

Keeping Up With...

Dodge County Public Health



Oct - Dec 2024

OCTOBER 2024

Welcome to the Fall 2024 edition of our Dodge County Public Health newsletter! As the leaves change color and the crisp autumn air arrives, we find ourselves entering a season filled with both opportunities and challenges for public health in our community. Fall in Wisconsin is a beautiful time, but it also brings seasonal health concerns like flu season, fire safety during home heating, and preparing for the colder months ahead.

In this issue, we are highlighting important topics such as communicable diseases like pertussis, breast cancer awareness, and fire safety. You'll also find updates on our Women, Infants, and Children (WIC) program, along with tips on how to keep your family healthy and safe during this time of year.

As always, Dodge County Public Health is here to support you and ensure the well-being of all our residents. Please don't hesitate to reach out with any questions or visit us on social media for more updates.

Wishing you a healthy and safe fall season!

Sincerely,

Roman Mullen

Roman Mullen, MS, REHS
Public Health Officer



DODGE COUNTY
W I S C O N S I N

Newsletter Highlights



MEET OUR TEAM

COMMUNICABLE DISEASE

COMMUNITY HEALTH

EMERGENCY PREPAREDNESS

PUBLIC HEALTH NURSING

WOMEN, INFANTS & CHILDREN



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newsletters via
email!



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

Meet Our Team!



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Roman Mullen

Public Health Officer

Public Health Services:

Matthew Bartol

Emergency Preparedness Coordinator

Trisha Bradley

Public Health Strategist - AmeriCorps

Cassie Fissell

Public Health Nurse

Bobbi Gehring

Public Health Nurse

Olivia Gerritson

Community Health Educator

Karen Greenwald

Public Health Nurse

Lina Rooney

Public Health Nurse

Julie Schmidt

Fiscal Assistant

Women, Infants, & Children (WIC) Program:

Isabel Carbajal

WIC/Public Health Technician

Destiny Goldman

Breastfeeding Peer Counselor

Sara Gray

WIC Program Director

Marvella Puga

WIC/Public Health Technician

Maria Ramirez

Breastfeeding Peer Counselor

Ashley Young

WIC Nutritionist



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Communicable Disease Highlight



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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... **Pertussis**



Pertussis, also called whooping cough, is caused by bacteria that attach to the lining of the lungs. It can infect people at any age, but it's most serious in infants and young children. Pertussis is known for uncontrollable, violent coughing that often makes it hard to breathe. After coughing, someone with pertussis may need to take deep breaths that result in a "whooping" sound. Pertussis can affect people of all ages. However, it can be very serious, even deadly, for babies less than 1 year old.

Early symptoms may include:

 Slight fever.	 Mild or occasional coughing.
 Runny nose.	 A pause in breathing in babies.

After the first or second week, symptoms may include:

 Prolonged, repeated or violent coughing episodes.	 Whooping sound when inhaling.
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People of all ages need WHOOPING COUGH VACCINES



DTaP for young children	Tdap for preteens	Tdap for pregnant women	Tdap for adults
✓ 2, 4, and 6 months ✓ 15 through 18 months ✓ 4 through 6 years	✓ 11 through 12 years	✓ During the 27-36th week of each pregnancy	✓ Anytime for those who have never received it
www.cdc.gov/whoopingcough			

Whooping cough vaccines are the best way to protect against whooping cough.

There are 2 types of combination vaccines that include protection against whooping cough:

- DTaP
- Tdap

The letter "T" in DTaP and Tdap shows they also help protect against tetanus. The letter "D/d" in DTaP and Tdap shows they also help protect against diphtheria.

Community Health

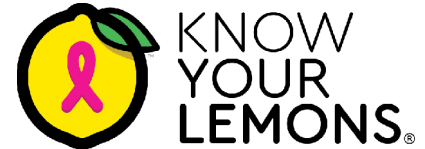
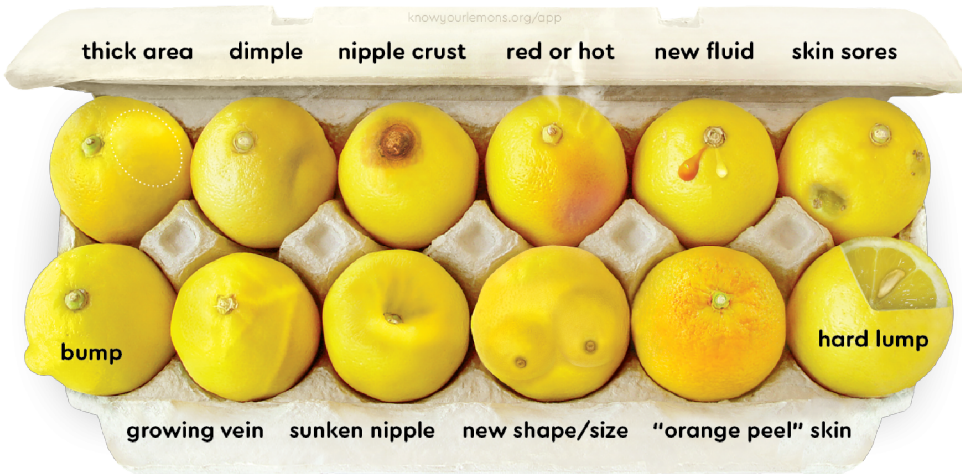


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Do You Know Your Lemons?

Breast Cancer Awareness Month is observed every October to raise awareness about breast cancer, promote early detection, and support those affected by the disease.

Know Your Lemons is a global breast cancer awareness campaign created by the nonprofit organization Worldwide Breast Cancer. The campaign uses lemons as a visual metaphor to help people understand the signs and symptoms of breast cancer in a simple and memorable way.



Named the best women's breast health app in the world, Know Your Lemons is a period tracker, lists risk factors, recommends mammograms, offers a custom screening plan and self-exam guide, and more. Available to download for FREE on App Store & Google Play.



Breast cancer is the most prevalent cancer in the world. But, the earlier it is found, the better the chance for survival.

TARGETS FOR TATAS

ALL AGES EVENT

Targets for Tata's is a trap shooting benefit raising money for the fight against breast cancer.

WHEN:
October 5, 2024
9 am - 4 pm

WHERE:
Beaver Dam Conservation Club
W9554 Cty. Hwy G— Beaver Dam WI



FEATURING • BUCKET RAFFLES • DRINKS • FUN!
\$30 50 PINK TARGET LEWIS CLASS SHOOT
\$5 HIGH GUN OPTION

BENEFITING:
Dodge County Public Health Breast Health Programs

Emergency Preparedness



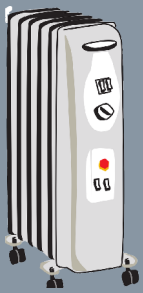
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Home Heating Fire Safety



Follow these heating tips to maintain a fire-safe home this winter:



Space Heater

- Keep anything that can burn, such as bedding, clothing and curtains, at least 3 feet away from the heater.
- Make sure the heater has an automatic shut-off, so if it tips over, it shuts off.
- Turn heaters off when you go to bed or leave the room.
- Plug portable heaters directly into outlets and never into an extension cord or power strip.
- Only use portable heaters from a recognized testing laboratory



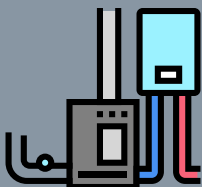
Fireplace

- Have an inspector look at your fireplace and chimney prior to lighting it.
- Do not burn paper in your fireplace.
- Put the fire out before you go to sleep or leave your home.
- Put ashes in a metal container with a lid, outside, at least 10 feet from your home.



Wood Stove

- Make sure your wood stove is 3 feet from anything that can burn.
- Do not burn paper in your wood stove.
- Put the fire out before you go to sleep or leave your home.
- Have your chimney inspected and cleaned each year by a professional.



Furnace

- Have your furnace inspected each year
- Keep anything that can burn away from the furnace.
- When the snow finally does fall, ensure that your exhaust vents remain free and clear in order to let the exhaust flow freely.
- Ensure that your CO alarms have fresh batteries so that if there is an issue, you will be alerted.

October is Fire Safety Month, take the time to ensure your home is prepared. Check that all smoke detectors have fresh batteries and test them to confirm they are functioning properly. Create a clear escape plan for your household, and keep your home tidy to make evacuation easier in case of a fire.



Seasonal Flu Vaccines

As the leaves fall and temperatures drop, flu season arrives. One of the best ways to protect yourself, your family, and your community is by getting the flu vaccine. The flu can cause serious illness, especially for young children, the elderly, pregnant women, and individuals with chronic health conditions. Vaccination is a simple step that can significantly reduce your risk of severe illness.

Why Get Vaccinated?



The flu shot not only helps prevent you from catching the flu but also helps reduce the spread of the virus to others. When more people are vaccinated, fewer people get sick, helping to protect our most vulnerable populations. For those who do catch the flu after getting vaccinated, the vaccine can help reduce the severity and duration of symptoms.

Common Myths About the Flu Vaccine:

- **Myth:** The flu shot gives you the flu.
 - **Fact:** The flu shot does not contain live virus, so it cannot give you the flu.
- **Myth:** I'm healthy, so I don't need the flu shot.
 - **Fact:** Even healthy individuals can catch the flu and spread it to others. Vaccination protects you and those around you.
- **Myth:** The flu shot doesn't work.
 - **Fact:** While the flu vaccine isn't 100% effective, it significantly reduces your chances of getting sick and lowers the severity of symptoms if you do.



Women, Infants, & Children (WIC)



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Five Decades of Compassion and Care

This year marks the 50th anniversary of the U.S. Department of Agriculture's (USDA) Special Supplemental Nutrition Program for Women, Infants, and Children, commonly known as WIC.

WIC is a nationwide program designed to support the health and nutrition of families. It has helped lower the number of babies who are born too early and too small, improved the diets of women and children, improved the growth and intellectual development of infants and children, decreased iron deficiency anemia, and increased breastfeeding rates.



50 YEARS

Nearly 6.7 million women, infants, and children participate in WIC. There are 10,000 clinics and WIC serves just under half of all infants born in the U.S. with participants in all 50 states, 33 Tribes, D.C., and 5 territories.

Our agency has a WIC Everyday Hero winner! **Marvella Puga!**

This award recognizes and honors WIC staff who go above and beyond, striving every day to make WIC a great experience for participants, and to make a difference in the communities they serve.

WIC Everyday Hero WINNER!

Congrats Marvella!



"Marvella is immensely dedicated to her work and often puts the needs of those she is helping above her own. She is a strong advocate for every family she encounters and possesses a vast knowledge of her community to assist those in need."

POWER SMOOTHIE

- ½ cup plain yogurt
- 1 orange
- 1 cup spinach
- 1 cup frozen strawberries (or mixed berries)
- 1 small, ripe banana
- 1 tbsp honey
- ½ cup milk (or water)

1. Scoop the yogurt and place it in the blender.
2. Peel orange and pull apart into two halves. Place in blender.
3. Add spinach, strawberries, banana, honey, and top it off with the milk.
4. Blend the ingredients together.
5. Serve in a glass.



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!

Wednesday, November 6th

3pm-6pm

Beaver Dam Fire Station

205 S Lincoln Ave.

Beaver Dam, WI 53916

FREE!

APPOINTMENT REQUIRED!

Call: 920-386-4174

Email: 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
W I S C O N S I N



SAFE
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