

# Keeping Up With... Dodge County Public Health



July - Sept 2024

## JULY 2024

I'm pleased to share valuable information to keep our community healthy and safe during the summer months. This edition covers key health topics to inspire conversations and actions among us all.

- Chlamydia, a common STI, can have serious health implications. To promote easy access to testing, we offer at-home STI kits. Our article highlights the importance of regular testing and how to request a kit.
- Enjoying our lakes and rivers is a summer highlight, but blue-green algae can pose health risks. Learn how to recognize harmful blooms and prevent exposure in our detailed article.
- With rising temperatures, understanding the dangers of extreme heat is crucial. Our article on heat safety offers tips to stay cool and lists local cooling shelters for relief.
- Ticks and mosquitoes can transmit serious diseases like Lyme disease and West Nile Virus. Our article provides essential information on protection and prevention.

I encourage you to read through each of these informative articles and share the knowledge with friends, family, and neighbors. Our goal is to foster a healthier Dodge County by empowering you with the information and resources you need to make informed health decisions.

Your feedback and suggestions are always welcome as we strive to serve our community better. Together, we can create a safer, healthier environment for everyone in Dodge County.

Stay safe and enjoy your summer!

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!



July - Sept 2024

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Public Health Officer

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# Communicable Disease Highlight



July - Sept 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...* **Chlamydia** 

**Chlamydia is caused by the bacterium *Chlamydia trachomatis* and is one of the most frequently reported STIs in the United States. It can affect both men and women, often without causing noticeable symptoms. However, if left untreated, chlamydia can lead to serious health complications, including infertility, pelvic inflammatory disease (PID), and increased risk of contracting other STIs.**

### Symptoms and Risks:

While chlamydia can be asymptomatic, when symptoms do occur, they may include:

- For Women: Abnormal vaginal discharge, burning sensation during urination, pain during intercourse, and abdominal pain.
- For Men: Discharge from the penis, burning sensation during urination, and testicular pain.

Given the often silent nature of chlamydia, regular testing is crucial, especially for sexually active individuals under the age of 25 and those with new or multiple sexual partners.

### The Importance of Testing:

Early detection and treatment of chlamydia are essential to prevent long-term health issues. Testing is straightforward and can be done through a simple urine sample or swab. For those who test positive, chlamydia is easily treatable with antibiotics.

**Continued on next page...**

# Communicable Disease Highlight



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## At-Home STI Testing Kits:

To make STI testing more accessible and private, the Dodge County Health Department offers at-home STI testing kits. These kits provide a convenient and confidential way to get tested without needing to visit a clinic. Here's how you can access and use these kits:

1. Request a Kit: Visit our website at [Dodge County STI Testing](#) to request an at-home STI testing kit.
2. Follow the Instructions: Once you receive your kit, follow the simple instructions provided to collect your sample.
3. Send It Back: Use the prepaid packaging to mail your sample to our lab.
4. Receive Your Results: Results will be communicated confidentially, and if treatment is necessary, our health department will provide guidance on the next steps.

## Taking Action:

By taking advantage of these at-home testing kits, you can take control of your sexual health and help reduce the spread of STIs in our community. Here are a few ways to promote a healthier Dodge County:

- Get Tested Regularly: Regular testing is key, even if you do not have symptoms. Encourage your friends and partners to do the same.
- Practice Safe Sex: Use condoms consistently and correctly to reduce the risk of STIs.
- Educate Yourself and Others: Share information about chlamydia and the availability of at-home testing kits with your peers. Education and open dialogue are powerful tools in combating STIs.

## Community Support:

The Dodge County Health Department is committed to supporting you in maintaining your health. We offer resources, education, and support to ensure you have the information and tools you need. Don't hesitate to reach out to us with any questions or concerns.



Scan QR code  
to request your  
STI Test Kit!

# Community Health



July - Sept 2024

## Watch Out For Blue-Green Algae

As the summer sun warms our beautiful lakes and rivers, it's the perfect time to enjoy outdoor activities like swimming, boating, and fishing. However, with the rise in temperatures, we must also be aware of the potential risks posed by blue-green algae blooms in our waters.

### What is Blue-Green Algae?

Blue-green algae, also known as cyanobacteria, are microscopic organisms that naturally occur in freshwater lakes, rivers, and ponds. While they play a role in the ecosystem, certain conditions—warm temperatures, abundant sunlight, and nutrient-rich waters—can cause these algae to multiply rapidly, leading to what is known as a "bloom."

### Recognizing Blue-Green Algae Blooms:

Blue-green algae blooms can vary in appearance, often resembling green paint, pea soup, or mats of scum on the water's surface. The color can range from blue-green to green, brown, or red. Blooms may also produce a strong, unpleasant odor.



### Health Risks Associated with Blue-Green Algae:

Blue-green algae can produce toxins, exposure to these toxins can occur through direct skin contact, ingestion, or inhalation of water droplets. Symptoms of exposure may include:

- Skin rashes and irritation
- Stomach cramps, diarrhea, and vomiting
- Headaches, fever, and muscle weakness
- In severe cases, liver and kidney damage, neurological issues, or even death

### Preventing Exposure:

- **Avoid Contact:** Stay out of water that appears discolored, has visible scum, or emits a foul odor. Keep pets away from affected water as well.
- **Follow Advisories:** Pay attention to local health advisories and posted warnings about water quality. The Wisconsin Department of Natural Resources (DNR) and local health departments regularly monitor water bodies and issue alerts when necessary.
- **Shower After Swimming:** If you've been in a body of water that might be affected by algae, shower immediately and thoroughly wash any exposed skin.
- **Do Not Ingest:** Avoid swallowing water from lakes, rivers, or ponds, especially those with visible blooms. This includes not using affected water for cooking or drinking.

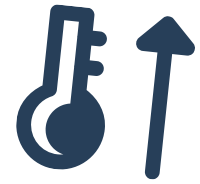
# Emergency Preparedness



July - Sept 2024



## Heat Related Illness



As we welcome the warm and sunny days of summer, it's important to recognize the potential health risks that come with the season's rising temperatures. Extreme heat can pose serious threats, especially to vulnerable populations such as the elderly, children, and those with pre-existing health conditions.

### Understanding the Dangers of Heat:

Prolonged exposure to high temperatures can lead to several heat-related illnesses, including:

1. *Heat Exhaustion*: Symptoms include heavy sweating, weakness, cold, pale and clammy skin, fast, weak pulse, nausea or vomiting, and fainting. If you or someone else is experiencing these symptoms, move to a cooler place, drink water, and apply cool, wet cloths to the body.
2. *Heat Stroke*: This is a severe medical emergency. Symptoms include high body temperature (above 103°F), hot, red, dry, or damp skin, rapid and strong pulse, and possible unconsciousness. If heat stroke is suspected, call 911 immediately. Move the person to a cooler environment and try to lower their body temperature with cool cloths or a bath. Do not give fluids.
3. *Heat Cramps*: These are muscle spasms that typically occur in the legs or abdomen, often due to heavy exertion in the heat. Rest in a cool place and drink water or a sports drink. Stretch and gently massage the affected muscles.

### Prevention Tips:

Preventing heat-related illnesses is crucial during the hot summer months. Here are some tips to stay safe:

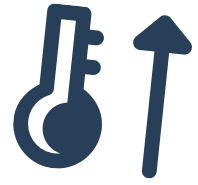
- **Stay Hydrated**: Drink plenty of fluids, especially water, even if you don't feel thirsty. Avoid beverages containing alcohol or caffeine, as they can dehydrate you.
- **Dress Appropriately**: Wear lightweight, light-colored, and loose-fitting clothing.
- **Limit Outdoor Activities**: Schedule strenuous activities during the cooler parts of the day, such as early morning or late evening.
- **Use Sunscreen**: Protect your skin from sunburn, which can affect your body's ability to cool down.
- **Stay Cool Indoors**: Spend time in air-conditioned places. If your home does not have air conditioning, consider visiting one of the cooling shelters on the next page.

### Community Action:

- We encourage everyone to check on neighbors, friends, and family members, especially those who are elderly or have health conditions that make them more susceptible to heat-related illnesses. Share this information to raise awareness and help our community stay safe and healthy.



# Dodge County Cooling Shelters



To help you stay cool during extreme heat, Dodge County offers several cooling shelters where residents can escape the heat:

## **Beaver Dam Community Library**

311 N Spring St. Beaver Dam, WI 53916  
920-887-4631  
M – F: 9 AM – 7 PM  
Sat: 9 AM – 4 PM  
Sun: Closed

## **Columbus Public Library**

223 W James St. Columbus, WI 53925  
920-623-5910  
M – T: 9 AM – 7 PM  
F: 9 AM – 5 PM  
Sat: 9 AM – 1 PM  
Sun: Closed

## **Dodge County Human Services & Health Dept.**

199 County Rd. DF Juneau, WI 53039  
920-386-3500  
M – F: 8 AM – 4:30 PM  
Sat – Sun: Closed

## **Watertown Public Library**

100 S Water St. Watertown, WI 53094  
920-262-4090  
M – T: 8:30 AM – 8 PM  
F: 8:30 AM – 6 PM  
Sat: 9 AM – 1 PM  
Sun: 12 PM – 4 PM

## **Waupun Public Library**

123 S Forest St. Waupun, WI 53963  
920-324-7925  
M – T: 9 AM – 8 PM  
F – Sat: 9 AM – 4:30 PM  
Sun: Closed

## **Hutchinson Memorial Library**

228 N High St. Randolph, WI 53956  
920-326-4640  
M – T: 8 AM – 6 PM  
F: 9 AM – 2 PM  
Sat: 9 AM – 12 PM  
Sun: Closed

## **Jack Russell Memorial Library**

100 Park Ave. Hartford, WI 53027  
262-673-8240  
M – T: 9 AM – 8 PM  
F: 9 AM – 5:30 PM  
Sat: 9 AM – 2 PM  
Sun: Closed

## **Horicon Public Library**

404 E Lake St. Horicon, WI 53032  
920-485-3535  
M – T: 10 AM – 8 PM  
F: 10 AM – 6 PM  
Sat: 10 AM – 3 PM  
Sun: Closed

## **Hustisford Public Library**

609 W Juneau, St. Hustisford, WI 53034  
920-349-3463  
M – T: 10 AM – 7 PM  
F: 10 AM – 5 PM  
Sat: 9 AM – 1 PM  
Sun: Closed

# Public Health Nursing



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## Vector-Borne Illnesses

As we embrace the warm summer months, it's essential to stay informed about the health risks that accompany our favorite outdoor activities. The summer marks the perfect time to discuss the persistent vector-borne illnesses in Wisconsin, particularly those spread by ticks and mosquitoes. Understanding these risks can help us take proactive measures to protect ourselves, our families, and our community.

### Tick-Borne Illnesses:

Ticks thrive in wooded and grassy areas, and their bites can transmit several illnesses. The most common tick-borne diseases in Wisconsin include:

- 1. Lyme Disease:** Caused by the bacterium *Borrelia burgdorferi*, Lyme disease is the most prevalent tick-borne illness in our region. Symptoms often include fever, headache, fatigue, and a characteristic "bull's-eye" rash. If untreated, it can lead to joint, heart, and nervous system issues.
- 2. Anaplasmosis:** Transmitted by the black-legged tick (also known as the deer tick), anaplasmosis can cause fever, chills, muscle aches, and headaches. Early diagnosis and treatment with antibiotics are crucial.
- 3. Babesiosis:** This disease is caused by parasites that infect red blood cells, leading to flu-like symptoms. Severe cases can cause hemolytic anemia, which requires prompt medical attention.

### Mosquito-Borne Illnesses:

Mosquitoes are not just a nuisance; they can carry diseases that pose significant health risks. In Wisconsin, the following mosquito-borne illnesses are of concern:

- 1. West Nile Virus (WNV):** Spread primarily by the *Culex* mosquito, WNV can cause a range of symptoms, from mild flu-like signs to severe neurological illnesses such as encephalitis or meningitis. Preventative measures and monitoring mosquito activity are key in reducing risk.
- 2. La Crosse Encephalitis:** This disease is caused by a virus transmitted by the *Aedes* mosquito. It mainly affects children and can lead to severe neurological symptoms, including seizures and coma.

### Preventative Measures:

While the presence of these illnesses is concerning, there are effective steps we can all take to minimize the risk of tick and mosquito bites:

- **Use Repellents:** Apply insect repellents containing DEET, picaridin, or oil of lemon eucalyptus when spending time outdoors.
- **Wear Protective Clothing:** Long-sleeved shirts, long pants, and light-colored clothing can help reduce exposure to ticks and mosquitoes.
- **Perform Tick Checks:** After spending time outdoors, especially in wooded or grassy areas, thoroughly check your body, clothing, and pets for ticks. Remove ticks promptly with tweezers.
- **Eliminate Mosquito Habitats:** Remove standing water around your home where mosquitoes can breed. This includes emptying flower pots, bird baths, and gutters regularly.



# Women, Infants, & Children (WIC)



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## WIC: Farmers Market Nutrition Program



The Farmers Market Nutrition Program (FMNP) connects members of WIC (Special Supplemental Program for Women, Infants, and Children) with Wisconsin farmers.

WIC members get a check to spend at farmers markets. About 1,000 farmers are part of the program.

To apply for WIC FMNP, call 920-386-3680.

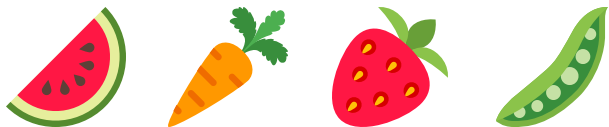
### Who can join WIC FMNP?

To join WIC FMNP, you must be part of WIC and one of the following:

1. Pregnant
2. Postpartum (just had a baby)
3. A child at least 9 months old

### What do WIC members get through FMNP?

1. Five \$6.00 checks that total \$30 for each growing season to buy fresh fruits, vegetables, and herbs grown in (or near) Wisconsin.
2. Education and tips for using fresh, local produce.
3. A list of farmers markets and farmstands where you can use your checks.



## QUICK AND EASY BANANA OAT BARS

- olive oil or butter
- 2 large, very ripe bananas
- 1 tsp vanilla extract
- 2 cups old-fashioned rolled oats
- ¼ cup pitted, chopped, dried dates
- ½ tsp salt (optional)
- ¼ cup chopped nuts of your choice
- nutmeg or cinnamon (optional)

1. Preheat oven to 350 degrees, and lightly coat a baking pan with olive oil or butter.
2. Peel the bananas and place them in a bowl. Use a fork to mash them thoroughly until smooth.
3. Stir in the vanilla, add the oats, and stir again.
4. After the oats are incorporated, add the dates, salt, and nuts, and mix again.
5. Transfer the mixture to the baking dish and pat it down so it is evenly spread.
6. Sprinkle the bars with cinnamon or nutmeg, and place in the oven for 30 minutes.
7. Remove from oven, and let cool for 10 minutes.
8. Cut into 9 bars, and enjoy!

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



# 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!

**FREE!**

**Wednesday, July 10th**  
**3pm-6pm**  
**Beaver Dam Fire Station**  
**205 S Lincoln Ave.**  
**Beaver Dam, WI 53916**

**APPOINTMENT REQUIRED!**

Call: 920-386-4174

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

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

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



**DODGE COUNTY**  
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