



Monroe County Health Department

Serving the Community since 1921

315 West Oak Street · Sparta, WI 54656 · (608) 269-8666 · Fax (608) 269-8872

2018 QUARTERLY NEWSLETTER: JANUARY – FEBRUARY - MARCH



January is National Radon Action Month, established to educate the public about radon and the harmful effects that can come from this odorless, radioactive gas. Radon is a significant cause of lung cancer, second only to tobacco, contributing to lung cancer deaths each year. This radioactive gas sneaks into homes through the foundation and can build to unsafe levels. With long term exposure, it can cause lung cancer. Health concerns are much greater if there is smoking in the home and your home has an elevated radon level.

Elevated radon levels have been found throughout Monroe County, including Norwalk, Sparta, Cashton, Kendall, Warrens, and Tomah. Testing your home with a radon test kit is the only way to know if you have an elevated radon level. Testing is easy and inexpensive. Contact the *Monroe County Health Department* at 608-269-8666 for information on how to test your home, and how to take action if your home has been found to have high levels of radon. Radon testing kits are available at the *Monroe County Health Department* office located at 315 West Oak Street in Sparta for \$10.00. If you would like more information, check the Radon Information Center for Wisconsin website at www.lowradon.org.



NATIONAL CERVICAL HEALTH AWARENESS

The National Cervical Cancer Coalition (NCCC), recognizes January as Cervical Health Awareness Month, with the goal to raising awareness about cervical health for women. In the United States, almost 13,000 American women are diagnosed with cervical cancer each year (NCCC, 2017).

According to the NCCC, Cervical cancer is one of the most preventable cancers in the United States. The majority (99%) of cervical cancers are caused by the Human Papillomavirus (HPV). Around 79 million Americans are infected with HPV, and about 14 million Americans become newly infected each year (CDC, 2017). Typically, HPV infections show no signs or symptoms and go away by themselves. People get HPV from another person during intimate sexual contact and it is possible for someone to get more than one type of HPV. One of the best ways to prevent cervical cancer is to receive the HPV vaccine. For HPV vaccine to be most effective, preteens and teens should be given the series prior to exposure to HPV, long before

they begin any type of sexual activity. Two doses of the HPV vaccine, separated by six to twelve months, are recommended for 9-14 year olds. Teens and young adults who start the series at ages 15-26 years will need three doses of HPV vaccine.

Screenings are also important in early detection of cervical cancer as it is highly treatable when found early. Precancerous cervical cell changes and early cancers of the cervix generally do not cause symptoms. For this reason, regular screening through Pap and HPV tests can help catch precancerous cell changes early and prevent the development of cervical cancer, which is why it's important to have regular pap smears as recommended by your health care provider

Contact Monroe County Health Department at 608-269-8666 for additional information on the HPV vaccine and/or to schedule an appointment. Or visit https://www.cdc.gov/cancer/cervical/basic_info/prevention.htm for more information.

AMERICAN HEART MONTH



According to the American Heart Association, the first American Heart Month was proclaimed by President Lyndon B. Johnson in February 1964 and included an annual proclamation designating February as American Heart Month. At that time, more than half the deaths in the U.S. were caused by cardiovascular disease. Cardiovascular disease, including heart disease and stroke, remains the leading global cause of death with more than 17.3 million deaths each year.

In Monroe County, heart disease is the second leading cause of death, just behind cancer. There are some things you can do to reduce your risk of heart disease. First of all, have your blood pressure and cholesterol checked, and work with your healthcare provider to keep them within healthy ranges. If you smoke, consider quitting. The

Wisconsin Tobacco Quit Line is free, sponsored by the Wisconsin Department of Health Services. Call 800-QUIT-NOW (800-784-8669) to talk to a friendly quit coach. It's also important to maintain a healthy weight. A well balanced diet with a variety of fruits and vegetables and regular physical activity is key not only to maintaining a healthy weight, but to preventing heart disease.

On February 3rd help the American Heart Association and Go Red for Women celebrate American Heart Month and raise heart disease awareness by participating in National Wear Red Day. For more information on having a healthy heart, see the CDC's recommendations at https://www.cdc.gov/heartdisease/healthy_living.htm or contact the Monroe County Health Department at 608-269-8666.



MARCH IS NATIONAL NUTRITION MONTH®: "GO FURTHER WITH FOOD"

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

"Go Further with Food" is the theme for 2018, and its importance is timely for many reasons. Whether it's starting the day off right with a healthy breakfast or fueling before an athletic event, the foods you choose can make a real difference. Preparing your foods to go further, by planning meals and snacks in advance can also help to reduce food loss and waste. This year's theme for National Nutrition Month® encourages us to achieve the numerous benefits healthy eating habits offer, but it also urges us to find ways to cut back on food waste. Learning how to manage food resources at home will help you "Go Further with Food", while saving both nutrients and money.

Here are some ways to cut back on food waste and eat healthy:

- Include a variety of healthful foods from all of the food groups on a regular basis.
- Consider the foods you have on hand before buying more at the store.
- Buy only the amount that can be eaten or frozen within a few days and plan ways to use leftovers later in the week.
- Be mindful of portion sizes. Eat and drink the amount that's right for you, as MyPlate encourages us to do.
- Continue to use good food safety practices.
- Find activities that you enjoy and be physically active most days of the week.
- Realize the benefits of healthy eating by consulting with a registered dietitian nutritionist. RDNs can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs.

POISON PREVENTION WEEK MARCH 18-24

Did you know that Poisoning is the #1 cause of injury-related death in the U.S? National Poison Prevention Week raises awareness of poison prevention nationwide during the third full week of March every year. In 1961, Congress established National Poison Prevention Week to raise awareness, reduce unintentional poisonings, and promote poison prevention. Often, medications are involved in poisonings; therefore, it is important to take the following precautions with medications in order prevent poisonings as well as prescription drug abuse.

- **Safe Storage:** If you have prescription medications in your home, it is important to keep them in a secure location. According to the Partnership for Drug-Free Kids, the majority of teens abusing prescription drugs get them from the medicine cabinets of family, friends, and acquaintances. Medications should be kept in an area not accessible to children or visitors-in a lock box, locked filing cabinet, or somewhere out of the way.
- **Don't share prescription medication:** First and foremost, sharing or selling prescription medication is a crime. Additionally, medications are prescribed specifically for you and your body and can be dangerous if taken by a person for whom it wasn't intended.
- **Properly dispose of medications:** Many people hang on to old prescription medications just in case they need them later; however, prescription drugs are not safe to take after one year and should be thrown away. Keep in mind that it is no longer acceptable to flush or throw away medication as studies show that measurable amounts of medication have been found in drinking water and wildlife due to flushing or throwing away medications. . Medications should be thrown out at permanent drop off sites. Take advantage of the permanent drop off sites in Monroe County. These are located at Sparta Police Department, Tomah Police Department, Monroe County Sheriff Department, and Scenic Bluffs Community Health Center.

Monroe County Medication Drop Boxes



Sparta Police Department
121 E Oak St, Sparta, WI 54656
Monday - Friday 7:30 a.m. - 4:30 p.m.
Closed Saturday, Sunday and Legal Holidays

Tomah Police Department
805 Superior Ave, Tomah, WI 54660
Monday - Friday 8:00 a.m. - 8:00 p.m.
Closed Saturday, Sunday and Legal Holidays

**Monroe County Sheriff's Department Lobby
Justice Center, 112 So. Court Street,**
Monday - Friday 8:00 a.m. - 4:30 p.m.
Closed Saturday, Sunday and Legal Holidays

Scenic Bluffs Health Center
238 Front Street, Cashton, WI 54619
Monday-Thursday 7:00am - 6:00pm;
Friday 7:00am - 5:30pm
Closed Saturday, Sunday and Legal Holidays



www.mcsafecommunities.org

Sponsored by the Office of National Drug Control Policy/Substance Abuse and Mental Health Services Administration's Drug Free Communities Grant through the Monroe County Safe Community Coalition, in partnership with 



PREPAREDNESS CORNER: UNTIL HELP ARRIVES TRAINING

You Are the Help Until Help Arrives (Until Help Arrives) is a new program designed to educate and empower the public to take action in emergency situations and provide lifesaving care before professional help arrives.

Life-threatening injuries require immediate action. A delay between injury and the initiation of care could result in death. On average, it takes six to nine minutes for professional help to arrive, and it could take up to 20 minutes or more in rural areas. Research from the CDC demonstrated that people hesitate to act when they feel they do not know what to do or are afraid they may make the situation worse. However, the actions most likely to save lives are simple and require no special skills or equipment.

People nearest to someone with life-threatening injuries are in the best position to provide first care. First care focuses on five essential actions:

1. Call 9-1-1 and provide your specific location.
2. Stay safe by protecting the injured from harm and moving them away from any ongoing danger.
3. Stop the bleeding with firm, direct pressure, or a tourniquet.
4. Position the injured: Let someone who is conscious position themselves; put an unconscious person into the recovery position.
5. Provide comfort to the injured while keeping them warm and offering encouragement

Until Help Arrives consists of a 25 minute online video tutorial explaining the steps people can take to help someone with life-threatening injuries as well as an interactive video. Additionally, there are resources for professionals who would like to provide trainings in their communities. These free resources are available at www.ready.gov/untilhelparrives

2017 REPORTABLE COMMUNICABLE DISEASE CASES – MONROE COUNTY

<u>DISEASE</u>	2017	2017	2017	2017
	1st	2nd	3rd	4th
	<u>QTR</u>	<u>QTR</u>	<u>QTR</u>	<u>QTR</u>
Anthrax				
Arboviral infection (encephalitis/meningitis)				
Animal Bites	4	16	10	3
Babesiosis		3	1	1
Blastomycosis				
Brucellosis				
Botulism				
Botulism, infant				
Campylobacter	4	3	8	3
Chancroid				
Chlamydia	26	27	40	31
Cholera				
Clostridium Difficile				
Cyclosporiasis				
Cryptosporidiosis	4	1	7	1
Diphtheria				
E. coli O157:H7 & other	4	9	15	1
E.coli enterohemorrhagic				
E. coli enteropathogenic				
E.coli enteroinvasive				
E.coli enterotoxigenic				
Eastern Equine Encephalitis			1	
Ehrlichiosis/Anaplasmosis	3	16	16	5
Giardiasis			1	2
Gonorrhea			3	1
Haemophilus influenzae invasive disease (including epiglottitis)			1	1
Hantavirus infection				
Hemolytic uremic syndrome				
Hepatitis A				
Hepatitis B	4	5	5	1
Hepatitis C	15	18	10	9
Hepatitis D				
Hepatitis E				
Histoplasmosis		1		1
HIV				
Influenza A	31			18
Influenza A hospitalized	11			1
Influenza B	1	7		
Influenza B hospitalized	1	2		
Kawasaki disease				
LTBI		2		2
Legionellosis	1		1	
Leprosy (Hansen Disease)				
Leptospirosis				
Listeriosis				
Lyme disease	7	38	48	29
Malaria				

<u>DISEASE</u>	2017	2017	2017	2017
	1st	2nd	3rd	4th
	<u>QTR</u>	<u>QTR</u>	<u>QTR</u>	<u>QTR</u>
Measles				
Meningitis, bacterial (other than Haemophilus)				
Meningitis, Viral				
Meningococcal disease				
Mumps				
Mycobacterium Avium		1		
Mycobacterium Gordonae				
Mycobacterium tuberculosis(TB)				
Norovirus				
Norwalk Like disease				
Pelvic inflammatory disease				
Pertussis(whooping cough)	13	9	1	
Plague				
Poliomyelitis				
Psittacosis				
Q Fever			1	
Rabies (human)				
Rheumatic fever (newly diagnosed & meeting the Jones criteria)				
Ricin toxin				
Rocky Mountain spotted fever			1	2
Rotavirus				
Rubella				
Rubella (congenital syndrome)				
Salmonellosis		1	4	
Shigellosis	2	1	1	
Small pox				
Streptococcal disease (all invasive disease caused by groups A & B Streptococci)	2	2	5	3
Streptococcus pneumoniae invasive disease (invasive pneumococcal)		1	1	2
Syphilis				
Tetanus				
Toxic shock syndrome				
Toxic substance related disease				
Toxoplasmosis				
Trichinosis				
Tularemia				
Typhoid fever				
Varicella (chicken pox) reported by number of cases only			2	1
West Nile Virus			1	1
Yellow fever				
Yeriniusis				1
Zika virus		1		

