

SUMMER 2014



COMMUNITY EDITION

Public Health

Highlights

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

Are You Ready in the Event of a Disaster?

Local officials and relief workers will be on the scene after a disaster, such as a tornado, but they cannot reach everyone immediately. You could get help in hours, or it might take days.

Basic services such as electricity, gas, water, sewage treatment, and telephones may be cut off for days, or even a week or longer. Or, you may have to evacuate at a moment's notice and take essentials with you. You probably will not have the opportunity to shop or search for the supplies you need.

That's why it is important to have your own fully-stocked disaster kit ready. A disaster supplies kit is a collection of basic items that members of a household may need in the event of a disaster. Supplies such as food and water should last for at least three days.

Essentials in a Basic Emergency Kit

Start out thinking about the basics of survival – fresh water, food, safety, warmth, sanitation and clean air.

- Water (1 gallon per person per day for 3 days)
- Food that does not need electricity for storage or preparation
- Manual can opener (if kit contains canned food)
- Battery-powered NOAA Weather Radio and a commercial radio or hand crank radio
- Flashlights and extra batteries
- Sleeping bag or warm blanket for each person
- First aid kit and emergency medical reference manual
- Prescription medications and eyewear
- Mess kits, paper cups, plates and plastic utensils, paper towels, moist towelettes, garbage bags and ties
- Complete change of clothing, including a long-sleeved shirt, long pants, socks and sturdy shoes

If you have a baby and/or pets, don't forget to pack their supplies too!



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

For more information go to www.readywisconsin.wi.gov

Tragedy in the Backseat– Prevent Child Death from Hot Cars

On average, 38 children die in hot cars each year from heat-related deaths after being trapped inside motor vehicles. Even the best of parents or caregivers can unknowingly leave a sleeping baby in a car; and the end result can be injury or even death.



A child's body temperature rises 3 to 5 times faster than an adult's. Even with the windows partially down, the temperature inside a parked car can reach 125 degrees in just minutes. Leaving the windows opened slightly does not significantly slow the heating process or decrease the maximum temperature attained.

There are several factors that contribute to children being inadvertently forgotten by caregivers. The most common is the fact that our brains are not keeping up with the demands of our busy lives. The most common factors include a change in one's normal routine, lack of sleep, stress, fatigue, distractions and hormone changes. When these factors combine, the ability for the brain to multi-task is diminished.

As parents know, life with newborns and small children is full of stress, sleep deprivation and distractions. And young children, especially babies, often fall asleep in their car seats; becoming quiet, unobtrusive little passengers. And sadly, for babies with rear-facing seats, the seat looks the same from the front seat – whether occupied or not.

Vehicular heat stroke is largely misunderstood by the general public. The majority of parents would like to believe that they could never “forget” their child in a vehicle. The most dangerous mistake a parent or caregiver can make is to think it cannot happen to them or their family.

In well over 50% of these cases, the person responsible for the child's death unknowingly left them in the vehicle. It happens to the most loving, protective parents. It has happened to a teacher, pediatrician, dentist, postal clerk, social worker, police officer, nurse, clergyman, electrician, accountant, soldier, assistant principal, and even a rocket scientist. It can happen to anyone.

Safety Tips from KidsAndCars.org

- Never leave children alone in or around cars; not even for a minute.
- Put something you'll need like your cell phone, handbag, employee ID or brief case, etc., on the floor board in the back seat.
- Get in the habit of always opening the back door of your vehicle every time you reach your destination to make sure no child has been left behind. This will soon become a habit. We call this the “Look Before You Lock” campaign.
- Keep a large stuffed animal in the child's car seat when it's not occupied. When the child is placed in the seat, put the stuffed animal in the front passenger seat. It's a visual reminder that anytime the stuffed animal is up front you know the child is in the back seat in a child safety seat.
- Make arrangements with your child's day care center or babysitter that you will always call if your child will not be there on a particular day as scheduled.
- Keep vehicles locked at all times; even in the garage or driveway and always set your parking brake.
- Keys and/or remote openers should never be left within reach of children.
- Make sure all child passengers have left the vehicle after it is parked.
- When a child is missing, check vehicles and car trunks immediately.
- If you see a child alone in a vehicle, get involved. If they are hot or seem sick, get them out as quickly as possible. Call 911 or your local emergency number immediately.
- Be especially careful about keeping children safe in and around cars during busy times, schedule changes and periods of crisis or holidays.
- Use drive-thru services when available. (restaurants, banks, pharmacies, dry cleaners, etc.)
- Use your debit or credit card to pay for gas at the pump.

For additional information about ways to keep children safe in and around vehicles, at www.KidsAndCars.org

IOWA COUNTY HEALTH DEPARTMENT

2014 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

June 23, Monday 3:00 - 5:30 p.m.
July 21, Monday 9:00 - 11:00 a.m.
July 28, Monday 3:00 - 5:30 p.m.
Aug. 18, Monday 9:00 - 11:00 a.m.
Aug. 25, Monday 3:00 - 5:30 p.m.
Sept. 15, Monday 9:00 - 11:00 a.m.
Sept. 22, Monday 3:00 - 5:30 p.m.
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.



***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.**

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.



**Iowa County
Health
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Not Just for Babies: Preteens and Teens Still Need Vaccines

As kids get older, protection from some childhood vaccines begins to wear off. Plus, older kids can also develop risks for other diseases. Health check-ups and sports or camp physicals can be a good opportunity for your preteens and teens to get the recommended vaccines.

These four vaccines are recommended by the Centers For Disease Control and their Advisory Committee on Immunization Practices (ACIP) for all teens:

Tdap vaccine. Tdap stands for tetanus and diphtheria toxoids and acellular pertussis (whooping cough) vaccine. This vaccine protects against diphtheria and pertussis, in addition to tetanus. Pertussis is particularly on the rise in teenagers, leading to this new booster shot. The Tdap vaccine is recommended for the 11- to 12-year-old checkup and a requirement for school in Wisconsin.

Meningococcal vaccine. The meningococcal vaccine was developed to protect teens against bacterial meningitis. Bacterial meningitis is a serious infection of the brain and spinal cord that kills approximately 10 to 15% of people who get it, even with treatment with antibiotics. This vaccine is also routinely given at the 11- to 12-year-old checkup with a booster at 16-18 years of age before the college years.

Human Papilloma Virus (HPV) vaccine. This vaccine is key to cancer prevention and indicated for all girls and boys from the ages of 9 to 26 years old. The vaccine protects against HPV, a virus that causes cervical cancer, mouth and throat cancer and genital warts. Iowa County **"Make it 3 to Prevent HPV!"** is a Health Department campaign to encourage the completion of the cancer prevention HPV vaccine for all eligible Iowa County residents. For more information on this campaign call the Iowa County Health Department at (608) 930-9870.

Influenza vaccine. The flu vaccine is recommended every year for all children starting at 6 months of age.



**For more information contact your health care provider or the
Iowa County Health Department- (608) 930-9870**