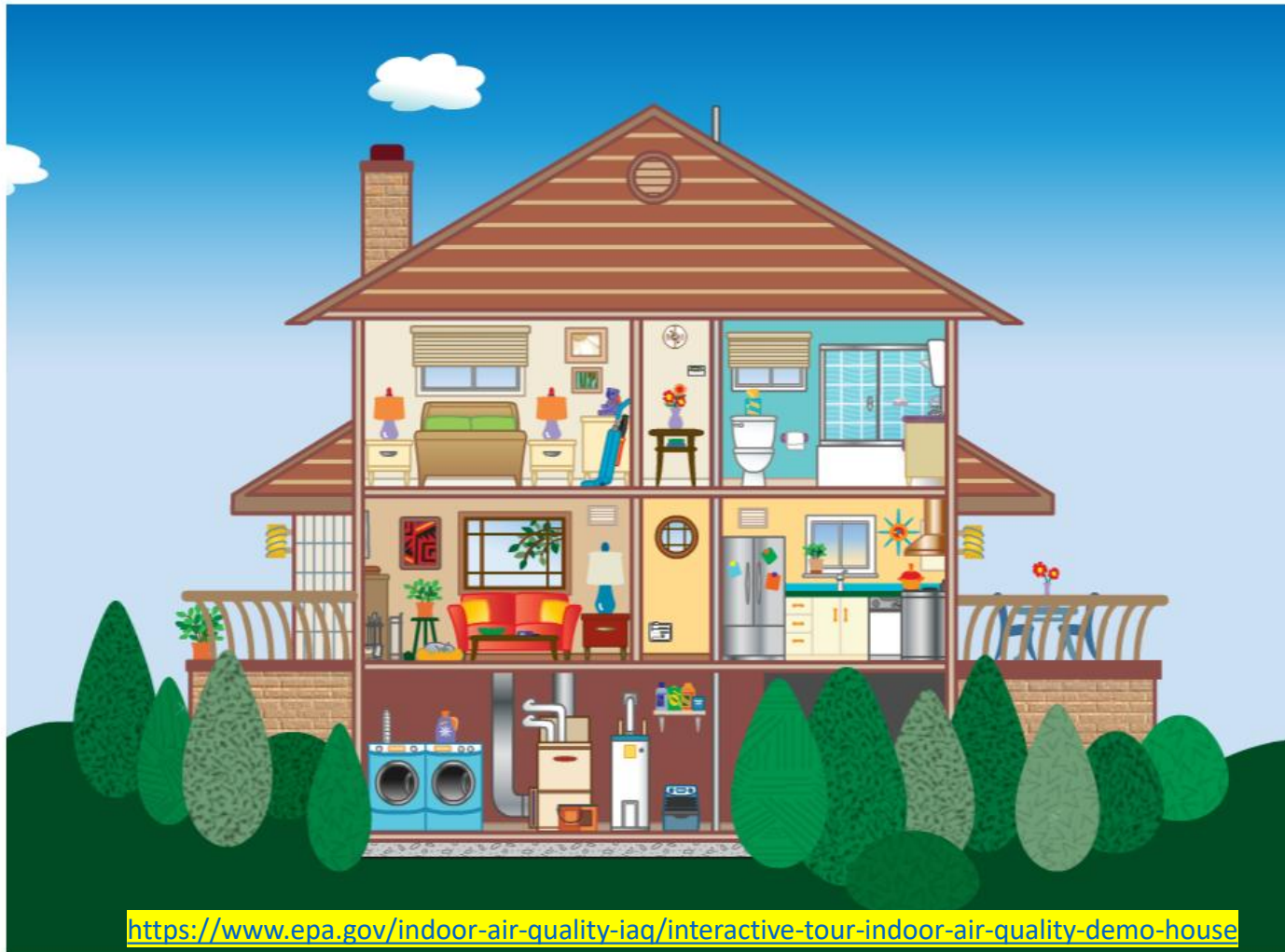
Work with your doctor to see if you need to take additional health actions.

Interactive Tour of the Indoor Air Quality Demo House

[Información disponible en español](#)

Get a quick glimpse of some of the most important ways to protect the air in your home by touring the Indoor Air Quality (IAQ) House. Room-by-room, you'll learn about the key pollutants and how to address them.

A [Text version of the IAQ House](#) is also available.



<https://www.epa.gov/indoor-air-quality-iaq/interactive-tour-indoor-air-quality-demo-house>



Clinical Guidance for Heat and Children with Asthma



Clinical Guidance for Heat and Pregnancy



Clinical Guidance for Heat and Cardiovascular Disease

5 Steps to Prepare for Hot Days For Pregnant Women



Being outside can be good for your health, but for pregnant women, heat can increase health risks. Use these tips and action items, when possible, to stay safe on hot days.

1 Stay cool

- Check your local HeatRisk by entering your zip code on the **CDC HeatRisk Dashboard**.
- Most pregnant women are sensitive to heat on **Orange** heat risk days, but some are sensitive on **Yellow** days. Work with your doctor to know when to take action. Actions include:
 - If you are outside, especially for a long time:
 - Stay in the shade as much as possible; take breaks when you can.
 - Check the local weather forecast and do outdoor activities during the coolest parts of the day or evening, if possible.
 - When you are indoors:
 - Use air conditioning, if available, or find and go to a location with one.
 - Use a fan to cool your body off, only when indoor temperatures are less than 90°F.
- On **Red** and **Magenta** days, limit your time outside if possible and check the HeatRisk dashboard for additional actions.



If I need to stay cool, I can go here:

I need to start taking action to stay safe (circle):

- Yellow HeatRisk
- Orange HeatRisk

Here's who can check on me on hot days:

2 Stay hydrated

- Carry a water bottle. Drink and refill the water bottle throughout the day.
- Limit beverages high in sugars, sodium, and caffeine, if possible.
- Check your urine color. When it's light yellow or clear, it usually means you are drinking enough water.
- Talk to your doctor about how to manage fluids given your pregnancy.

3 Check for heat-related symptoms

If your body gets too hot, you can get sick. Know signs of worsening pregnancy complications. Know when to seek care.

Unusually heavy sweating



Headache



Cramping



Other signs can include shortness of breath, tiredness, weakness, nausea, and dizziness.

I will seek medical attention when:

If I am feeling overheated, I will:

4 Check air quality

Heat can make air quality worse. Poor air quality can worsen symptoms.

You can check local air quality on the **HeatRisk Dashboard**. The Air Quality Index (AQI) indicates how healthy your outdoor air is to breathe, ranging from 0 (good) to 500 (hazardous).

Less than 100

For most people, this is a good day to be active outside. Some pregnant people are sensitive to air pollution when the air quality is 51-100. Talk to your doctor to see if this applies to you.

More than 100

Outdoor air is unhealthy.

- Consider limiting outdoor activity.

When indoors,

- Use a portable air purifier, if available.
- Reduce sources of indoor air pollution, like cigarette smoke.

Steps I can take to keep air in my home clean:

- ☐ Reduce indoor pollutants, like candles, air fresheners, and cigarette smoke
- ☐ Bring outdoor air in when cooking (when AQI less than 100)
- ☐ Use a portable air purifier



5 Have a medication plan

Many medicines can make you dehydrated or overheated on hot days. Also, some need to be kept out of hot places.

- Don't stop or change your medicines until you talk to your doctor.
- Heat can cause power outages. Have a plan for what to do with refrigerated medications and electronic medical devices.
- Store your medicines properly—some may need to be kept out of hot places.

When HeatRisk is orange or higher:

- ☐ No need to change my medications
- ☐ I need to make the following changes to my medications:

My backup plan for a power outage is:



Make a Heat Action Plan with Your Doctor



1 Stay Cool



Stay in the shade



Use a fan



Use an air conditioner



Check the CDC HeatRisk Dashboard for more information.

2 Stay Hydrated



3 Know the Symptoms

Unusually heavy sweating



Shortness of breath



Dizziness



Other signs can include headache, tiredness, weakness, and nausea.

4 Check Air Quality

Clear Day

High Pollution



5 Have a Medication Plan



Make a plan



Store in a cool place



Prepare for power outages

So...What can your clinic do?

CHILL'D OUT

Use this questionnaire with your patients to assess risk factors for health harms from heat or poor air quality. Then, create a Heat Action Plan with your patient. If there is limited time, cover the bolded questions.



Cooling

- **Does your patient have working air conditioning?**
- Can they check and control indoor temperatures where they live?
- Do they have an electric fan?
- Do they know how to locate a cooling center if needed?

Housing

-
- **Does your patient have stable housing?**
 - Do they live on a higher floor of a multi-story building where they may be exposed to more heat?
 - Are they regularly exposed to indoor air pollutants such as secondhand smoke or mold?
 - Do they have a portable air purifier or a filter in their HVAC system?

Isolation

-
- **Does your patient have a neighbor, friend, or family member who can check on them during hot days?**
 - Does their mobility limit their ability to seek cooling in their home or elsewhere?

Electricity

-
- **If heat leads to a power outage**, does your patient have a plan for refrigerated medications and/or electric medical devices?

Learning

-
- **Does your patient check the daily and hourly weather forecast to know the hottest time of the day? Can they access the HeatRisk tool?**
 - Where does your patient get information about how to protect their health from heat? What measures do they take to do so?

Drugs

-
- **Does your patient take medications that increase risk from heat exposure?**

Outside

-
- **How much time does your patient spend outdoors on hot days for work, sports, or recreation?**
 - Are they exposed to outdoor air pollution at home, work, or elsewhere, such as a major roadway, construction site, industrial facility, or frequent wildfire smoke?
 - Do they have allergies to grass, weeds, and tree pollens?

WHY CLINICIANS MAY NEED TO STEP UP THEIR SERVICE

EXTREME HEAT

LIHEAP PURPOSE

LIHEAP FUNDING

Versión en Español

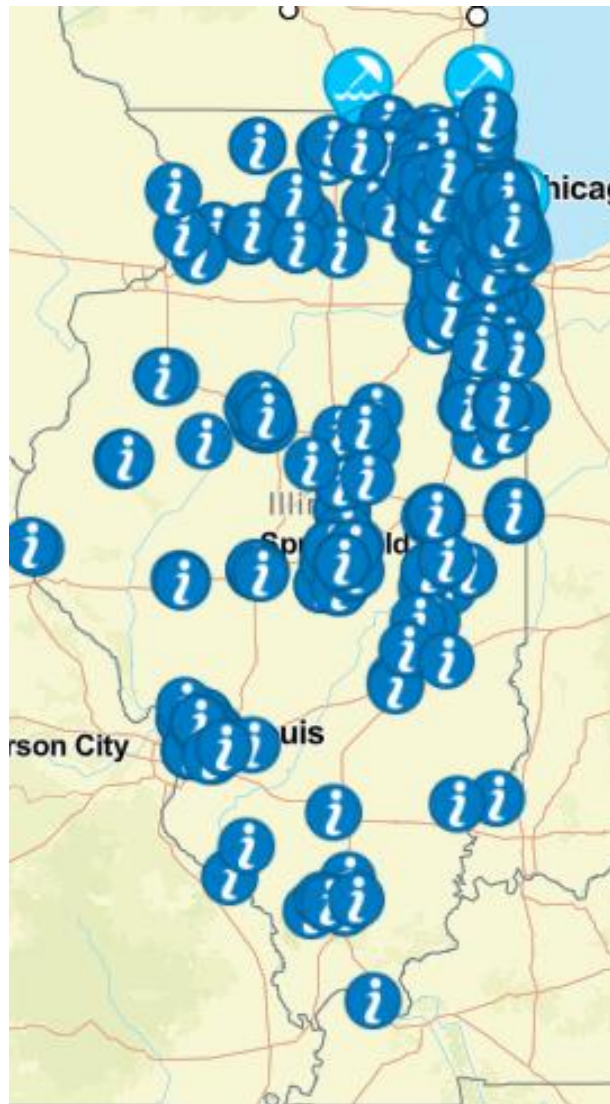
LIHEAP AND EXTREME HEAT

How the Low Income Home Energy Assistance Program (LIHEAP) is helping people stay safe, healthy, and prepared to combat heat stress.

- Proposed 74% funding cut

KEEP COOL, ILLINOIS!

Community cooling centers



Illinois Tollway Oases



Jane Adams Memorial Tollway
Belvidere Oasis



Reagan Memorial Tollway
DeKalb Oasis



Tri-State Tollway
Chicago Southland Lincoln Oasis



Tri-State Tollway
Hinsdale Oasis



Tri-State Tollway
O'Hare Oasis



Tri-State Tollway
Lake Forest Oasis

HEATSTROKE FIRST AID



SYMPTOMS MAY INCLUDE:

-  DIZZINESS, FAINTING
-  HEADACHE, CONFUSION
-  HIGH BODY TEMPERATURE
-  NO SWEATING
-  FLUSHED DRY SKIN
-  RAPID SHALLOW BREATHING
-  RAPID STRONG PULSE
-  NAUSEA, VOMIT
-  WEAKNESS OR CRAMPS
-  SEIZURE, UNCONSCIOUSNESS



**MOVE THE PERSON
TO A COOL,
SHADY AREA**



**CALL EMERGENCY
MEDICAL HELP**



**COOL THE PERSON'S
ENTIRE BODY**

**COOL THE PERSON BY
SPRAYING COLD WATER**



**USE A FAN
TO LOWER TEMPERATURE**



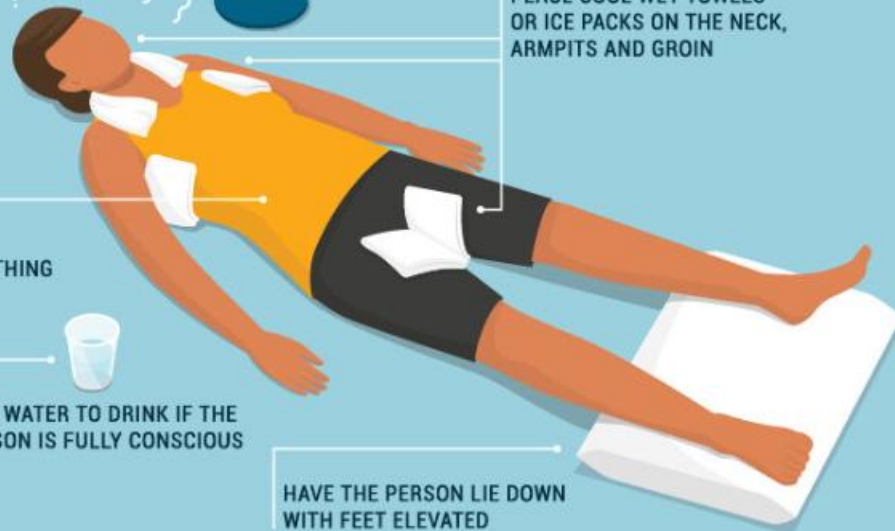
**PLACE COOL WET TOWELS
OR ICE PACKS ON THE NECK,
ARMPITS AND GROIN**

**REMOVE
EXCESS CLOTHING**



**GIVE WATER TO DRINK IF THE
PERSON IS FULLY CONSCIOUS**

**HAVE THE PERSON LIE DOWN
WITH FEET ELEVATED**



Don't wait...Take the first step!

- Notify patients who are at risk.
- Consider rescheduling visits/converting to telemed for patients who may have to wait outside for transportation.
- Consider the timing of procedures, which may limit mobility.
- Flag patients for heat action planning based on risk.



Slide Courtesy: Dr. Hillary Spencer, IDPH

GET INFORMED!!



HEAT.gov

National Integrated Heat Health Information System

NIHHIS National ▾

Learn ▾

Urban Heat Islands ▾

Tools

Planning & Preparing ▾

Funding Opportunities

About

Tools & Information

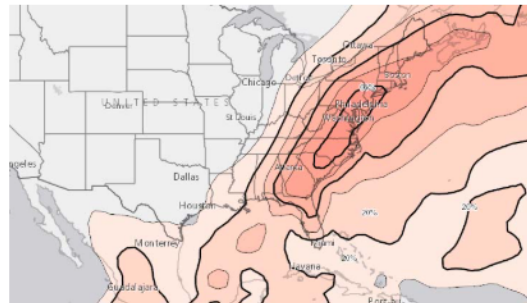
Explore our collection of heat health tools and products from across our partner agencies. Tools in this section can help you and your community prepare for heat events and learn more about your risk to extreme heat.



Climate and Health Outlook

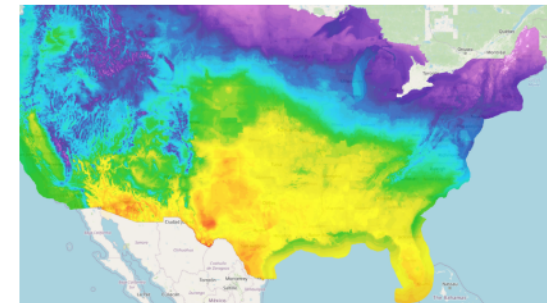
Note: This tool is currently unavailable

The Climate and Health Outlook is a monthly newsletter produced by HHS that uses climate-related hazard forecasts (wildfire, extreme heat,



Climate Prediction Center Probabilistic Extremes Forecast

The Week-2 global probabilistic extremes forecast tool, or GEFS Reforecast Tool, is a model guidance tool that applies statistical adjustments to raw



Heat & Health Tracker

Extreme heat events have long threatened public health in the United States. The CDC Heat & Health Tracker provides local heat and health information so communities can better prepare for and respond to extreme heat events. Use the

<https://www.heat.gov/pages/tools-information>

MORE THAN HUMAN: HOW HEAT IS TRANSFORMING VECTOR ECOLOGY



Climate change can lead to vector/pathogen adaptations, causing shifts or expansions in their geographic ranges.

- North Americans are currently at risk from numerous vector-borne diseases:
- Lyme disease
- Dengue fever
- West Nile virus disease
- Rocky Mountain spotted fever
- Plague
- Tularemia
- Vector-borne pathogens not currently found in the United States, such as chikungunya, Chagas disease, and Rift Valley fever viruses, are also threats.

Get informed about tick prevention...

The New York Times

The Tick Situation Is Getting Worse. Here's How to Protect Yourself.

As temperatures rise, ticks of several kinds are flourishing in ways that threaten people's health.

IDPH Urges Illinoisans to 'Fight the Bite' and Avoid Ticks During Lyme Disease Awareness Month

News – Monday, May 12, 2025

 **PRINT**  **EMAIL**

SPRINGFIELD – With warmer weather comes “tick season” and the annual observance of [National Lyme Disease Awareness Month](#) throughout the month of May. The Illinois Department of Public Health (IDPH) is urging the public to learn how to protect themselves from ticks and Lyme disease.

“Lyme disease is a serious bacterial infection transmitted through the bite of infected ticks,” said IDPH Director Dr. Sameer Vohra. “Lyme Disease is the most common vector-borne illness in the United States affecting more than 500,000 people nationally each year. As the summer approaches, I encourage our residents to learn to ‘Fight the Bite’ and protect yourself and your loved ones from tickborne illnesses. If you have been in wooded or high grassy areas and are experiencing symptoms – fever, fatigue, headache and a circular rash – see your health care provider immediately.”

IDPH has created [Pocket Cards](#), a [Tick Defense Knowledge Check](#) crossword puzzle and [other materials](#) for school aged children that make it fun for everyone in the family to learn how to protect yourself and your loved ones from tickborne illnesses.

Director Vohra said the most important thing people can do to “Fight the Bite” is to diligently check themselves, their pets and children for ticks after spending time in areas where ticks live, such as in and near wooded areas, tall grass and brush. Removing ticks within a 24-hour period reduces the risk of potential disease transmission.

In addition to Lyme disease, other serious tickborne diseases include Rocky Mountain Spotted Fever, Tularemia, Ehrlichiosis, and Babesiosis. Some tickborne illnesses can be life threatening. Rocky Mountain Spotted Fever is particularly dangerous and may cause death as quickly as five days after symptom onset.

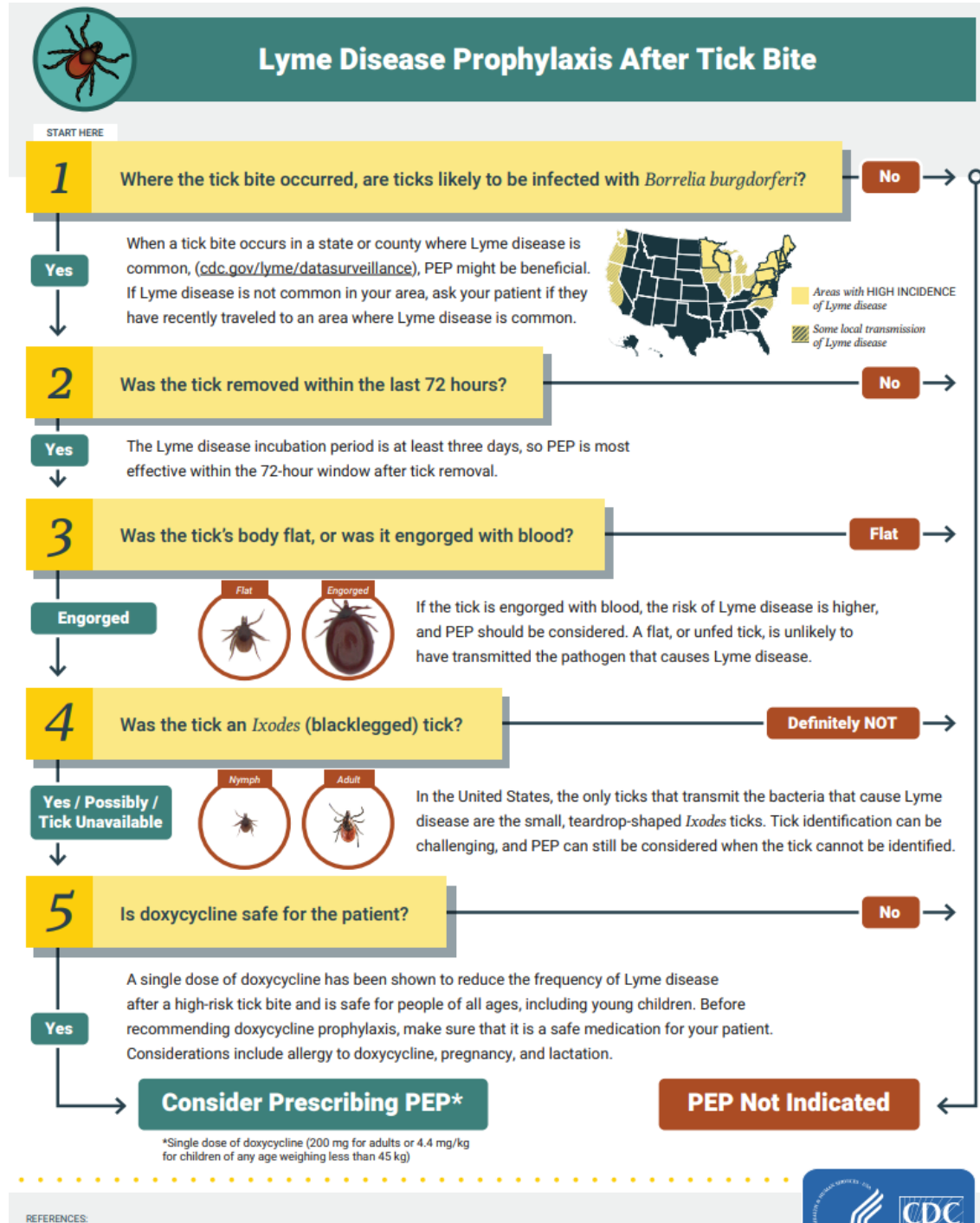
If you become ill with fever and/or rash after being in an area prone to ticks, contact your healthcare provider immediately.

IDPH has created an interactive [Tick Surveillance Map](#) that documents the counties in Illinois where the different tick species have been confirmed as well as the diseases they may carry.

After the bite...

- Prophylaxis is 87% effective for Lyme.
- Prophylaxis not recommended for Rocky Mountain Spotted Fever.
- Vaccines are very limited.
- Tularemia PEP is very limited.
- Malaria PrEP is very effective ~90%.

<https://www.cdc.gov/lyme/resources/pdfs/lyme-pep-low-ink-p.pdf>



and Report Infectious Disease

Illinois Notifiable Disease and Conditions

Mandated reporters, such as health care providers, hospitals and laboratories, must report suspected or confirmed cases of these diseases to the local health department. Diseases marked “immediate” (in red) are reportable by phone as soon as possible, but within three hours. Diseases in **bold** are reportable within 24 hours. All other conditions not in red or bold are reportable within three days.

Acute Flaccid Myelitis

African Tick Bite Fever

Anaplasmosis

Any suspected bioterrorist threat (immediate)

Any unusual case or cluster of cases that may indicate a public health hazard (immediate)

Anthrax (immediate)

Arboviruses

Babesiosis

Botulism, foodborne (immediate)

Botulism, intestinal, wound, other

Bourbon virus

Brucellosis*

California Encephalitis virus

Campylobacteriosis

*Candida auris***

Carbapenem-resistant Enterobacterales**

Chancroid

Chikungunya virus

Chlamydia

Cholera

Coronavirus, Novel (immediate)

COVID-19 Deaths in those <18 yrs

COVID-19 ICU Admissions

Cronobacter in infants <12 months

Cryptosporidiosis

Cyclosporiasis

Dengue viruses 1-4

Diphtheria (immediate)

Eastern Equine Encephalitis virus

Ehrlichiosis

***Escherichia coli* infections (*E. coli* O157, and other Shiga Toxin Producing *E. coli*)**

Gonorrhea

***Haemophilus influenzae*, invasive**

Hantavirus pulmonary syndrome

Heartland virus

Hemolytic uremic syndrome, post diarrheal

Hepatitis A

Hepatitis B, acute infection, perinatal and non-acute confirmed infection

Hepatitis C, acute infection, perinatal and non-acute confirmed infection

Histoplasmosis

HIV infection

Influenza, deaths in those <18 yrs

Influenza A, novel (immediate)

Influenza, ICU admissions

Jamestown Canyon virus

Japanese Encephalitis

Keystone virus

La Crosse virus

Legionellosis

Leptospirosis

Listeriosis

Lyme disease

Malaria

Measles: Suspect, Probable or Confirmed (immediate)

Melioidosis due to *Burkholderia pseudomallei*

Middle Eastern Respiratory Syndrome (MERS) (immediate)

Mpox

Multi-drug Resistant Organisms**

Mumps

***Neisseria meningitidis*, Invasive Disease and Purpura Fulminans**

Outbreaks of public health significance

Pertussis (whooping cough)

Plague (immediate)

Poliomyelitis (immediate)

Powassan virus

Psittacosis due to *Chlamydia psittaci*

Q fever (*Coxiella burnetii*)*

Rabies, human and potential human exposure and animal rabies

Respiratory Syncytial Virus (RSV): deaths in those <18 yrs

Respiratory Syncytial Virus (RSV): ICU Admissions

Rocky Mountain Spotted Fever (RMSF)

Rubella

St. Louis Encephalitis virus

Salmonellosis, other than typhoid or paratyphoid

Severe Acute Respiratory Syndrome (SARS) (immediate)

Shigellosis

Smallpox (immediate)

Snowshoe hare virus

Spotted fever rickettsioses

***S. aureus* infections with intermediate or high level resistance to vancomycin**

Group A streptococcal infections, invasive disease, in persons admitted to the hospital or residing in a residential facility

S. pneumoniae, invasive in those <5 yrs

Syphilis

Tetanus

Toxic shock syndrome due to *S. aureus*

Trichinosis

Trivittatus virus

Tuberculosis

Tularemia*

Typhoid fever and Paratyphoid fever

Typhus

Varicella (chickenpox)

Vibriosis (other than Toxigenic *Vibrio cholera* O1 or O139)

West Nile virus

Western Equine Encephalitis virus

Yellow Fever virus

Zika virus

*If bioterrorism suspected then report immediately (within three hours)

**Reportable to the Extensively Drug-Resistant Organism (XDRO) Registry by providers

Laboratories also must report positive test results of these diseases electronically to their local health department within the time frame indicated.

All reports are confidential and should include—

- the disease or condition being reported
- patient's name, date of birth, age, sex, race/ethnicity, address, and telephone number
- physician's name & telephone number
- clinical information
- method of diagnosis

Not your favorite gal! Alfa-gal syndrome

- Alpha-gal syndrome (AGS) *is a serious, potentially life-threatening allergic condition that can occur after a tick bite.*
- Alpha-gal is a molecule found in most mammals.
- Symptoms appear after people eat red meat or are exposed to other products containing alpha-gal.



The lone star tick is the species mostly associated with AGS, but other kinds of ticks may be involved.



- Diagnosed by IgE to alfa-gal or skin allergy testing.
- Not currently notifiable, but please start documenting: ICD-10 Z91.014.

IDPH Vector Surveillance and Control Program

Presented by:



Samantha Kerr, MS
IDPH Surveillance and
Vector Control Program Manager





IDPH Vector Surveillance and Control Program

Samantha Kerr, MS



Vector Surveillance and Control Program

What do we do? Great question!

- Vector Surveillance and Control Grant and Active Tick Surveillance Grant Programs.
- Collect, identify, and test mosquitoes for the presence of disease.
- Collect ticks from the environment through dragging and CO₂ trapping:
 - Sort, identify, and test for pathogens of public health importance.
- Communicate results to partners and the public.
- Provide education on surveillance results and prevention.

2025 West Nile Virus (WNV)

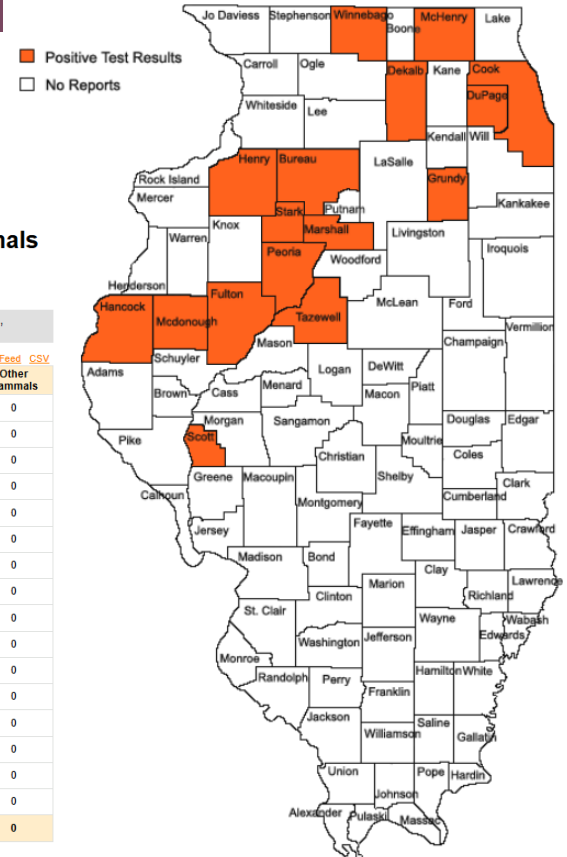
- West Nile Virus Surveillance Webpage:
- Displays WNV-positive human, mosquito, bird, and horse cases
- 16 WNV-positive counties
 - All mosquito pools
- 0 human cases

■ <https://dph.illinois.gov/topics-services/diseases-and-conditions/west-nile-virus/surveillance>

2025 Positive Birds, Mosquitoes, Horses and other Animals

Year:

Click on county name for a detailed list of the municipality where the bird, mosquito and/or horse was found and the date it was collected.



Positive Birds, Mosquitoes, Horses and other Animals

Year:

Click on county name for a detailed list of the municipality where the bird, mosquito and/or horse was found and the date it was collected.

County	American Crow	Blue Jay	Other Birds	Mosquito Batches	Horse	RSS Feed CSV	
						Other Mammals	
BUREAU	0	0	0	1	0	0	
COOK	0	0	0	16	0	0	
DEKALB	0	0	0	1	0	0	
DUPAGE	0	0	0	15	0	0	
FULTON	0	0	0	1	0	0	
GRUNDY	0	0	0	1	0	0	
HANCOCK	0	0	0	4	0	0	
HENRY	0	0	0	3	0	0	
MARSHALL	0	0	0	1	0	0	
MCDONOUGH	0	0	0	3	0	0	
MCHENRY	0	0	0	2	0	0	
PEORIA	0	0	0	4	0	0	
SCOTT	0	0	0	1	0	0	
STARK	0	0	0	1	0	0	
TAZEWELL	0	0	0	1	0	0	
WINNEBAGO	0	0	0	2	0	0	
TOTAL	0	0	0	57	0	0	

Illinois Tickborne Disease Dashboard: <https://dph.illinois.gov/ticks>

Tickborne Illnesses

[Anaplasmosis](#)

[Babesiosis](#)

[Ehrlichiosis](#)

[Lyme Disease](#)

[Rocky Mountain Spotted
Fever](#)

[Tularemia](#)

[Common Ticks](#)

[Tick Surveillance Map](#)

[Vector Control & Surveillance](#)

Tickborne Illnesses

PUBLICATIONS >



Anaplasmosis

Anaplasmosis is an illness spread by ticks infected with the bacteria *Anaplasma phagocytophilum*. These bacteria can be spread to humans by blacklegged ticks (*Ixodes scapularis*), also known as deer ticks.

Babesiosis

What is Babesiosis? Babesiosis is caused by microscopic parasites that infect red blood cells. *Babesia microti* is the main species that has been found in people in the United States. How do people get



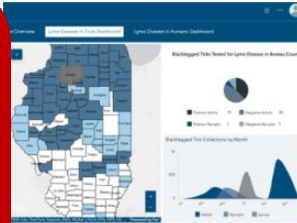


Lyme Disease

Select an image to the right for more information on Lyme Disease.



1 Lyme Disease Overview



2 Lyme Disease in Ticks Dashboard



3 Lyme Disease in Humans Dashboard

Heartland Virus

Alph-gal Syndrome

Longhorned Tick



Late Symptoms (2-6 Months)

Late-stage Lyme disease usually affects the musculoskeletal system. **Lyme arthritis** occurs with severe joint pain and swelling in large joints, such as knees.

Treatment of Lyme Disease

People treated with appropriate antibiotics in the early stages of Lyme disease usually recover rapidly and completely. The antibiotics most commonly used to treat Lyme disease include doxycycline, amoxicillin, or cefuroxime axetil. Most cases of Lyme disease can be treated with 10 to 14 days of antibiotics. Early diagnosis and proper antibiotic treatment of Lyme disease can help prevent more severe disease.

Some patients report **prolonged symptoms** of pain, fatigue, or difficulty thinking even after treatment for Lyme disease. The state of the science relating to prolonged symptoms associated with Lyme disease is limited, emerging, and ongoing. Additional **research** is needed to better understand how to treat, manage, and support people with prolonged symptoms associated with Lyme disease.

Resources

Lyme disease rashes can be difficult to see

Call your health clinic if you have a similar rash. Other symptoms can include:

Children and Lyme disease

Reasons to suspect that your child might have Lyme disease:

- You live in or have recently visited an area where Lyme disease is common.
- You recently found a tick on your child (although these very small ticks can go unnoticed).
- Your child has rash, fever, chills, malaise, joint swelling, muscle pain, new heart palpitations, or drooping on one or both sides of the face.

Treating Lyme disease

People treated with antibiotics in the early stages of Lyme disease usually recover rapidly and completely.

Children who are diagnosed with Lyme disease should be treated with antibiotics promptly. A typical treatment course for children of all ages with early Lyme disease would be 10–21 days of doxycycline, amoxicillin, or cefuroxime.

Seeking early medical advice is important to prevent rare complications of Lyme disease, such as joint, heart, or nerve problems.

Los niños y la enfermedad de Lyme

Razones para sospechar que su hijo podría tener la enfermedad de Lyme:

- Ha visitado recientemente o vive en un área donde la enfermedad de Lyme es común.
- Le acaban de encontrar una garrapata o su hijo ha estado en una zona donde se presume pueden estar desparasitadas.
- Se ha hecho un rash, fiebre, escalofríos, dolores musculares, inflamación de las articulaciones, dolor muscular, cambios en el corazón o en la cara cada día o en ambos lados.

Cómo se trata la enfermedad de Lyme

Las personas que reciben tratamiento con antibióticos en las primeras etapas de la enfermedad suelen recuperarse rápido y por completo.

Los niños con Lyme deben ser diagnosticados y tratados pronto.

Los niños con Lyme deben ser tratados con antibióticos pronto. El curso de tratamiento típico para los niños de todas las edades con enfermedad de Lyme en etapas tempranas de 10 a 21 días de doxiciclina, amoxicilina o cefuroxima.

Es importante buscar atención médica pronto para prevenir las complicaciones graves, como los problemas con las articulaciones, el corazón o los nervios.

How to prevent tick bites

Ticks can spread disease, including Lyme disease.

Protect yourself:

- Use Environmental Protection Agency (EPA)-registered insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus, para-methoxy benzyl alcohol, or 2-ethylhexyl 3-methylbenzylcarbamate.
- Wear clothing treated with permethrin.
- Shower as soon as possible after spending time outdoors.
- Check for ticks daily. Ticks can hide under your arms, behind the knees, in the hair, and in the groin.

Cómo prevenir las picaduras de garrapatas

Los garrapatas pueden transmitir enfermedades, como la enfermedad de Lyme.

Cómo sacar una garrapata

- Use una paja de pasta fría para agarrar la garrapata lo más cerca posible de la superficie de la piel.
- Hele la cara arriba con presión constante a medida que saca la garrapata. Tire suavemente para moverla la piel.
- Cuando la garrapata esté suelta y su cabeza comience a salir, tire y tire.

Precaución:

- Use un repelente de insectos que esté aprobado por la Agencia de Protección Ambiental (EPA) que contenga IR3535, picaridin, DEET, aceite de eucalypto de lemon, para-metoxi benzil alcohol, o 2-ethylhexyl 3-methylbenzylcarbamate.
- Use ropa tratada con permethrin.
- Enjuague lo más pronto posible después de estar tiempo al aire libre.
- Evite rasarse los días que use repelente de insectos. Las garrapatas se pueden esconder en los pelos, desde el bigote hasta el pelo en la cabeza.
- Evite la exposición a una temperatura alta.

Notas:

- Sacar la garrapata lo más pronto posible para disminuir las posibilidades de contraer una infección debido a la garrapata.
- No use aceite de eucalypto, mentol o cualquier otro producto para repeler la garrapata.
- La mayoría de los casos de la enfermedad de Lyme se transmiten en la piel, no en la boca. En la mayoría de los casos, la garrapata no se ve a simple vista.

Illinois Tickborne Disease Dashboard: <https://dph.illinois.gov/ticks>

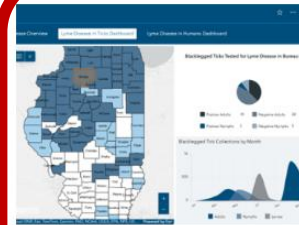


Lyme Disease

Select an image to the right for more information on Lyme Disease.



1 Lyme Disease Overview



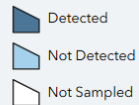
2 Lyme Disease in Ticks Dashboard



3 Lyme Disease in Humans Dashboard

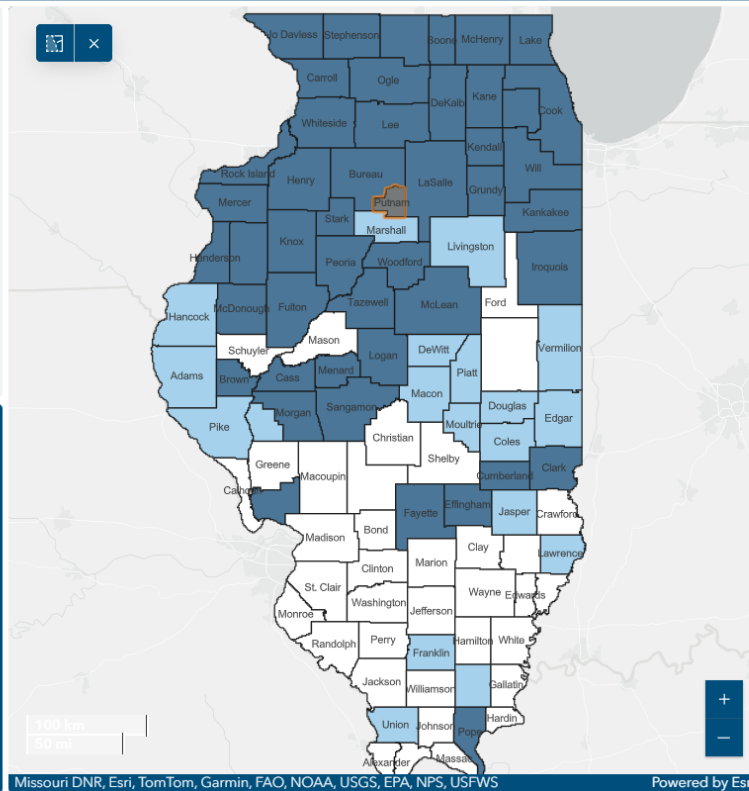


Lyme Disease in Ticks

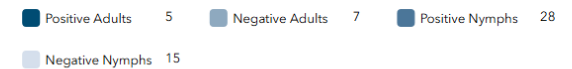
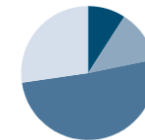


Tick Surveillance in Putnam County

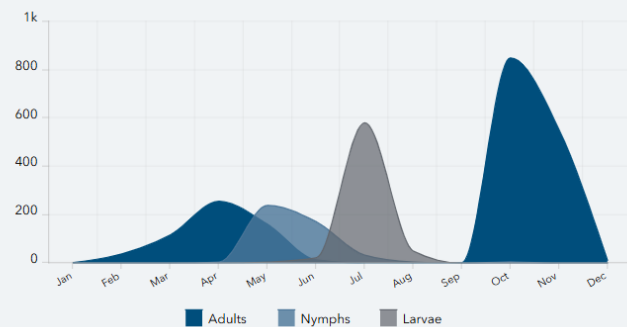
Blacklegged Tick Population Status	Established
Lyme Disease Status in Ticks	Detected
Number of Ticks Tested	56
Number of Ticks Positive	33



Blacklegged Ticks Tested for Lyme Disease in Putnam County



Blacklegged Tick Collections by Month



Illinois Tickborne Disease Dashboard: <https://dph.illinois.gov/ticks>

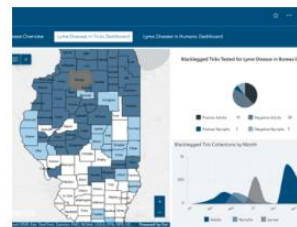


Lyme Disease

Select an image to the right for more information on Lyme Disease.



1 Lyme Disease Overview



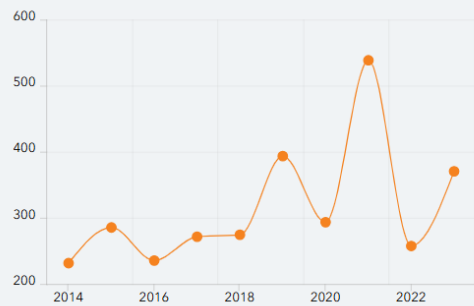
2 Lyme Disease in Ticks Dashboard



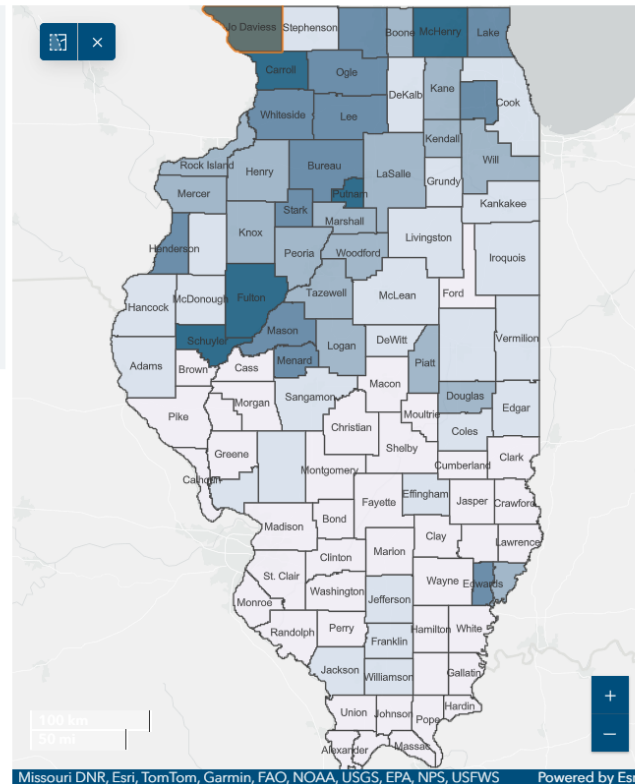
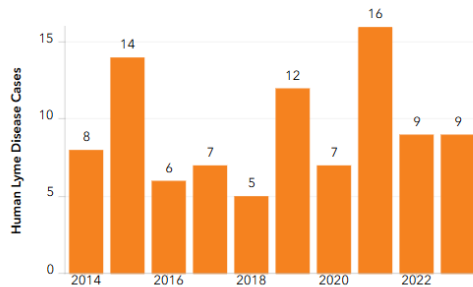
3 Lyme Disease in Humans Dashboard



Total Illinois Lyme Disease Cases by Year



Human Lyme Disease Cases in Jo Daviess County



Lyme Disease in Humans

3-Year Average Human Incidence Rate (2021-2023)



Jo Daviess County Lyme Disease Summary

Blacklegged Tick Population Status	Established
Lyme Disease in Ticks	Detected
Total Human Cases (2021-2023)	34
3-Year Average Human Incidence Rate (2021-2023)	51.43



Want more information?

For more information including symptoms, disease transmission, and prevention strategies, click the image above.

NEW! IDPH Educational Materials: <https://dph.illinois.gov/ticks>



State of Illinois
 Illinois Department of Public Health

NOTIFICATION OF FIELD TRIP

TICK ALERT

Your child is scheduled to take part in an outdoor activity in an area that ticks may inhabit. While we will take precautions to prevent unnecessary exposure, you should thoroughly check your child's body when they return home and for several days following the trip. Below are suggestions on how to protect your child from tick bites and what you should do if your child is bitten. Children should be taught to seek adult help for tick removal. Improper removal can increase the risk of disease transmission. Do not crush, burn, or try to smother the tick, as it may release infected fluids.

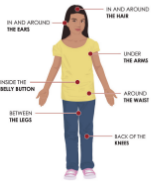
Teacher's Name: _____ Date of Trip: _____

Location of Trip: _____

REDUCE CHANCES OF A TICK BITE

Encourage children to walk in the center of the trails.

- Wear light-colored long pants and long sleeves so you can easily see any ticks. Wear socks and sneakers.
- Tuck the shirt into pants and tuck the pants into socks. Consider using U.S. Environmental Protection Agency (EPA)-registered insect repellents containing DEET, picaridin, IR3535, Oil of Lemon Eucalyptus (OLE), para-menthane-diol (PMD), or 2-undecanone. Do not use products containing OLE or PMD on children under 3 years old. Follow all product label directions.
- If you are using sunscreen, apply sunscreen first and insect repellent second.
- Consider pre-treating clothing with products containing 0.5% permethrin. Follow all product label directions.
- Do a thorough tick check upon returning inside, when your child gets home, and for several days following the trip. Here's where to look:



Developed in collaboration with the Illinois Lyme Association





ILLINOIS DEPARTMENT OF PUBLIC HEALTH
PROTECTING HEALTH. IMPROVING LIVES.

Please dress appropriately.

Printed by Authority of the State of Illinois 2/25

KDCI 25-1321



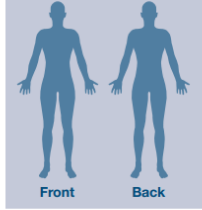
State of Illinois
 Illinois Department of Public Health

Notification to Parent/Guardian of Tick Found on Student

This notification informs you that a tick was found and removed from a student per the Centers for Disease Control and Prevention (CDC) tick removal guidelines. The tick has been taped to the bottom of this sheet in case it is needed for identification or diagnostics.

Student Name: _____ Date: _____

Body Location	# of Ticks Removed

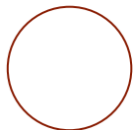


MONITOR FOR SYMPTOMS OF TICKBORNE DISEASE

Ticks found in Illinois and other nearby states carry germs that can transmit disease and make people sick. You should contact your child's health care provider if you notice any signs or symptoms of illness, such as fever, flu-like symptoms, or a skin rash for several weeks following the tick bite. Most tickborne diseases can be treated with antibiotics if recognized and diagnosed promptly.

The most common illness caused by ticks that bite and attach for more than 24 hours is Lyme disease. Lyme disease symptoms include fever, chills, headache, tiredness, muscle and joint aches, swollen lymph nodes, and a bullseye rash or atypical rash. A bullseye rash only occurs in 70-80% of infected persons. Other tickborne illnesses, which can transmit in under 24 hours, include spotted fever group rickettsiosis, ehrlichiosis, and anaplasmosis. Symptoms of these illnesses can be similar to Lyme disease but can also include spotted rash, nausea, vomiting, diarrhea, and loss of appetite.

For more information about ticks and how to prevent bites, visit: <https://dph.illinois.gov/ticks>



TAPE TICK(S) HERE





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KDCI 25-1321

NEW! IDPH Educational Materials: <https://dph.illinois.gov/ticks>

**State of Illinois**
Illinois Department of Public Health

Tick and Mosquito Prevention

CAMPER CHECKLIST

Getting ready for summer?
Use a checklist to make sure that you have the tools on hand to prevent tick and mosquito bites.



Ticks and mosquitoes are common at outdoor events and camps in Illinois.

West Nile Virus is the most common disease you can get from mosquitoes in Illinois.

Lyme disease is the most common disease you can get from ticks in Illinois (and the United States). Less common diseases that you can get from ticks in Illinois include:

- Anaplasmosis
- Babesiosis
- Ehrlichiosis
- Spotted fever group rickettsioses

Developed in collaboration with the Illinois Lyme Association



<https://dph.illinois.gov/ticks>



Adapted from the Pennsylvania Department of Health's Camp Checklist

Printed by Authority of the State of Illinois 2/25 IDCI 25-1327 IDPH

BEFORE CAMP

- ☐ **Pack insect repellent.**
Select a repellent that is U.S. EPA-registered for ticks and mosquitoes. Look for ingredients like DEET, picaridin, oil of lemon eucalyptus, or IR3535.
- ☐ **Spray clothes, shoes, and gear with permethrin.**
Permethrin is an insecticide that kills ticks and mosquitoes on contact. You can use permethrin to pre-treat shoes, clothes, sleeping bags, tents, and other gear.
- ☐ **Pack a tick removal tool.**
Pack a tick remover, such as tweezers, for removing ticks in case you find a tick attached to your body.

AT CAMP

- ☐ **Use insect repellent every day.**
Spray your exposed skin and over your clothes every morning and reapply throughout the day.
- ☐ **Check for ticks regularly.**
Check for ticks throughout the day. Good times to encourage campers to conduct a thorough tick check are at meals, before swimming, during shower time, and at the end of the day.
- ☐ **Remove any ticks you find promptly.**
Encourage campers to ask an adult for help.

AFTER CAMP

- ☐ **Place all clothes and washable gear in the dryer.**
Dry clothes for 10 minutes on high heat to remove any ticks that may be on them.
- ☐ **Shower after returning from camp.**
Soap and water can remove any ticks that are crawling.
- ☐ **Watch for tick and mosquito disease signs.**
If you feel sick with flu-like symptoms (especially during the summer) like fever, joint or body aches, headaches, nausea, vomiting, diarrhea, or a rash, see a health care provider.

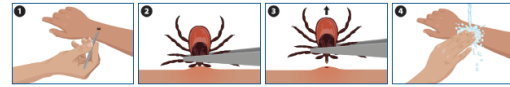
**State of Illinois**
Illinois Department of Public Health

Tick Bite: What to Do

Tick bites can make people sick. Below are some steps that you can take after a tick bite to reduce your chances of getting sick and how to get treatment promptly if you do get sick.

Remove the tick as soon as possible

1. Use fine-tipped tweezers to grasp the tick as close to the skin as you can.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick.
3. After removing the tick, clean the bite area and your hands with rubbing alcohol or soap and water.
4. Dispose of the tick by flushing it down the toilet. If you would like to bring the tick to your health care provider for identification, put it in rubbing alcohol or place it in a sealed bag/container.



Consider calling your health care provider

In general, the Centers for Disease Control and Prevention (CDC) does not recommend taking antibiotics after tick bites to prevent tickborne diseases. However, in certain circumstances, a single dose of doxycycline after a tick bite may lower your risk of Lyme disease. Consider talking to your health care provider if you live in an area where Lyme disease is common.

Watch for symptoms for 30 days

Call your health care provider if you get any of the following:

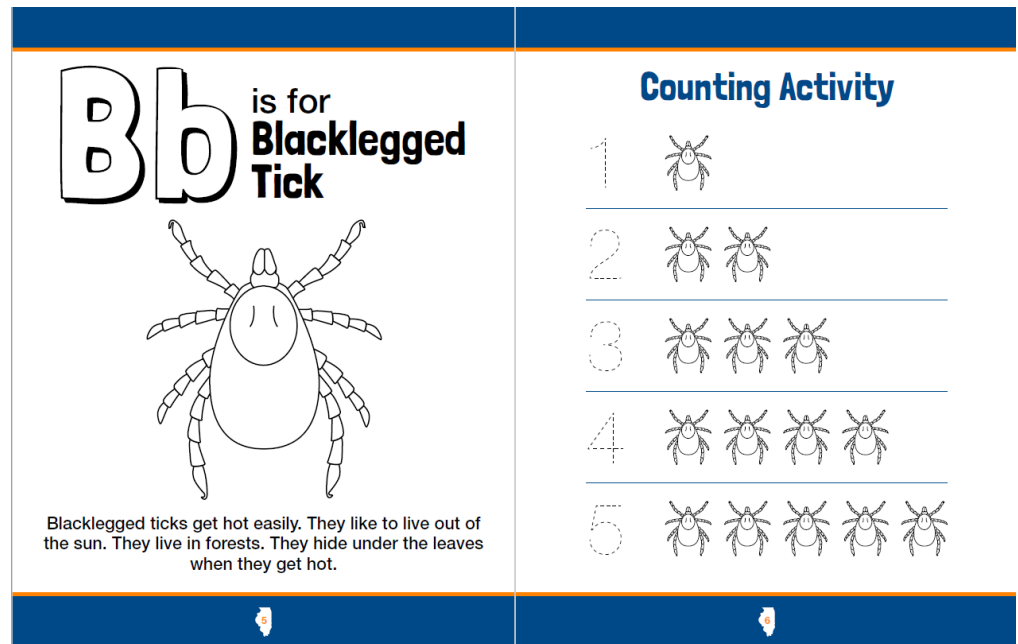
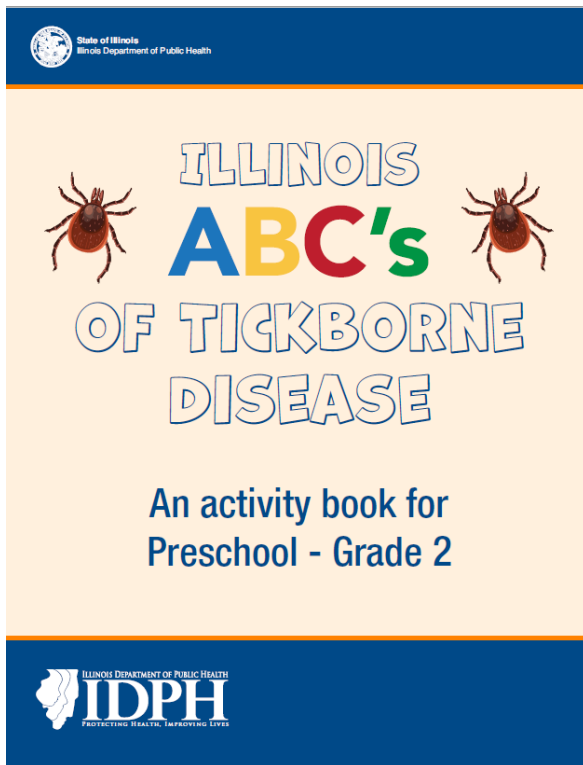
- Rash
- Headache
- Fever
- Muscle pain
- Fatigue
- Joint swelling and pain

Treatment for tickborne diseases should be based on symptoms, history of exposure to ticks, and in some cases, blood test results. Most tickborne diseases can be treated with a short course of antibiotics.

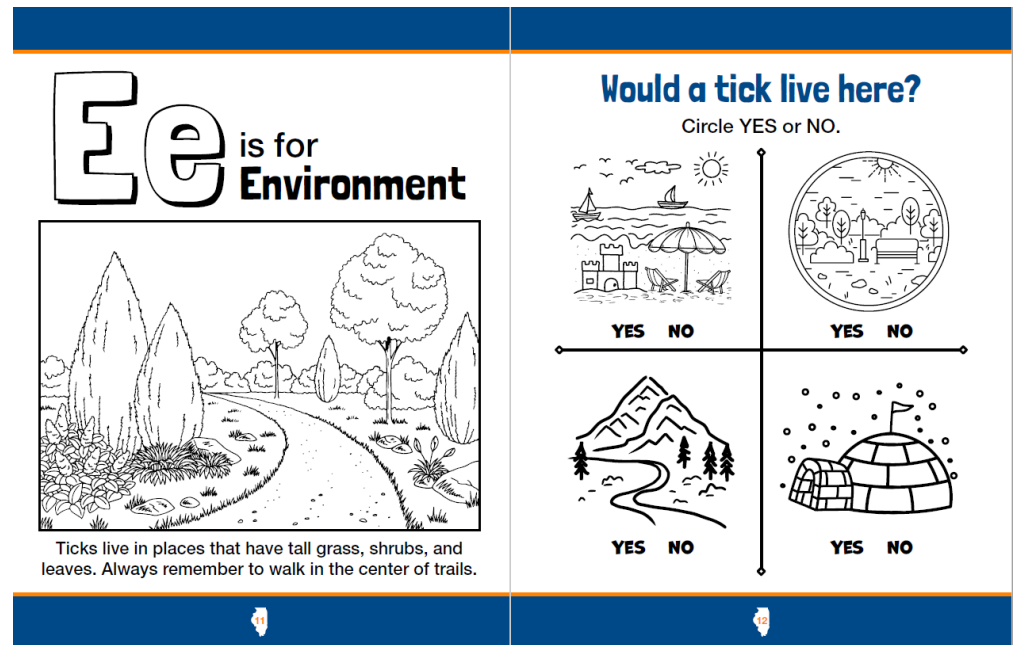
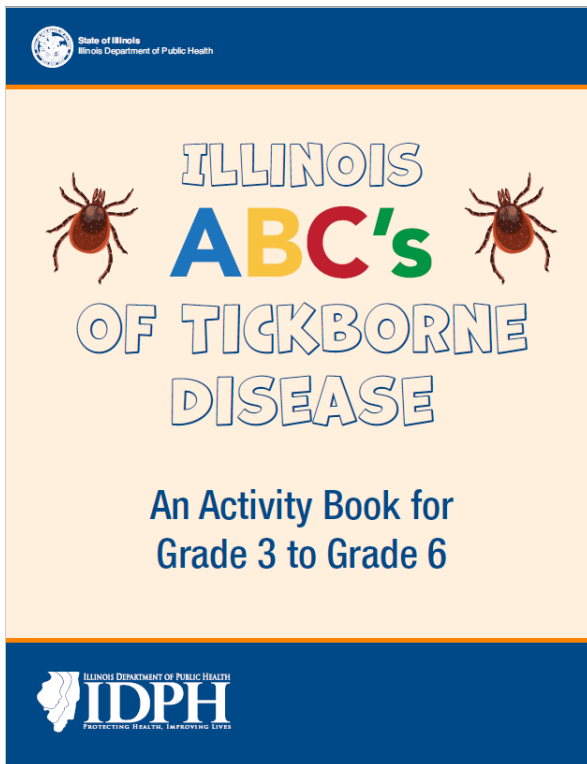
**U.S. Department of Health and Human Services**
Centers for Disease Control and Prevention

**ILLINOIS DEPARTMENT OF PUBLIC HEALTH**
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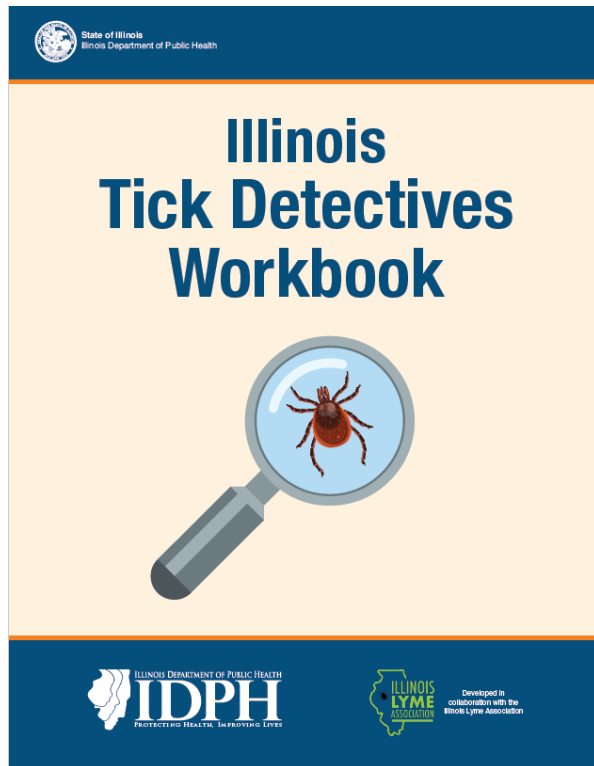
NEW! IDPH Educational Materials: <https://dph.illinois.gov/ticks>



NEW! IDPH Educational Materials: <https://dph.illinois.gov/ticks>



NEW! IDPH Educational Materials: <https://dph.illinois.gov/ticks>



Find The Tick Habitats	How Do I Protect Myself From Ticks?
Circle the places where ticks might live in the pictures below. 	Year-round tick bite prevention is the best defense against Lyme disease.  Have an adult help you put on insect repellent (bug spray) before you go outside. Have them find one that is registered by the U.S. EPA on this website: https://www.epa.gov/insect-repellents/findrepellent-right-you  Have an adult pre-treat your shoes and clothes with permethrin, a spray that lasts through many washes and can protect you for a long time. Permethrin kills ticks when used to treat shoes, clothes, and gear. It should not be put on the skin.  Stay in the middle of the trail in the woods and avoid tick-risky habitats (leaf piles, brush, wood piles).  Shower and check for ticks after being outside. This can help you get ticks off you before they have time to attach and eat. Be sure to have an adult help you check all the spots in the picture to the right. 

Presented by:



Connie Austin, DVM, MPH, PhD, DACVPM
IDPH Public Health Veterinarian
Deputy State Epidemiologist



Quick Rabies Review

Connie Austin

DVM MPH PhD

Office of Disease Control



What I will cover:

- Dogs, cats, and small rodent bites.
- Bats, bats, and more bats.
- Rabies post-exposure prophylaxis (PEP).



NoShoes on sxc



RISK OF RABIES BY SPECIES IN ILLINOIS

■ Low

- Rodents
- Rabbits
- Pocket pets (hamsters, gerbils, guinea pigs, etc.)
- Dogs, cats, ferrets
- Livestock

■ High

- Wild animals, e.g., raccoon, skunk, fox, coyotes
- Bats



WHY IS IT IMPORTANT TO CORRECTLY ASSESS EXPOSURE?

- Costly rabies PEP treatment may be overutilized, resulting in a financial burden on health care systems and patients.
- Some individuals have reported that the first day of treatment for rabies was \$20,000.
- If someone does not have insurance, has a high deductible or co-pay, this can be VERY expensive.
- Recommend it when needed, but not for every exposure.



BATS, BATS, AND MORE BATS

Baby Blues By Rick Kirkman and Jerry Scott



Bats in bad places



Winchester Schools's Post



Winchester Schools

3h · 🌐

Students noticed a bat "hanging out" on the wall between 1st and 2nd floor this afternoon. Coincidentally, this happened right as Ms. Nichols' Zoology class was about to begin! No better time to learn about bats than when you have a live one in your school!!

(Out of an abundance of caution, Ms. Nichols was the only one to hold the bat and no students were allowed to touch it. Safety first!)



41

3 Comments 2 Shares



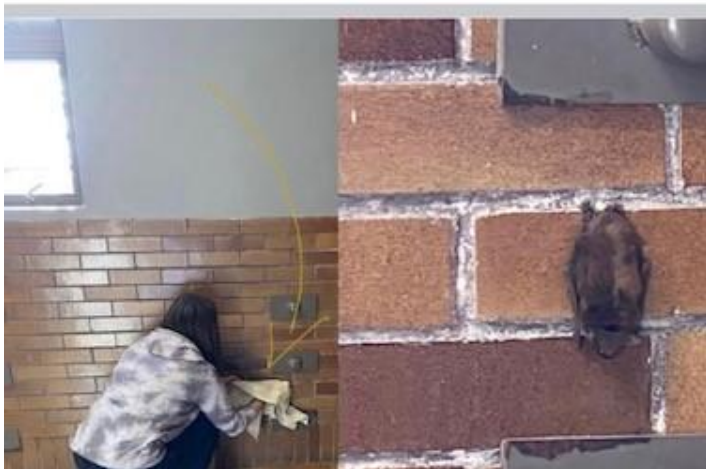
Like



Comment



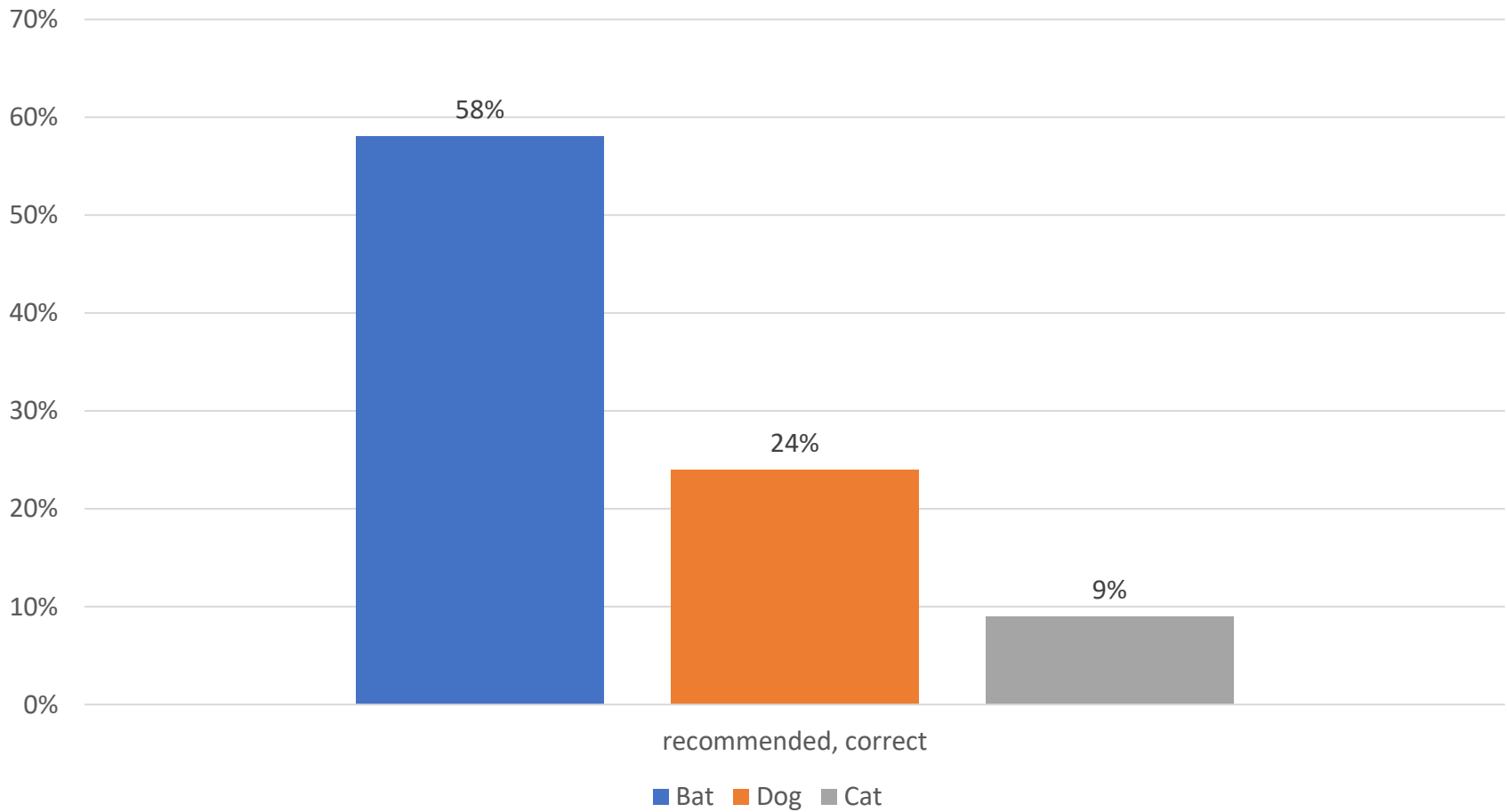
Share



Bat exposures recommended for rabies Post Exposure Prophylaxis (PEP), unless the bat tested is negative.

- Bat bite.
- Wake up to bat in room.
- Physical contact with a bat, can't rule out a bite.
- Person alone in the room with a bat and is not capable of saying if they were exposed (infant, dementia, intoxicated, or high).

Correctness of Rabies PEP Recommendation in Illinois



Millions of Bites, and Thousands of ED Visits. What do these patients really need?

- Wound care.
- Antibiotic therapy.
- Tetanus Booster or TIG administration¹.
 - Many immigrants are not adequately vaccinated against tetanus, and a thorough history needed.
- Rabies-specific risk assessment.

¹ Talan DA, Abrahamian FM, Moran GJ, et al. Tetanus immunity and physician compliance with tetanus prophylaxis practices among emergency department patients presenting with wounds. *Ann Emerg Med*. 2004;43:305-314.

Post-Exposure Prophylaxis (PEP)

Administration of PEP is medically urgent, but not an emergency.

Start PEP within a few days if needed.

If a high-risk animal available for testing, test the animal.

What can we do about the issue of rabies PEP expense?

- Prevention messages.
- Education to EDs about correct administration.
- Alternate sites for rabies PEP besides four trips to the emergency department.

Questions? Feel free to call your local health department with any exposure questions



Next to come in the FAST PHACTs series

- July 17, 2025: “Back to School, Children’s Health Agenda.”
- August 21, 2025: “Prevention and Partnerships: Public Health Efforts to Reduce Cancer in Illinois.”

[Register Here](#)

Reach out to us!



[Contact IDPH Medical Services Division](#)

Weblink:

<https://app.smartsheet.com/b/form/2ae48352ac624f95b63197b722830963>

This form should be used for questions from health care providers to IDPH Medical Services Division regarding IDPH resources, and is not intended to provide clinical guidance.

Date Submitted

First name

Last Name

Email Address

Telephone Number

Organization:

Is this Urgent (response requested within one (1) business day)?

Route To

Area of Inquiry:

- ☐ Reportable Condition
- ☐ IDPH Resources
- ☐ Health Advisory
- ☐ Other

Inquiry Details:





The Health Alert Network, HAN/SIREN, provides the tools and capacity for rapid, reliable, and secure web-based alerting, communication, and organization-based health information sharing and collaboration. SIREN is the emergency planning, alerting, and notification system for IDPH. It is a single central point for finding, creating, and sharing information. It also provides emergency preparation for federal, state, and local offices.

To sign up for Siren at <https://www.siren.illinois.gov/>

or through this QR Code:





For those wishing to obtain CME credit, complete the evaluation survey and quiz at the end of this webinar utilizing the following weblink and/or QR code before June 25, 2025.

<https://forms.office.com/g/ZEVAnTxpyJ>

Fast Phacts:Heat, Bugs, and Bites:
What every clinician should know
going into the summer!"



CME Available for live attendance ONLY.
For questions contact David Hale-Arroyo at David.hale-arroyo@illinois.gov