



FALL 2014

COMMUNITY EDITION

Public Health *Highlights*

IOWA COUNTY HEALTH DEPARTMENT
303 W. CHAPEL STREET, FLOOR 2
DODGEVILLE, WISCONSIN 53533

Are you Ready for Flu Season?

Influenza (flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness. Serious outcomes of flu infection can result in hospitalization or death. It's not possible to predict what this flu season will be like. Flu seasons are unpredictable in a number of ways. While flu spreads every year, the timing, severity, and length of the season usually varies from one season to another. The timing of flu is very unpredictable and can vary from season to season. Flu activity most commonly peaks in the U.S. between December and February. However, seasonal flu activity can begin as early as October and continue to occur as late as May.

You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Most healthy adults may be able to infect others beginning **1 day before** symptoms develop and up to **5 to 7 days after** becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time.

People who have the flu often feel some or all of these signs and symptoms:

- ◆ Fever* or feeling feverish/chills
- ◆ Cough
- ◆ Sore throat
- ◆ Runny or stuffy nose
- ◆ Muscle or body aches
- ◆ Headaches
- ◆ Fatigue (very tired)
- ◆ Some people may have vomiting and diarrhea, though this is more common in children than adults.

**It's important to note that not everyone with flu will have a fever.*

The best way to prevent the flu is by getting vaccinated each year. Anyone ages 6 months and older should get vaccinated each year.

The upcoming season's flu vaccine will protect against the influenza viruses that research indicates will be most common during the season. This includes an influenza A (H1N1) virus, an influenza A (H3N2) virus, and one or two influenza B viruses, depending on the flu vaccine. For more information contact the Iowa County Health Department or www.cdc.gov/flu.

For Further Information:

Contact the
Iowa County
Health
Department

Monday through
Friday,
8:00 am to
4:30 pm
(608)930-9870

Visit us on the web
at:
www.iowacounty.org



October is Breast Cancer Awareness Month

Other than skin cancer, breast cancer is the most common cancer among American women. Getting mammograms regularly can lower the risk of dying from breast cancer. If you are 50 to 74 years old, be sure to have a screening mammogram every two years. If you are 40 to 49 years old, talk to your doctor about when to start and how often to get a screening mammogram.

Fast Facts About Breast Cancer

- Each year in the United States, more than 200,000 women get breast cancer and more than 40,000 women die from the disease.
- Men also get breast cancer, but it is not very common. Each year in the United States, about 2,000 men get breast cancer and about 400 men die from the disease.
- Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women. About 11% of all new cases of breast cancer in the United States are found in women younger than 45 years of age.
- Studies show that women with disabilities are less likely than women without disabilities to have received a mammogram during the past two years.
- Black women have the highest breast cancer death rates of all racial and ethnic groups, and are 40% more likely to die of breast cancer than white women.

Some things may increase your risk:

If you have risk factors, you may be more likely to get breast cancer. Talk to your doctor about ways to lower your risk and about screening.

Reproductive risk factors:

- Being younger when you had your first menstrual period.
- Never giving birth, or being older at the birth of your first child.
- Starting menopause at a later age.
- Using hormone replacement therapy for a long time.

Other risk factors:

- Getting older.
- A personal history of breast cancer, dense breasts, or some other breast problems.
- A family history of breast cancer (parent, sibling, or child).
- Changes in your breast cancer-related genes (BRCA1 or BRCA2).
- Getting radiation therapy to the breast or chest.
- Being overweight, especially after menopause.

Some warning signs of breast cancer are:

- A lump or pain in the breast.
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin on the breast.
- Pulling in of the nipple or pain in the nipple area.
- Fluid other than breast milk from the nipple, especially blood.
- A change in the size or the shape of the breast.



For more information visit www.cdc.gov/cancer/breast/pdf/BreastCancerFactSheet.pdf

IOWA COUNTY HEALTH DEPARTMENT

2014-2015 FALL/WINTER Immunization Clinics

(All Clinics held at the Health Department in Dodgeville)
303 W. Chapel St., Floor 2, Suite 2200, Dodgeville, WI 53533

VACCINATION GUIDELINES

If your child has medical insurance, please make an appointment with your medical provider for vaccinations. If your child is Vaccines for Children (VFC) eligible, you can continue to visit the local health department for vaccinations.

Who is VFC eligible?

- ◆ Medicaid eligible
- ◆ Uninsured
- ◆ American Indian or Alaska Native
- ◆ Underinsured (has health insurance, but vaccines are not covered)

Phone: 930-9870 / Website: www.iowacounty.org



Oct. 20, Monday 9:00 - 11:00 a.m.

Oct. 27, Monday 3:00 - 5:30 p.m.

Nov. 17, Monday 9:00 - 11:00 a.m.

Nov. 24, Monday 3:00 - 5:30 p.m.

Dec. 15, Monday 9:00 - 11:00 a.m.

Dec. 15, Monday 3:00 - 5:30 p.m.

Jan. 21, 2015, Wednesday 9:00—11:00 a.m.

Jan. 26, 2015, Monday 3:00—5:30 p.m.

Feb. 18, 2015, Wednesday 9:00- 11:00 a.m.

Feb. 23, 2015, Monday 3:00 - 5:30 p.m.

***Please call 930-9870 for an appointment and bring immunization record.** Children must be accompanied by a parent or legal guardian or have a note from parent and be accompanied by a person over eighteen years of age.

Iowa County Health Department will be coming to all Iowa County School Districts for Flu Vaccinations for school-age children in October 2014. Please look for information/consent forms which will be sent home from school.

Iowa County Health Department Programs and Services

Public Health Nursing

- ◆ Maternal and child health visits for pregnant and new moms and families
- ◆ Prenatal care management
- ◆ Breastfeeding support
- ◆ Cribs for Kids Safe Sleep Program
- ◆ Make it 3 to Prevent HPV!

Wisconsin Well Woman Program

- ◆ Screening for breast and cervical cancer for women who are income eligible and ages 45 to 64 years

Environmental Health

- ◆ Lead screening and follow up
- ◆ Radon testing and follow up
- ◆ Well water testing
- ◆ Animal bite follow up and rabies prevention
- ◆ Human health hazard abatement
- ◆ Fluoride supplements for children

Communicable Disease

- ◆ Immunizations
- ◆ Tuberculosis follow up
- ◆ Communicable disease follow up for specific diseases as required by law

Please contact us at (608) 930-9870 for more information on our services.

Also visit us at www.iowacounty.org.



Iowa County Health Department Staff

Jenny Pritchett, MBA, MPH,
RN, CIC
Director/Health Officer

Kari Bennett, RN, BSN
Public Health Nurse

Ann Thompson, RN, BSN
Public Health Nurse

Kathy Key
Department Assistant

Troy Moris, RS
Environmental Health
Consultant

Dr. Peter Mullin
Medical Advisor

Time Change= Battery Change Smoke and Carbon Monoxide Detectors

When you're changing your clocks back an hour on Sunday, November 2nd, make sure to change the batteries in your smoke alarms and carbon monoxide (CO) alarms, too. Smoke and carbon monoxide alarms save lives by alerting you to a fire or CO buildup.

Smoke alarms should be placed on every level of the home, outside sleeping areas, and inside each bedroom. About two-thirds of fire deaths occur in homes with either no smoke alarms or smoke alarms that don't work.

CO alarms should be installed on each level of the home and outside sleeping areas. CO alarms should not be installed in attics or basements unless they include a sleeping area. Combination smoke and CO alarms are available to consumers.

November is also a good time of year to schedule an annual professional inspection of all fuel-burning appliances, including furnaces and chimneys. This inspection helps protect against CO poisoning.



For more information call the Iowa County Health Department or visit www.cdc.gov/timechange/