

# Keeping Up With... Dodge County Public Health



Jan - March 2024

## JANUARY 2024

Happy New Year!

As we step into the new year, the Dodge County Public Health team extends a warm welcome to each and every one of you. We are thrilled to bring you the first edition of our newsletter for 2024, packed with valuable information and updates on public health initiatives, community events, and tips for a healthier and happier lifestyle.

Topics covered in this issue:

- Respiratory Syncytial Virus
- Car Seat Safety
- Winter Weather Dangers
- Winter Illness Guide
- WIC Nutrition Education

How to Stay Connected:

Follow us on social media for real-time updates, health tips, and community highlights:

- Facebook: [facebook.com/DodgeCountyPH](https://facebook.com/DodgeCountyPH)
- Website: [co.dodge.wi.gov/publichealth](https://co.dodge.wi.gov/publichealth)

Your health and well-being are our top priorities, and this newsletter is designed to be a valuable resource for you. We encourage you to share it with your friends, family, and neighbors to spread the message of good health across Dodge County.

Thank you for being an essential part of our community.  
Wishing you a happy and healthy 2024!

Sincerely,

*Roman Mullen*

Roman Mullen, MS, REHS  
Public Health Officer



**DODGE COUNTY**  
W I S C O N S I N



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email!



## Newsletter Highlights

### MEET OUR TEAM

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### COMMUNICABLE DISEASE

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### COMMUNITY HEALTH

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### EMERGENCY PREPAREDNESS

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### PUBLIC HEALTH NURSING

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### WOMEN, INFANTS & CHILDREN



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DODGE COUNTY PUBLIC HEALTH  
199 COUNTY RD DF, JUNEAU, WI 53039 • 920-386-3670

# Meet Our Team!



Jan - March 2024

Roman Mullen

Public Health Officer

## Public Health Services

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Julie Schmidt

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## Women, Infants, & Children (WIC) Program

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# Communicable Disease Highlight



Jan - March 2024

## What are Communicable Diseases?



Communicable diseases are illnesses that spread from one person to another, from an animal to a person, or from a surface or a food.

Diseases can commonly be transmitted through: direct contact with a sick person, respiratory droplets spread from a sick person sneezing or coughing, and contact with blood or other body fluids.



*This quarter's highlighted Communicable Disease is...*

## Respiratory Syncytial Virus

**Respiratory Syncytial Virus, also known as RSV, is a viral infection that can lead to inflammation of the respiratory track and lungs. RSV is so common, that most children have been infected with the virus by age 2.**

Most people recover in a week or two, but RSV can be serious. Infants and older adults are more likely to develop severe RSV and need hospitalization. If you are age 60 or older, a vaccine is available to protect you from severe RSV. Talk to your healthcare provider to see if it's right for you.

## Each year in the United States, RSV leads to:

**80K**

58,000 - 80,000 hospitalizations in children under 5

**160K**

60,000 - 160,000 hospitalizations in adults 65 or older

**10K**

6,000 - 10,000 deaths in adults 65 or older

**People infected with RSV usually show symptoms within 4 to 6 days after becoming infected. Symptoms of RSV infection usually include:**

- Runny nose
- Sneezing
- Decrease in appetite
- Fever
- Coughing
- Wheezing

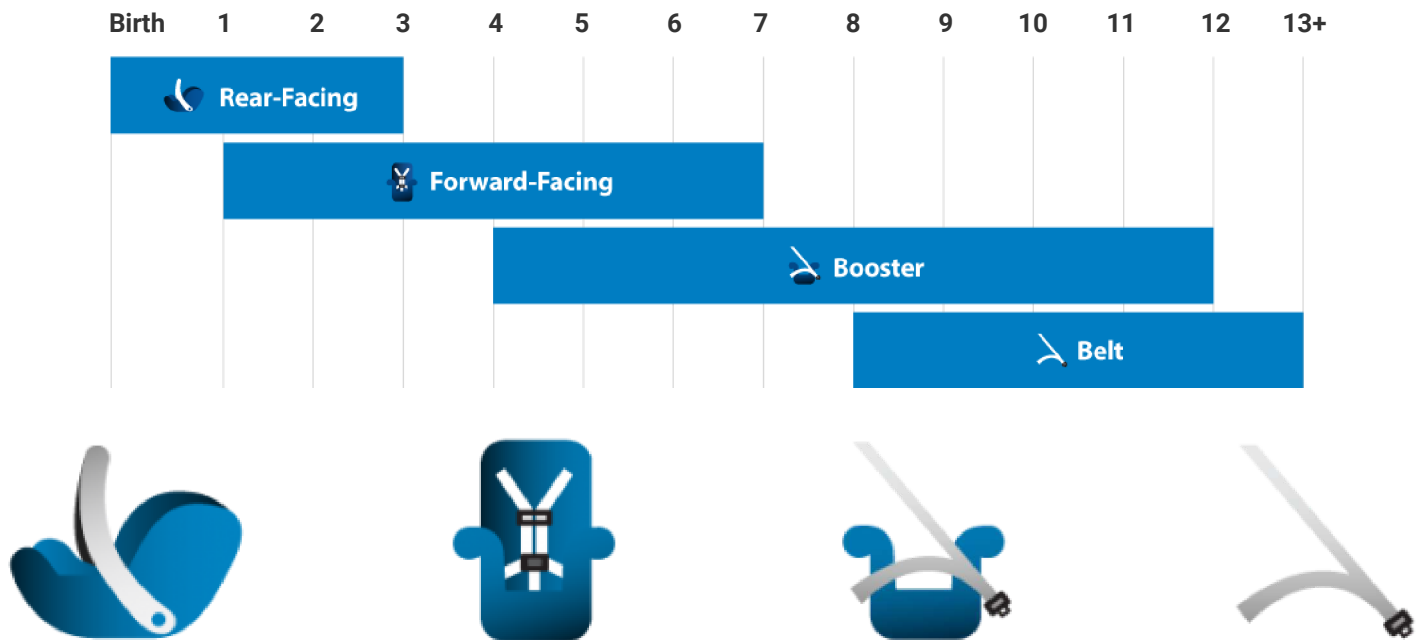
# Community Health



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## Is your child in the right car seat?

Car seats and boosters provide protection for infants and children in a crash, yet car crashes are a leading cause of death for children ages 1 to 13. That's why it's so important to choose and use the right car seat correctly every time your child is in the car. Follow these important steps to choose the right seat, install it correctly, and keep your child safe.



Your child under age 1 should always ride in a rear-facing car seat. Keep your child rear-facing as long as possible. Your child should remain in a rear-facing car seat until they reach the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the rear-facing car seat, your child is ready to travel in a forward-facing car seat with a harness and tether.

Keep your child in a forward-facing car seat with a harness and tether until they reach the top height or weight limit allowed by your car seat's manufacturer. If your child is at least 4 years old, 40 pounds, and is mature enough to sit correctly, they may be ready for a booster seat.

Once your child outgrows the forward-facing car seat with a harness, it's time to travel in a booster seat, but still in the back seat. Booster seats are important to use when a child has outgrown a harness seat, but before they are ready to sit using a seat belt only. The booster seat raises the child so the vehicle's lap and shoulder belts fit properly over the strongest part of the child's body - the chest and thighs.

Keep your child in a booster seat until they are big enough to fit in a seat belt properly. For a seat belt to fit properly, the lap belt must lie snugly across the upper thighs, not the stomach. The shoulder belt should lie snugly across the shoulder and chest, not cross the neck or face. Remember: your child should still ride in the back seat to avoid the airbag deployment zone.

# Community Health



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## Car Seat Check Event

Learn how to install your child's car seat or booster seat. Find out if it's time for a change! Certified Child Passenger Safety Technicians will be on-site to help caregivers properly install car seats!

**Thursday, February 1st**

**3pm-6pm**

**Beaver Dam Fire Station**

**205 S Lincoln Ave.**

**Beaver Dam, WI 53916**

**APPOINTMENT REQUIRED!**

Call: 920-386-3670

Email: [publichealth@co.dodge.wi.us](mailto:publichealth@co.dodge.wi.us)

**Weather Permitting**

**FREE!**

Please bring your child, car seat, car seat instructions and vehicle owner's manual to the event!

**SAFE  
KIDS  
WISCONSIN**

We will also have a limited supply of car seats to give to families who are eligible!

# Emergency Preparedness



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## Winter Weather Dangers: Hypothermia

With the winter months in full swing it is imperative that everyone recognize the signs and symptoms of hypothermia, and understand the importance of minimizing your exposure to extreme cold.

Hypothermia is caused by prolonged exposure to cold temperatures. Your body begins to lose heat faster than it is able to produce it. Our normal body temperature is 98.6 degrees Fahrenheit. When an individual becomes hypothermic, their body temperature has fallen below 95 degrees Fahrenheit.

### KNOW THE SYMPTOMS:

Shivering



Slurred speech

Shallow breathing



Weak pulse

Poor coordination



Drowsiness

Confusion



Loss of consciousness

The best way to prevent hypothermia is to dress in warm layered clothing, stay dry, and avoid activities that would cause you to sweat. Ensure you wear appropriate headwear and gloves to prevent frostbite as well.

For more tips on winter safety, visit

<https://www.dhs.wisconsin.gov/climate/winter-weather.htm>



# Public Health Nursing



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## Winter Illness Guide

Colds, flus, and other respiratory illnesses are more common in colder months. People are indoors more often, allowing viruses to pass more easily from one person to another. And the cold, dry air may weaken your resistance. If you're coughing and sneezing this winter, how do you know if you have a cold or something more serious? Check out this Winter Illness Guide:

### Common Cold

**What is it?** Your nose & throat are infected. Also, maybe your ears.  
**How I feel:** Runny nose, sore throat, low fever. Sneezing & coughing.

**How long will it last?** A few days to several weeks.  
**What should I do?** No cure, take OTC pain relievers, decongestants & antihistamines.  
**When can I go back to work?** Most people are contagious for about a week, avoid close contact with others until you're done sneezing & coughing.

### Influenza (Flu)

**What is it?** Your respiratory tract is infected.  
**How I feel:** Fever, body aches, headache, sore throat, vomiting.

**How long will it last?** A few days to several weeks.  
**What should I do?** Relieve symptoms with rest, fluids & medicines. Antiviral medications have to be started within 48 hours of symptom onset to be helpful.  
**When can I go back to work?** At least 5 days after onset of symptoms & 24 hours after fever breaks.

### COVID-19

**What is it?** Your respiratory tract is infected.  
**How I feel:** Some have few or no symptoms, others have sore throat,

congestion, runny nose and fever or chills. May lose sense of taste or smell.  
**What should I do?** Isolate. Get plenty of rest, drink fluids & take OTC medications.  
**When can I go back to work?** At least 5 days after onset of symptoms & then wear mask for 5 more.

### Pneumonia

**What is it?** Your lungs are infected, causing air sacs to fill with fluids.  
**How I feel:** Symptoms range from mild to life-threatening & can include

confusion, fever, heavy sweating, chills, lack of appetite, rapid breathing, shortness of breath & stabbing pain in the chest that's worse with coughing.  
**How long will it last?** 1 to 3 weeks, can be deadly.  
**What should I do?** Viral pneumonia: rest & drink fluids. Bacterial pneumonia: antibiotics. In both cases, medications can ease your fever & cough.

### Acute Bronchitis

**What is it?** Inflamed bronchi resulting in too much mucus.

**How I feel:** Dry cough that soon becomes mucus-producing. Aches & pains, chills, headache, watery eyes & wheezing.

**How long will it last?** About 2 weeks.  
**What should I do?** It will clear up on its own. A humidifier, cough medicine & pain relievers can help.  
**When can I go back to work?** You're not contagious once the initial viral phase subsides after a few days, so return to work when you feel strong enough.

### Chronic Bronchitis

**What is it?** Inflamed bronchi resulting in too much mucus. Considered chronic if you have a mucus-producing cough at least 3 months per year, 2 years in a row

**How I feel:** You have a persistent cough, plus chest discomfort & difficulty breathing.  
**How long will it last?** May come & go, but it's not going away.  
**What should I do?** A humidifier, cough medicine & pain relievers can help. It is not contagious.

# Women, Infants, & Children (WIC)



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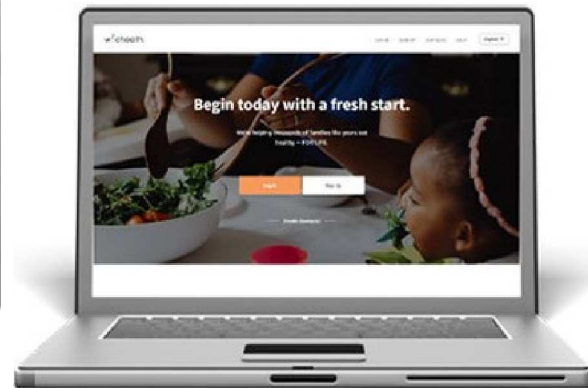
## WIC Online Nutrition Education Lessons

WIC participants are required to do an online Nutrition Lesson in between their appointments in order to get their benefits reloaded.

Complete your WIC lesson on your own schedule using [WICHealth.org](https://www.wichealth.org). Begin a lesson from home, on your phone, at school, your local library or anywhere you have internet access. WIC online classes are available 24 hours a day.

To participate in WIC Online Nutrition Education:

1. Visit [wichealth.org](https://www.wichealth.org) or the WIC APP
2. Use your WIC Family ID number to create an account
3. Complete the education module of your choosing
4. Call 920-386-3680 to get your next 3 months of benefits issued!



## SPINACH, EGG & CHEESE BITES

- 7 eggs
- 1/4 tsp salt
- 1/4 cup milk
- 1 cup grated cheddar cheese
- 1 cup roughly chopped spinach
- 3/4 cup Parmesan cheese

1. Preheat the oven to 350 degrees.
2. Grease a 12-count muffin tin with cooking spray and set aside.
3. In a medium bowl, whisk the eggs until smooth.
4. Add the salt, milk, cheddar cheese and spinach, mix well.
5. Spoon the mixture into the muffin tins and fill about 2/3 full.
6. Top with Parmesan cheese.
7. Bake for 20-22 minutes or until the edges become golden.

Use your WIC benefits  
to try out this delicious  
and easy breakfast!

