



# Monroe County Health Department

*Serving the Community since 1921*

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## 2018 QUARTERLY NEWSLETTER: APRIL – MAY - JUNE

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### PRESCRIPTION DRUG TAKE BACK DAY



*National Prescription Drug Take-Back Day* will be Saturday, April 28, 2018 from 10:00 a.m. - 2:00 p.m. National Take-Back Day is a safe, convenient, and responsible way to dispose of unused or expired prescription drugs. Drop-off locations will be announced in the coming weeks.

Prescription medications in the form of tablets, capsules, liquids, creams, ointments, non-aerosols, patches, and pet medications will be accepted. This is a great opportunity to dispose of old or unwanted medications and to be part of the effort to prevent prescription drug abuse.

Communities can help to prevent prescription drug abuse and overdoses through safe storage, not sharing medications, and proper disposal. 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. It is also important to not share your 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.

Many people hang on to old prescription medications just in case they need them later; however, prescription drugs are prescribed for you for one specific purpose and with your current health in mind, they are also 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 a local disposal day or at drop off sites. Take advantage of the Medication Take Back Day on April 28<sup>th</sup>, or use one 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. For more information about collection hours, visit <http://mcsafecommunities.org/>

### MONROE COUNTY TOBACCO COMPLIANCE RESULTS

#### *Wisconsin Wins Program*

In 2017, 38 tobacco compliance inspections occurred at retailers with a tobacco license in Monroe County. An inspection involves a youth, under the age of 18, to attempt to purchase a tobacco product. Of those 38 inspections, 3 retailers sold tobacco to a minor, even after checking for identification. In Wisconsin, it is illegal to sell tobacco to anyone under the age of 18. Retailers who sell tobacco to minors face penalties from local law enforcement. Since the program's launch in 2002, tobacco compliance checks have been conducted annually in each of Wisconsin's 72 counties and sales to minors have dropped dramatically.

The Wisconsin Wins program is an important piece of the comprehensive Tobacco Prevention and Control Program for the State of Wisconsin. Nearly 9 out of 10 daily smokers tried their first cigarette before the age of 18. It is important retailers uphold the law and keep tobacco out of the hands of youth to prevent lives lost to addiction. When retailers don't sell tobacco to minors, Wisconsin wins!

For more information on local tobacco prevention and control initiatives visit [www.7cshealthinitiative.com](http://www.7cshealthinitiative.com).

Alison Elisius, CHES  
7 C's Health Initiative

## APRIL IS NATIONAL DISTRACTED DRIVING AWARENESS MONTH

Distracted Driving is any activity that takes your attention away from driving. Distractions come in a variety of ways and can be broken down into three distraction areas: visual, manual, and cognitive distractions.

The first area is visual distractions, or anything that causes you to take your eyes off the road. Looking down to send or read a text, turning your head to see a passenger, averting your eyes from the glare of the sun or oncoming light are only a few of the many ways we are visually distracted while driving. Most of these examples have us traveling down the road at 55 mph for the distance of a football field without seeing the road. That's a great distance to travel essentially blind.

The second area is manual distractions or the activities that cause you to take your hands off the wheel. Are you ever too hot or too cold and have to adjust the temperature? Have you ever been hungry in the car? You know that sandwich in your lunch bag would do the trick, so you just grab it "quick". How many times have you thought the sun is so bright so I will grab my sunglasses? I bet you can think of so many more times you took your hands off the wheel.

The final area is the cognitive distraction. This distraction is anything that takes your mind off driving. Many of us already try to multitask in our lives and driving and thinking is something we rarely think about as problematic. Many people carry on a conversation, even if its hands free, and cross the centerline. We worry about our kids or even sing to the music and suddenly realize we're going 10 miles over the speed limit.

Now picture yourself on your drive to work. How many times have you had a visual, manual, or cognitive distraction? The more distractions you have in multiple areas increases your risk of an accident, injury, and death. So what can you do? Lead by example by reducing and limiting your own distractions while driving. Advocate for yourself and others by speaking up when you see someone driving while distracted. Be the voice in your community and speak out about the dangers of distracted driving.

For more information and resources on distracted driving visit: <https://www.nhtsa.gov/risky-driving/distracted-driving> and [https://www.cdc.gov/motorvehiclesafety/distracted\\_driving/index.html](https://www.cdc.gov/motorvehiclesafety/distracted_driving/index.html).

### THE THREE TYPES OF DISTRACTED DRIVING AND HOW TO AVOID THEM

 VISUAL	 MANUAL	 COGNITIVE
		
Keep your eyes on the road.	Keep your phone out of reach.	Avoid phone calls, even hands-free.
Pull over to read directions.	Make all adjustments before driving.	Stay focused on the road.
Put your phone in "Do Not Disturb" mode.	Don't reach for items while driving.	Keep your emotions in check.

## Healthy Homemade Ranch Dressing



### Ingredients:

- **1 cup plain yogurt or plain Greek yogurt**
- **1 Tbsp milk**
- **1 tsp garlic powder**
- **1 tsp onion powder**
- **½ tsp parsley**
- **½ tsp dill**
- **½ tsp salt**
- **½ tsp pepper**

### Directions:

- **Combine and mix ingredients in small bowl**
- **Refrigerate for 20 minutes and enjoy!**

# EMPOWERED VOICES. SAVE LIVES.

*Join Us For A Free Community Event to Fight Mental Health Stigma, Spread Hope, and Inspire*



# METTIE SPIESS

INTERNATIONAL MENTAL HEALTH SPEAKER

**Thursday, April 19th, 6:00-7:00 p.m**

Recreation Park-Recreation Building, Tomah

Doors Open & Resource Fair 5:30-6 | Presentation 6:00-7:00 | Resource Fair 7:00-7:30

Mettie Spiess is the 2016 National Alliance on Mental Illness Education Advancement Award Winner, International Keynote Speaker and the Founder of A World Without Suicide. Mettie connects with audiences through unmasking her journey with mental illness, losing two brothers to suicide and the lessons she has learned from uniting survivors across the country. She believes that anyone can live mentally well with the right tools and support and we all play a role in creating a world without suicide.

This event is brought to you by: Monroe County Health Department, Monroe County Safe Community Coalition, Monroe County Traffic Safety Commission, Monroe County Mental Health Coalition

**Stepping On**  **FALLS PREVENTION WORKSHOP**

**Stepping On** is a research-based falls prevention workshop that teaches older adults how to take steps to prevent falls. Research shows that adults who take the workshop gain confidence, reduce falls by over 30% and have fewer hospitalizations and emergency department visits. **Stepping On** is specifically designed for:

- Anyone who is 60 and older
- Has had a fall in the past year
- Is fearful of falling
- Lives in their own home/apartment
- Does not have dementia
- Does not rely on a walker, scooter, or wheelchair indoors

Join us for this 7-week workshop from where you'll learn exercises and strategies to help prevent you from falling, learn information from local guest experts on exercise, vision, safety, and medications, and have the chance to meet other people! For questions, or to register, contact :

**When:** Mondays, May 14<sup>th</sup>-July 2<sup>nd</sup> (No Class May 28<sup>th</sup> for Memorial Day)

**Time:** 1:30-3:30 p.m.

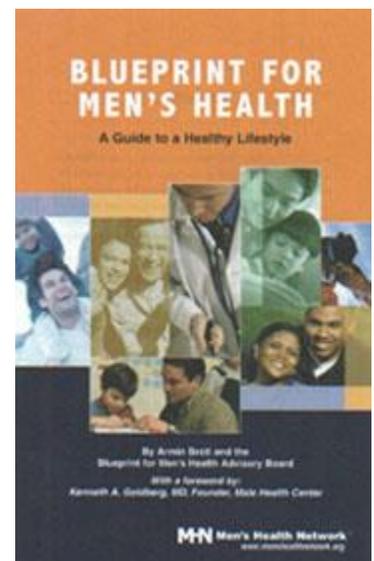
**Cost:** \$10.00

**Location:** Tomah Memorial Hospital, Classroom C  
321 Butts Ave., Tomah, WI 54660

**Registration:** Contact Tomah Memorial Hospital Community Health Nurse, Angela Krueger  
Call: 608-374-0211

***JUNE IS MEN'S HEALTH MONTH*** and the goal is to increase awareness and encourage early detection and treatment of disease. Men are at greater risk of death in every age group and are dying on average 5 years before women. The good news is that you can take action to improve the quality and length of your life. The *Blueprint for Men's Health: A Guide to a Healthy Lifestyle* offers these suggestions:

- Eat a varied diet, rich in fruits, vegetables, whole grains and low-fat foods.
- Limit cholesterol intake and avoid saturated fats.
- Engage in moderate exercise 30 minutes, 5 days a week or vigorous exercise for 30 minutes, 3 days a week.
- Protect yourself from the sun.
- Maintain a healthy weight.
- Drink at least 8- 8ounce glasses of water a day.
- Limit alcohol to 2 drinks per day.
- Don't smoke and reduce your exposure to second hand smoke.
- See your doctor regularly.
- Know your family history.
- If you are over 40 get a baseline prostate specific antigen (PSA) test and monitor this periodically.
- Practice safe sex.
- Wear a seatbelt when riding in a car, and a helmet when riding a motorcycle or bike.
- Manage your stress.
- Get help if you need it.



Show your support and bring awareness to men's health by wearing blue on Friday, June 15<sup>th</sup>. The men in our lives need to know that they matter to us!

To learn more about Men's health, facts and screening recommended, visit [www.menshealthmonth.org](http://www.menshealthmonth.org)

## THE LONGEST DAY

EVENT TO RAISE AWARENESS FOR ALZHEIMER'S & RELATED DEMENTIAS

**June 21, 2018 1:30-4:30 p.m.**

Jake's Northwoods, 1132 Angelo Road, Sparta, WI

### Topics

**Martin Schreiber, Former Wisconsin Governor**, guest speaker

**Know the 10 warning signs of Alzheimer's**, presented by the Alzheimer's Association- Greater Wisconsin Chapter

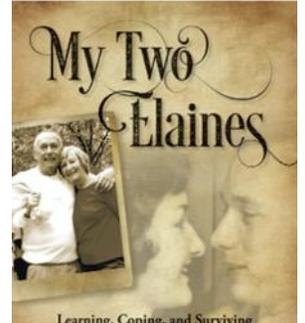
**Dementia Capable Wisconsin** presented by the Wisconsin Department of Health Services

**Dementia Friendly Monroe County** presented by the Monroe County Health Department and the Aging and Disability Resource Center of Monroe County

Refreshments: Provided

Cost: Suggested Donation TBD

Sponsored by: Monroe County Aging & Disability Resource Center  
Monroe County Health Department



**If there's anything worse than Alzheimer's, it's ignorance of the disease." –Martin Schreiber**

## PREPAREDNESS CORNER

Monroe County Emergency Management has launched a new notification service called Nixle, to communicate public safety alerts to county residents. The system provides a quick, efficient, and secure way to get neighborhood-level information out to our community members who subscribe to the system. The department will be able to send text message and email alerts to subscribers in our area.



Notifications might be considered in the following instances:

- A young child or adult with Alzheimer's disease walks away from their home. The Nixle alert can include a picture of the child or adult with a map identifying the area in which they were last seen.
- A public safety emergency requires people to stay in or remain away from their homes. A Nixle message can let residents with a registered address in the affected area know what is happening, allowing residents to take a proactive role in their own safety.
- A serious injury or fatal crash in which traffic investigators close down the intersection for several hours during the morning commute. This situation might warrant a notification to subscribers who live or work in the area to select an alternative route.
- Other use cases:
  - Large-scale public works projects
  - Traffic mitigation
  - Community events such as parades, picnics or fundraisers
  - Utility outages
  - Boil water orders

There are several simple ways to register:

1. Text your ZIPCODE to 888777 from your mobile phone.
2. Go to [www.Nixle.com](http://www.Nixle.com) to sign up.
3. Residents can receive technical and non-technical assistance directly from Nixle sending email to [support@nixle.com](mailto:support@nixle.com)

**2018 REPORTABLE COMMUNICABLE DISEASE CASES – MONROE COUNTY**

<u>DISEASE</u>	2018	2018	2018	2018
	1st	2nd	3rd	4th
	<u>QTR</u>	<u>QTR</u>	<u>QTR</u>	<u>QTR</u>
Anthrax				
Arboviral infection (encephalitis/meningitis)				
Animal Bites	5			
Babesiosis				
Blastomycosis				
Brucellosis				
Botulism				
Botulism, infant				
Campylobacter	4			
Chancroid				
Chlamydia	41			
Cholera				
Clostridium Difficile				
Cyclosporiasis	1			
Cryptosporidiosis				
Diphtheria				
E. coli 0157:H7 & other				
E.coli enterohemorrhagic				
E. coli enteropathogenic				
E.coli enteroinvasive				
E.coli enterotoxigenic				
Eastern Equine Encephalitis				
Ehrlichiosis/Anaplasmosis	1			
Giardiasis	1			
Gonorrhea	8			
Haemophilus influenzae invasive disease (including epiglottitis)				
Hantavirus infection				
Hemolytic uremic syndrome				
Hepatitis A				
Hepatitis B	1			
Hepatitis C	4			
Hepatitis D				
Hepatitis E				
Histoplasmosis				
HIV				
Influenza A	117			
Influenza A hospitalized	38			
Influenza B	55			
Influenza B hospitalized	9			
Kawasaki disease				
LTBI	2			
Legionellosis				
Leprosy (Hansen Disease)				
Leptospirosis				
Listeriosis				
Lyme disease	6			
Malaria				

<u>DISEASE</u>	2018	2018	2018	2018
	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				
Mycobacterium Gordonae				
Mycobacterium tuberculosis(TB)				
Norovirus				
Norwalk Like disease				
Pelvic inflammatory disease				
Pertussis(whooping cough)	1			
Plague				
Poliomyelitis				
Psittacosis				
Q Fever				
Rabies (human)				
Rheumatic fever (newly diagnosed & meeting the Jones criteria)				
Ricin toxin				
Rocky Mountain spotted fever				
Rotavirus				
Rubella				
Rubella (congenital syndrome)				
Salmonellosis	1			
Shigellosis				
Small pox				
Streptococcal disease (all invasive disease caused by groups A & B Streptococci)	4			
Streptococcus pneumoniae invasive disease (invasive pneumococcal)	2			
Syphilis				
Tetanus				
Toxic shock syndrome				
Toxic substance related disease				
Toxoplasmosis				
Trichinosis				
Tularemia				
Typhoid fever				
Varicella (chicken pox) reported by number of cases only	1			
West Nile Virus				
Yellow fever				
Yersiniosis				
Zika virus				

