Family Individual Community

Monroe County Health Department

Serving the Community since 1921

14301 Co. Hwy. B, A18 · Sparta, WI 54656 · (608) 269-8666 · Fax (608) 269-8872

2016 QUARTERLY NEWSLETTER: OCTOBER – NOVEMBER - DECEMBER

OCTOBER IS SUDDEN INFANT DEATH SYNDROME AWARENESS MONTH

Back to Sleep is Always Best

October is Sudden Infant Death Syndrome (SIDS) Awareness Month. SIDS is the sudden and unexplained death of an infant who is younger than 1 year old. SIDS is the leading cause of death among infants 1 month-1 year old and with most with most SIDS deaths occurring between two and four months of age. According to the Centers for Disease Control (CDC), the U.S. has approximately 4,000 Sudden Infant Deaths (SIDS) in infants aged 1-12 months annually. Although the causes of death in many of these children can't be explained, most occur while the infant is sleeping in an unsafe sleep environment. Research shows that parents and caregivers can take the following actions to help reduce the risk of SIDS and other sleep-related causes of infant death.

- Babies should always be placed on their backs during sleep. The side position is just as dangerous as the stomach position as babies may accidentally roll onto their tummies. Remember "Back to Sleep", "Tummy to Play."
- The safest place for baby to sleep is in an adult's room, but not in the adult's bed. Use a crib or bassinet, placed near your bed. Avoid co-sleeping with your baby.
- Use a firm mattress. Visit the Consumer Product Safety Commission's website at http://www.cspc.gov for crib safety standards.
- Don't place babies on adult beds, chairs, sofas, waterbeds, pillows, bean bag chairs, or cushions.
- Toys; soft bedding including fluffy blankets, pillows, comforters, stuffed animals, bumper pads; and wedges should not be used. Babies move during sleep time; these items may impair the infant's ability to breathe if they are close to the face. Sleepers, sleep sacks and wearable blankets are good alternatives.
- Consider using a pacifier at nap time.
- Overheating can lead to SIDS; don't overdress the baby. Set the room temperature in a range comfortable for a lightly clothed adult.
- Breastfeeding can help prevent SIDS.
- Keep the baby's environment smoke free, this includes prenatally. Smoking during pregnancy is a risk factor for SIDS.
- Alcohol and drug use impair the caregiver and increase a baby's risk for SIDS and suffocation.
- Instruct and *require* all caregivers, including childcare providers, grandparents, other family members, and friends, to follow these safe sleep practices

Monroe County Health Department's Cribs for Kids Program provides education on safe sleep practices and offers a Pack n' Play crib for income eligible families who have difficulty affording a safe place for their infant to sleep. Thanks to *Remembering Jesse Parker, Inc.*, the health department has been able to sustain this program. For more information regarding the Cribs for Kids Program, infant safe sleep practices, or SIDS contact Monroe County Health Department at (608) 269-8666.

Back to Sleep, Tummy to Play

HAVE YOU TESTED YOUR HOME FOR RADON?

National Radon Action Week, held the third week in October, is to call attention to the harmful effects of radon and what people can do about it. Radon is a naturally occurring, radioactive gas that comes from the soil beneath a home. According to the EPA high radon levels contribute to 21,000 lung cancer deaths each year. Households with smokers have a much greater risk of developing lung cancer.

You can't see, smell, or taste radon, but you can test for it. With cooler temperatures quickly approaching, fall is a perfect time to check your home as windows should be closed. The greatest potential for radon exposure is in the lowest lived-in level of the home, so testing is generally done there. If a person spends less than an average of seven hours per week in the basement, the test should be done on the main floor with doors and windows shut.

Levels vary greatly within neighborhoods, so the recommendation is to test every single home. High readings were found in the Sparta, Cashton, Tomah, and Norwalk areas last year. If a high reading is confirmed, the home can be fixed. If needed, a trained and certified contractor should be hired to complete radon mitigation work.

Testing is easy with a two-day test kit. Kits are available for ten dollars at Monroe County Health Department. For more information regarding Radon or to obtain a test kit call Monroe County Health Department at 269-8666. For more information, regarding Radon check the website www.lowradon.org.

2016 FLU & PNEUMONIA CLINICS

Monroe County Health Department will be offering influenza and pneumonia vaccine clinics at MANY sites throughout the county this fall. MCHD will bill Medicare, Medical Assistance, Senior Preferred and third party insurance companies (excluding Health Traditions). The charge for the flu vaccine is $30, high dose vaccine is $46 and the charge for pneumonia is $75. The CDC recommends anyone 6 months and older receive a flu shot. Flu mist is not available this year.

Below is a listing of flu & pneumonia clinics, please contact Monroe County Health Department at 269-8666 for more information and/or to schedule a flu and/or pneumonia shot.

October 1	7:30 am – 11:00 am	Oakdale Electric
October 3	6:00 pm – 6:45 pm	Warrens Fire Station
October 4	1:00 pm – 4:30 pm	Monroe County Health Department
October 5	10:30 am to 11:15 am	Kendall Meal Site
	11:30 am – 12:00 pm	Wilton Meal Site
	12:30 pm – 1:00 pm	Norwalk Meal Site
October 10	11:15 am – 12:00 pm	Cashton Meal Site
	1:00 pm – 4:30 pm	Monroe County Health Department
October 11	10:30 am – 11:00 am	Cataract Meal Site
October 18	8:30 am – 12:30 pm	Monroe County Health Department
October 19	10:30 am – 11:15 am	Tomah Senior Center/Nutrition Site
October 20	9:00 am – 9:30 am	Gordy's Market
	9:00 am – 5:00 pm	Tomah VA – Main Entrance
	12:30 pm – 2:00 pm	First United Methodist Church
October 21	9:00 am – 4:00 pm	Tomah VA – Main Entrance
October 22	9:00 am – 10:00 am	Gordy's Market
October 26	8:30 am – 12:30 pm	Monroe County Health Department
October 27	11:00 am – 11:45 am	Barney Center
November 3	1:00 pm – 4:30 pm	Monroe County Health Department

To pre-register or to set up individual appointments at Monroe County Health Department for another date, please call 608-269-8666

Autumn is a second spring when every leaf is a flower."

— Albert Camus

LEAD-FREE KIDS FOR A HEALTHY FUTURE

National Lead Poisoning Prevention Week October 23-29, 2016

In 2015, approximately 1 in 20 Monroe County children had blood lead levels high enough to cause significant damage to their health. These children are at greater risk for developing behavior and learning problems such as hyperactivity, developmental delays, hearing problems, and aggressive patterns of behavior.

Major sources of lead exposure include lead-based paint and lead-contaminated dust in deteriorating buildings and homes built before 1978. Despite the continued presence of lead in the environment, lead poisoning is entirely preventable. Stopping a child's exposure to lead from paint, house dust, or any other source is the best way to prevent the harmful effects of lead.

Here are some ways that you can make sure the children in your life are protected from lead:

- Make sure children do not have access to peeling paint or chewable surfaces painted with lead based paint.
- Regularly wash children's hands and toys. Wash hands before snacks, meal times and nap and bed time since hands and toys can become contaminated from household dust or exterior soil which are both known lead sources.
- Clean floors, window frames, window sills and other surfaces weekly.
- If you see paint chips, clean them up immediately. If you rent, inform your landlord of peeling or chipping paint.
- Clean or remove shoes before entering home to avoid tracking in lead from soil.
- Make sure children eat nutritious, low-fat meals high in iron and calcium, such as dairy and spinach products. Children with good diets absorb less lead.
- Pregnant women and children should not be present in housing built before 1978 that is undergoing renovation. They should not participate in activities that disturb old paint or in cleaning up paint debris after work is completed.
- Contact your healthcare provider about having your child tested for lead. Children should be screened at 12 months and 24 months. Children up to age 5 can be screened if they haven't been screened previously.

NOVEMBER 17TH IS THE GREAT AMERICAN SMOKEOUT

What is the Great American Smokeout?

The American Cancer Society holds the Great American Smoke-out every year on the third Thursday in November. The purpose of the event is to challenge people to stop smoking for at least 24 hours in order to help smokers quit smoking or quit tobacco products with the hope that they will quit completely.

Use Available Resources to Help You Quit Tobacco

The most important thing a smoker can do to improve their long-term health is to quit smoking. You get healthier in many ways soon after stopping tobacco use. Research shows that smokers are most successful in kicking the habit when they have some means of support such as: telephone smoking cessation hotlines, stop smoking groups, online quit groups, counseling, nicotine replacement products, prescription medicine to lessen cravings, guide books, encouragement and support from friends and family members. Using 2 or more of these resources to quit smoking works better than using any one of them alone. If you are serious about quitting, or helping some else quit, here are some resources to help you:

- Contact your health care provider for cessation information, and options such as nicotine replacement products, as well as support groups.
- Telephone stop-smoking hotlines are an easy-to-use resource. The Wisconsin Tobacco Quitline can provide free medications, materials, tips, and coaching to help you quit tobacco. Call 1-800-QUIT-NOW (784-8669) or visit www.wiquitline.org
- Visit the American Cancer Society website at www.cancer.org or call 1-800-ACS-2345.
- The First Breath Program is a free tobacco cessation program for pregnant women who smoke, sponsored by the WI Women's Health Foundation. For more information, contact local health care providers or Monroe County Health Department.

Remember, tobacco cessation starts one day at a time. Why, not make November 17, THE GREAT AMERICAN SMOKEOUT, the first day of a smoke-free life?!

PREPAREDNESS CORNER-WINTER WEATHER

Wisconsin winters are great for skating, sledding, skiing, snowshoeing, and the beauty of a fresh snow fall, but winter can also provide many hazards. Make sure you take the time to get prepared this winter!

Winter Preparedness Checklist

- Weather forecasts can provide you with several days' notice of bad weather. Listen to weather forecasts regularly and check your emergency supplies whenever a period of extreme cold is predicted.
- If you plan to use a fireplace or wood stove for emergency heating, have your chimney or flue inspected each year. Ask your local fire department to recommend an inspector or find one in the yellow pages of your telephone directory under "chimney cleaning."
- Also, if you'll be using a fireplace, wood stove, or kerosene heater, install a smoke detector and a battery-operated carbon monoxide detector near the area to be heated. Test them monthly and replace batteries twice a year. All fuel-burning equipment should be vented to the outside.
- **Warning: Do not use a gas stove, charcoal or gas grill, or electric generator inside to heat your home as this may cause carbon monoxide poisoning!**
- Your ability to feel a change in temperature decreases with age. Older people are more prone to health problems caused by cold. If you are over 65 years old, place an easy-to-read thermometer in an indoor location where you will see it often. Check the temperature of your home often during the winter months.
- Insulate any water lines that run along exterior walls so your water supply will be less likely to freeze. Try to weatherproof your home by adding weather-stripping, insulation, insulated doors, and storm windows or thermal-pane windows.
- If you have pets, bring them indoors. If you cannot bring them inside, provide adequate shelter to keep them warm and make sure they have a supply of unfrozen water.

NEED HELP WITH HEATING AND ELECTRIC BILLS?

The Wisconsin Home Energy Assistance Program may be able to help with a portion of your energy bills.

Applicants for Energy Assistance must bring:

- Photo ID (first-time applicants only).
- Proof of income for all household members for the previous three months.
- Social Security numbers for all household members.
- Current heating and electric account information.

2016-2017 Income Guidelines:

Household Size	1 Month Gross Income
1	$2,181
2	$2,852
3	$3,524
4	$4,195

Flocks Guardians, Inc.

First-time applicants need an appointment; returning applicants may pick up or call for a mailed application. We accept Energy Assistance applications for the current heating season until May 15th, 2017.

Flocks Guardians, Inc.
606 Cap Street
Sparta, WI 54656
1-608-487-9356

DISEASE	2016 1st QTR	2016 2nd QTR	2016 3rd QTR	2016 4th QTR
Anthrax				
Arbovrial infection				
(encephalitis/meningitis) Animal Bites	9	7	11	
Babesiosis			3	
Blastomycosis				
Brucellosis				
Botulism				
Botulism, infant				
Campylobacter	1	4	5	
Chancroid				
Chlamydia	39	37	40	
Cholera				
Clostridium Difficile				
Cyclosporiasis				
Cryptosporidiosis		1	10	
Diphtheria				
E. coli 0157:H7 & other			9	
E.coli enterohemorrhagic				
E. coli enteropathogenic				
E.coli enteroinvasive				
E.coli enterotoxigenic				
Ehrlichiosis/Anaplasmosis		7	8	
Giardiasis			2	
Gonorrhea	2	1	1	
Haemophilus influenzae invasive disease (including epiglottitis)	1			
Hantavirus infection				
Hemolytic uremic syndrome				
Hepatitis A				
Hepatitis B	2	1	1	
Hepatitis C	9	4	8	
Hepatitis D				
Hepatitis E				
Histoplasmosis				
HIV				
Influenza A	12			
Influenza A hospitalized	13	1		
Influenza B	1			
Influenza B hospitalized	1			
Kawasaki disease				
LTBI	3	1	4	
Legionellosis			1	
Leprosy (Hansen Disease)				
Leptospirosis				
Listeriosis				
Lyme disease	11	31	49	
Malaria				

DISEASE	2016 1st QTR	2016 2nd QTR	2016 3rd QTR	2016 4th QTR
Measles				
Meningitis, bacterial (other Than Haemophilus				
Meningitis, Viral				
Meningococcal disease				
Mumps				
Mycobacterium Avium	1	1	1	
Mycobacterium Gordonae				
Mycobacterium tuberculosis(TB)				
Norovirus		2	1	
Norwalk Like disease				
Pelvic inflammatory disease				
Pertussis(whooping cough)				
Plague				
Poliomyelitis				
Psittacosis				
Q Fever				
Rabies (human)				
Rheumatic fever (newly diagnosed & meeting the Jones criteria)				
Ricin toxin				
Rocky Mountain spotted fever			1	
Rotavirus				
Rubella				
Rubella (congenital syndrome)				
Salmonellosis	4	1	1	
Shigellosis		2	1	
Small pox				
Streptococcal disease (all invasive disease caused by groups A & B Streptococci)	2	1	2	
Streptococcus pnuemoniae invasive disease(invasive pneumococcal)			1	
Syphilis				
Tetanus				
Toxic shock syndrome				
Toxic substance related disease				
Toxoplasmosis			1	
Trichinosis				
Tularemia				
Typhoid fever				
Varicella (chicken pox) reported by number of cases only			2	
Yellow fever				
Yersiniosis				