



Winter 2014-2015

COMMUNITY EDITION

# Public Health Highlights

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

## Ebola

As the world continues its fight against the Ebola virus which is ravaging several countries in west Africa, Ebola remains a concern for public health in the United States. However, risk of epidemic is low because the United States possesses the health care infrastructure and infection control practices necessary to safely manage patients. Additionally, there are no animal reservoirs for the virus in the US. Currently, no cases of the disease have been diagnosed in Wisconsin. Although the chances that the disease could come to Wisconsin are very slim, it is important to be prepared in the event of an Ebola case in this state. The Iowa County Health Department, Upland Hills Health and Iowa Emergency Management have been working tirelessly in collaboration with the Wisconsin Department of Health Services (DHS) to be ready if the Ebola virus is diagnosed in the county. The preparation includes training, establishment of roles and protocol to deal with an outbreak with immediate and decisive action. The DHS has also coordinated with three elite Wisconsin health systems to treat any confirmed Ebola cases in Wisconsin.

Despite the low risk for infection with the Ebola, it is highly recommended that individuals get their Influenza vaccinations. Although the Influenza vaccine offers no protection from the Ebola virus, reduction of Influenza cases could minimize any confusion in treatment, due to the similarity between early Ebola symptoms and the flu. For more information go to [www.cdc.gov/vhf/ebola](http://www.cdc.gov/vhf/ebola) or contact the Iowa County Health Department. Differences and similarities between the flu and Ebola symptoms:

### 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)



Flu (influenza)	Ebola
 <ul style="list-style-type: none"> <li>• Fever or feeling feverish</li> <li>• Headache</li> <li>• Muscle or body aches</li> <li>• Feeling very tired (fatigue)</li> <li>• Cough</li> <li>• Sore throat</li> <li>• Runny or stuffy nose</li> </ul>	 <ul style="list-style-type: none"> <li>• Fever</li> <li>• Severe headache</li> <li>• Muscle pain</li> <li>• Feeling very tired (fatigue)</li> <li>• Vomiting and diarrhea develop after 3-6 days</li> <li>• Weakness (can be severe)</li> <li>• Stomach pain</li> <li>• Unexplained bleeding or bruising</li> </ul>

# Time to Quit Smoking? You Can Do It!

Cold weather makes outdoor smoke breaks unpleasant, use it as an opportunity to quit.

Illnesses directly caused from smoking cigarettes currently costs the US nearly \$300 billion per year in medical costs and lost work productivity. (CDC) Tobacco is a serious cause of preventable death due to unhealthy behavior in the US.

Electronic cigarettes contain many of the same cancer-causing chemicals as regular cigarettes yet its socially acceptable in many areas to smoke them indoors and even on public transportation.

“Vaping” is not a safe alternative to smoking.

Chewing tobacco associated with some of the more aggressive forms of cancer of the mouth and throat.



You can quit. Some tips:

Select a date and stick to it

Tell all your friends and family you're quitting

Put off that first cigarette of the day by a longer amount of time each day

Make smoking inconvenient, don't keep it on you

Carry items to distract you from tobacco use (gum, pretzels, sunflower seeds, aspirin for headaches)

### **In the first few days of quitting:**

Keep very busy with activities. Throw away all tobacco and lighters etc.

Go to public places where smoking is prohibited

Spend time with non-smokers

Wash your clothes to remove the smell of tobacco

When you have urges:

Remember they only last for 2-3 minutes

Distract yourself by taking deep breaths, drink a glass of water, find something to distract yourself

Think of yourself as a non-smoker. Reward yourself with something nice for all the money you saved. Avoid drinking if you tend to smoke when you drink.

# 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

Jan. 21, Wed	9:00-11:00 a.m.
Jan. 26, Monday	3:00-5:30 p.m.
Feb. 18, Wed	9:00-11:00 a.m.
Feb. 23, Monday	3:00-5:30 p.m.
Mar. 16, Monday	9:00-11:00 a.m.
Mar. 23, Monday	3:00-5:30 p.m.
Apr. 20, Monday	9:00-11:00 a.m.
Apr. 27, Monday	3:00-5:30 p.m.
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 18 years of age.**

## 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)

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



**Public Health**  
Prevent. Promote. Protect.

## 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

## Testing and Controlling Home Radon is a Wise Investment

Radon testing is a small investment that can pay big dividends for homeowners. The Iowa County Health Department has **FREE** radon test kits available November through March. Radon is an odorless, radioactive gas that is naturally present in the ground and enters houses through their foundations. Breathing radon for extended times increases the risk of lung cancer. Since radon is widespread and concentrations vary greatly from home to home, every home having contact with the ground should be tested.

If your home's radon level is elevated, the risk of lung cancer and potential loss of a loved one can be serious. However, a home's radon level can be substantially reduced. The cost for reducing radon in your home is \$900 - \$1,500, and the investment could make a home easier to sell.

More than 50 radon mitigation contractors in Wisconsin are nationally certified and install highly-effective systems. Thousands of systems are installed in existing homes in Wisconsin each year. When having a new home built, features that reduce radon entry can be included for little added cost.

The US Environmental Protection Agency estimates that radon is the second leading cause of lung cancer after smoking and is responsible for several thousand preventable lung cancer deaths each year. State statistics indicate that between five and ten percent of the homes in Wisconsin have elevated airborne concentrations of radon in significantly occupied spaces.

For comprehensive radon information, go to [www.lowradon.org](http://www.lowradon.org). Call the Iowa County Health Department at (608) 930-9870 or stop in at their office at 303 W. Chapel Street, Floor 2, Suite 2200, to pick up a **FREE** radon kit.

