



2020 SECOND QUARTER NEWSLETTER

COVID-19

SHOPPING TIPS

WATCH WHAT YOU TOUCH



Disinfect cart and basket handles

Sanitize or use disinfectant wipes to clean cart and basket handles before use.

WASH YOUR HANDS



Don't forget the soap

Wash your hands with soap for at least 20 seconds.

SHARING IS CARING



Be fair, please share

Stockpiling can mean someone may not be able to buy what they desperately need.

PERSONAL HYGIENE



Don't spread germs

Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Don't forget to wash your hands afterward.

SOCIAL DISTANCING



Keep a personal radius

Staying six feet away from others, even in the checkout line, does not make you unfriendly, it makes you considerate.

LIMIT NONESSENTIAL OUTINGS



Consider others

If you or someone you know is more vulnerable, take precautions. Outings, even to a grocery store, could put them at risk. You may bring home more than just groceries.





WORLD IMMUNIZATION WEEK

World Immunization Week, celebrated in the last week of April, aims to promote the use of vaccines to protect people of all ages against disease. Immunization saves millions of lives every year and is widely recognized as one of the world's most successful and cost-effective health interventions. Yet, there are still nearly 20 million unvaccinated and under-vaccinated children in the world today.

The theme this year is *#VaccinesWork for All* and the campaign will focus on how vaccines – and the people who develop, deliver and receive them – are heroes by working to protect the health of everyone, everywhere. In 2018, an estimated 116 million children were vaccinated with 3 doses of diphtheria-tetanus-pertussis (DTP3) vaccine, protecting them against infectious diseases that can cause serious illness and disability or be fatal. Many low and middle-income countries have taken huge strides in increasing immunization coverage. But despite gains, all targets for disease elimination – including measles, rubella and maternal and neonatal tetanus – are unlikely to be achieved by the end of 2020. Over the last two years, the world has seen multiple outbreaks of measles, diphtheria, pertussis and other vaccine-preventable diseases.

We can ensure vaccines reach the people that need them most. You can be a vaccine champion!

- Ensure you and your family are vaccinated on time, every time.
- Travelling? Know before you go – ensure your family's vaccines are up to date.
- Be a vaccine champion! Talk to people about the benefits of vaccines. Vaccines save lives, help children learn & grow, and prevent serious illness & disability.
- Know the facts. Any licensed vaccine has been rigorously tested before use to make sure it is safe and effective for you and your family.
- Health Workers: Every checkup is an opportunity to check up on vaccinations for ✓ **children**, ✓ **youth**, ✓ **adults**, ✓ **the elderly**.



DO ONE THING – BE PREPARED FOR DISASTERS

Our previous month's *Do 1 Thing Preparedness* focused on making a disaster plan, ensuring access to water and the need for evacuation and sheltering plans. Our focus in the next few months will be: Food, Work, School and Community, and meeting your unique family needs.

Goal for April: Have an emergency food supply that will meet the needs of your household for three days without outside help.

- Buy a three day emergency supply for your household.
- Take steps to make sure food in your refrigerator and freezer will stay safe.
- Make sure you can meet any special dietary needs in your household.

Goal for May: Make sure the people who count on you are prepared for disaster.

- Make sure emergency procedures are in place for your workplace or school.
- Give emergency kits to people who count on you (college students, elderly parents, etc.).
- Know how others in your community will respond in a disaster.

Goal for June: Be aware of and prepare for your family's unique needs.

- Talk with family members to identify your household's unique needs.
- Make a plan to make sure pets are taken care of in a disaster.
- If anyone in your household has a disability, create an evacuation plan that works for them.

Looking ahead, our focus will be on family communication, getting involved and being informed.

If you would like to delve further into these preparedness tasks, visit www.do1thing.com



May is Melanoma Awareness Month, a month where the weather is usually warm and everyone likes doing activities outside. When spending time outdoors, there are some things to remember in order to lower your risk of getting melanoma, or skin cancer. Help protect yourself by:

- * Wearing a lightweight long-sleeve shirt and pants
- * Applying sunscreen not only when first going outside, but also every two hours and more often if swimming, drying off, or sweating
- * Wearing sunglasses
- * Wearing a hat that is wide brimmed and casts shade over your face and neck

Not only should you practice these habits during the month of May when it's sunny, but it's important to do so all year round, even when it's cloudy. Cloudy weather does not mean that your skin is protected. Ultraviolet (UV) rays, not the heat itself, are what cause damage to the skin and can lead to skin cancer or melanoma.

Check yourself for signs of melanoma by looking for skin changes such as a growth you haven't seen before, a sore that isn't healing after a few weeks, or a mole that changes in size, shape, or color. Using a mirror or a partner to help examine places that are hard to see will help your self-exam be more thorough.

For more information about protecting yourself from skin cancer, UV exposure, and how to perform self-exams, visit the Centers for Disease Control (CDC) at <https://www.cdc.gov/cancer/dcpc/resources/features/skincancer/index.htm> and/or the American Cancer Society <https://www.cancer.org/healthy/be-safe-in-sun.html>.

NATIONAL MEN'S HEALTH WEEK: JUNE 15-21, 2020

National Men's Health Week is observed each year leading up to Father's Day. This week is a reminder for men to take steps to be healthier, but they don't have to do it alone! Whether it's your husband, partner, dad, brother, sons, or friend, you can help support the health and safety of the men in your life by following these recommendations from the CDC for a safe and healthy lifestyle.

Set an example for the man in your life with healthy habits:

- Eat healthy and include a variety of fruits and vegetables every day.
- Engage in regular physical activity.
- Choose not to smoke and encourage the men in your life to quit.
- Help recognize and reduce stress.

Remind men to get regular checkups:

- Learn about preventative tests and screenings.
- Know and understand family health history.

Know the signs and symptoms of a heart attack:

- Pain or discomfort in the jaw, neck, or back
- Feeling weak, light-headed, or faint
- Chest pain or discomfort
- Pain or discomfort in arms or shoulder
- Shortness of breath

Encourage men to seek help for depression:

- Know the signs of depression: persistent sadness, grumpiness, feeling of hopelessness, tiredness and decreased energy, and thoughts of suicide.
- Seek help as soon as possible for those who are suffering from depression and anxiety. If in crisis, immediately:
 - Call 9-1-1
 - Visit an emergency department or your healthcare provider's office
 - Call the toll free, 24-hour hotline of the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255); TTY: 1-800-799-4TTY (4889) to talk to a trained counselor.

For more information on National Men's Health Week, visit <https://www.cdc.gov/features/healthymen/index.html>

Want to know how you or a loved one can prevent falls? Join us for:



Building Confidence, Reducing Falls

7 Week Program | Tuesdays 10:00-12:00 | May 19th-June 30th

Tomah Health Classroom | Room B

Cost: \$10 | Registration Required – Deadline May 15th | Limited to 20 Participants

Join us for this 7-week class where you'll learn exercises and strategies to help prevent you from falling. Information will be presented by local guest experts such as physical therapists, law enforcement, and healthcare professionals who will talk about exercise, vision, safety, and medications and the role they play in falls.

Stepping On is a research-based falls prevention workshop that teaches older adults how to take steps to prevent falls. Research shows that adults who take the workshop gain confidence, reduce falls by over 30%, and have fewer hospitalizations and emergency department visits.

Stepping On is specifically designed for anyone who is 60 and older, has had a fall in the past year, is fearful of falling, lives in their own home/apartment, and do not rely on a walker, scooter, or wheelchair indoors most of the time, and does not have dementia.

For questions, or to register, contact Tomah Health Community Health Educator, Cody Przybylski at 608-374-0211 or cprzybylski@tomahhealth.org

BIG NEWS ON THE TOBACCO FRONT

Over the last few months, the federal government has taken new steps to combat youth initiation and use of tobacco products. A new federal law, commonly referred to as T21, was passed to change the minimum age for legally buying tobacco products to the age of 21 as of December 2019. Currently, the U.S. Federal Drug Administration (FDA) is responsible for enforcing the new law. This means that all tobacco retailers in Wisconsin, and across the United States, are responsible for following the T21 law.

The Wisconsin WINS program is a local effort that ensures tobacco retailers are complying with minimum age requirements for tobacco purchases. This program educates local retailers about current law and provides access to training for employees so they can properly check ID's before making a tobacco sale at WITobaccoCheck.org. The WI WINS program completes compliance checks throughout the year at any tobacco retailer. With the new law in place, tobacco retailers will be receiving additional information and support from the WI WINS program in order to comply with changing tobacco regulation.

The second piece of legislation that recently passed is specific to flavored e-cigarette products. With the rapid rise of youth vaping rates, the FDA imposed a partial ban on select types of e-cigarette products. The partial flavor ban states that all **flavored e-cigarette pods** cannot be sold as of February 6, 2020.

However, there are exemptions to this law and it does not cover all e-cigarette products. What this law does include: **all pre-filled pods that are flavored**—directly impacts JUUL products. The JUUL is one of the most popular e-cigarette products among youth. JUUL and other pre-filled pods are still allowed to be sold in two flavors: tobacco and menthol. On the other hand, flavors are still widely available for every other type of e-cigarette device. As seen in the picture, the only device that can no longer sell flavored products is #4. The rest of the e-cigarette devices can come in any flavor, including fruit, candy, dessert, and alcohol flavors.

These two pieces of legislation are a good start for stemming the tide of youth initiation and use of tobacco products, but there is still work to be done to protect the health and safety of youth in our community.



Monroe County Reportable Communicable Disease Cases

2020 DISEASE	1 st QTR	2nd QTR	3rd QTR	4th QTR
Anthrax				
Arboviral Infection (encephalitis/meningitis)				
Animal Bites	2			
Babesiosis				
Blastomycosis				
Brucellosis				
Botulism				
Botulism, infant				
Campylobacter	7			
Carbapenem Resistant Enterobacteriaceae				
Carbon Monoxide Poisoning	2			
Chancroid				
Chemical Pneumonitis				
Chlamydia	33			
Cholera				
Clostridium Difficile				
Coccidioidomycosis				
COVID-19 Positive	2			
COVID-19 Negative	198			
Cyclosporiasis				
Cryptosporidiosis				
Diphtheria				
E. coli O157:H7 & other				
Eastern Equine Encephalitis				
Ehrlichiosis/Anaplasmosis	1			
Giardiasis				
Gonorrhea	4			
Haemophilus Influenzae Invasive Disease (including epiglottitis)				
Hantavirus Infection				
Hemolytic Uremic Syndrome				
Hepatitis A				
Hepatitis B	2			
Hepatitis C	4			
Hepatitis D				
Hepatitis E				
Histoplasmosis				
HIV				
Influenza A	106			
Influenza A Hospitalized	12			
Influenza B	207			
Influenza B Hospitalized	8			
Jamestown Canyon				
Kawasaki Disease				
LTBI	1			
Legionellosis				
Leprosy (Hansen Disease)				
Leptospirosis				
Listeriosis				
Lyme disease	5			
Malaria				

2020 DISEASE	1 st QTR	2nd QTR	3rd QTR	4th QTR
Measles				
Meningitis, bacterial (other than Haemophilus)				
Meningitis, Viral				
Meningococcal Disease				
Metal poisonings other than lead				
Mumps				
Mycobacterium Avium				
Mycobacterium Chelonae				
Mycobacterium Gordonae				
Mycobacterium Tuberculosis(TB)				
Norovirus				
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				
Rotavirus				
Rubella				
Rubella (Congenital Syndrome)				
Salmonellosis	1			
Shigellosis				
Smallpox				
Streptococcal Disease (all invasive disease caused by groups A & B Streptococci)	3			
Streptococcus Pnuemoniae Invasive Disease(Invasive Pneumococcal)	3			
Syphilis				
Tetanus				
Toxic Shock Syndrome				
Toxic substance related disease				
Toxoplasmosis				
Trichinosis				
Tularemia				
Typhoid Fever				
Varicella (Chicken Pox) reported by number of cases only				
Water quality positive	1			
West Nile Virus				
Yellow Fever				
Yersiniosis				
Zika Virus				