

Spring/Summer 2015



COMMUNITY EDITION

# Public Health

## Highlights

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

### Prepare for Spring & Summer Weather

Spring and summer weather can be unpredictable. Thunderstorms cause most of the severe spring and summer weather. They can bring lightning, tornadoes and flooding. Whenever warm, moist air collides with cool, dry air, thunderstorms can occur. Because spring weather is so unpredictable, you may be unprepared when severe weather hits—particularly if you live in a region that does not often experience thunderstorms, tornadoes or flooding. And when severe weather hits unexpectedly, the risk of injury and death increases. Advance planning for thunderstorms, lightning, tornadoes and floods requires specific safety precautions.

#### You should have on hand:

- A battery-operated flashlight, a battery-operated NOAA Weather Radio, and extra batteries for both
- An emergency evacuation plan, including a map of your home and, for every type of severe weather emergency, routes to safety from each room
- A list of important personal information, including telephone numbers of neighbors, family and friends insurance and property information telephone numbers of utility companies medical information
- A first aid kit may include non-latex gloves assortment of adhesive bandages antibiotic ointment sterile gauze pads in assorted sizes absorbent compress dressings tweezers scissors adhesive cloth tape aspirin packets (81 mg each) first aid instruction booklet  
(NOTE: Customize your first aid kit to meet your individual and family needs.)
- A 3–5 day supply of bottled water and nonperishable food
- Personal hygiene items
- Blankets or sleeping bags
- An emergency kit in your car



Prepare your family members for the possibility of severe weather. Tell them where to seek appropriate shelter as soon as they are of an approaching storm. Practice your emergency plan for every severe weather. Show family members where the emergency supplies are stored, and make sure they know how to turn off the water, gas, and electricity in your home. Being prepared saves lives!

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#### 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](http://www.iowacounty.org)



## **Medication Drop-Off Site at Iowa County Sheriff's Department— Get Rid of Unused Prescription Drugs**

Med Drop Box continues to be available at the Iowa County Sheriff's Department at 1205 North Bequette Street in Dodgeville. Enter the Jail entrance on the south side of the building near the flagpole 24 hours a day, 7 days per week to drop off your unused or unwanted prescriptions or medications.

Unwanted, unused prescriptions and over-the-counter medicines can be found in every household in the county. We know that it's not safe to keep unneeded medicines in the house – children and others can accidentally take them. But you've also heard that you shouldn't flush medicines down the toilet or put them in the trash. We now know that these medicines are bad for our environment – our water, our lakes and the animals in them.

### **What you can get rid of at Med Drop:**

- ◆ Prescription medicine (pills, liquids and creams)
- ◆ Over the counter medicine (pills, liquids and creams)
- ◆ Medications for pets
- ◆ Vitamins
- ◆ Nebulizer solution
- ◆ Medication samples



### **How to Use Med Drop**

To dispose of medications in the Med Drop boxes, please bring your unused or expired medication and place it in the drop box.

Place pills or capsules in a bag, without the container. Dispose of the container after you have removed and destroyed the label. There is no limit to the amount of drugs that can be brought and no questions will be asked of whoever brings them. If you have liquids, gels or creams, please leave those in their original containers and place them in a seal plastic bag.

All drugs are properly disposed.

### **Do Not Bring to Med Drop:**

- ◆ IV bags – wrapping to be extra secure
- ◆ Oxygen tanks
- ◆ Nebulizer machines
- ◆ Thermometers
- ◆ Inhalers
- ◆ Sharps, Epi-pens or anything with a needle or lance (These can be taken to Southwest Health Center in Platteville or Grant Regional Health Center in Lancaster)

# IOWA COUNTY HEALTH DEPARTMENT

## 2015 Immunization Clinics

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

### NEW 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](http://www.iowacounty.org)

May. 18, Monday	9:00-11:00 a.m.
May. 26, Tuesday	3:00-5:30 p.m.
June 15, Monday	9:00-11:00 a.m.
June 22, Monday	3:00-5:30 p.m.
July 20, Monday	9:00-11:00 a.m.
July 27, Monday	3:00-5:30 p.m.
Aug. 17, Monday	9:00-11:00 a.m.
Aug. 24, Monday	3:00-5:30 p.m.
Sept. 21, Monday	9:00-11:00 a.m.
Sept. 28, Monday	3:00-5:30 p.m.
Oct. 19, Monday	9:00-11:00 a.m.
Oct. 26, Monday	3:00-5:30 p.m.
Nov. 16, Monday	9:00-11:00 a.m.
Nov. 23, Monday	3:00-5:30 p.m.
Dec. 14, Monday	9:00-11:00 a.m.
Dec. 14, 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 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

## 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](http://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

## Preventing Tick Bites

While it is a good idea to take preventive measures against ticks year-round, be extra vigilant in warmer months (April-September) when ticks are most active.

### **Avoid Direct Contact with Ticks**

Avoid wooded and bushy areas with high grass and leaf litter.  
Walk in the center of trails.

### **Repel Ticks with DEET or Permethrin**

Use repellents that contain 20 to 30% DEET (N, N-diethyl-m-toluamide) on exposed skin and clothing for protection that lasts up to several hours. Always follow product instructions. Parents should apply this product to their children, avoiding hands, eyes, and mouth.

Use products that contain permethrin on clothing. Treat clothing and gear, such as boots, pants, socks and tents with products containing 0.5% permethrin. It remains protective through several washings. Pre-treated clothing is available and may be protective longer.

Other repellents registered by the Environmental Protection Agency (EPA) may be found at <http://cfpub.epa.gov/oppref/insect/>.

### **Find and Remove Ticks from Your Body**

Bathe or shower as soon as possible after coming indoors (preferably within two hours) to wash off and more easily find ticks that are crawling on you.

Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested areas. Parents should check their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and especially in their hair.

Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and day packs.

Tumble clothes in a dryer on high heat for an hour to kill remaining ticks. (Some research suggests that shorter drying times may also be effective, particularly if the clothing is not wet.)

