



# Monroe County Health Department

*Serving the Community since 1921*

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

---

---

## 2018 THIRD QUARTER NEWSLETTER

---

---

### DHS CONFIRMS DEATH OF A LA CROSSE COUNTY RESIDENT FROM ROCKY MOUNTAIN SPOTTED FEVER

#### State and local health departments urge residents to take precautions to protect against tick bites

The Wisconsin Department of Health Services and the La Crosse County Health Department announced the first documented death from [Rocky Mountain spotted fever](#) (RMSF) in the state on July 10, 2018.

RMSF is rarely reported in Wisconsin and most commonly occurs in the central and southeastern regions of the United States. Most tickborne diseases transmitted in Wisconsin are spread by the blacklegged (or deer) tick; RMSF, however, is spread by the bite of the American dog (or wood) tick (picture attached). Early symptoms of RMSF can be mild and typically include fever, headache, nausea, vomiting, rash, and stomach pain. If left untreated, however, a RMSF infection can rapidly develop into a serious illness.



We are saddened to learn of this death and encourage Wisconsin residents to take steps to protect themselves and their families from tick bites while enjoying the outdoors,” said Karen McKeown, State Health Officer.

- Use an insect repellent with at least 20% DEET or another EPA-registered repellent according to the label instructions.
- Use 0.5% permethrin products on clothing, socks, and shoes according to label instructions.
- Stay on trails and avoid walking through tall grasses and brush.
- Wear long sleeves and pants, and tuck pants into socks and shirts into pants to avoid ticks crawling under clothing.
- Check your entire body for ticks after being outdoors.
- Take a shower as soon as possible after coming in from outdoors.
- Place clothes in the dryer on high heat for 10 minutes to kill any ticks on clothing.
- Use a veterinarian-prescribed tick prevention treatment on pets.

Of the illnesses spread by ticks in Wisconsin, [Lyme disease is the most common](#), but ticks can also spread [anaplasmosis](#), [ehrlichiosis](#), and more rarely RMSF and [Powassan virus](#). Many people who contract a tickborne disease do not recall a tick bite, so it’s also important to be aware of the common symptoms of tickborne disease such as fever, rash, headache, body aches, and fatigue.

Most diseases spread by ticks in Wisconsin, including Lyme disease, anaplasmosis, ehrlichiosis, and RMSF, can be effectively treated with antibiotics, making early diagnosis critical. If symptoms develop after a tick bite or after possible tick exposure, see a health care provider.

### PUT IMMUNIZATIONS ON YOUR BACK-TO-SCHOOL LIST



The school year is almost here, but will your child be ready? Besides shopping for school supplies, your back-to-school checklist should include making sure your child's health record is up to date.

According to the Centers for Disease Control and prevention (CDC), immunizations, also called vaccinations, are one of the greatest achievements in public health. Immunizations are cost effective and help fight preventable disease throughout the community. Every child entering a Wisconsin school or attending child care facilities is required to comply with the Wisconsin Student Immunization Law. Required immunizations include diphtheria-tetanus-pertussis (whooping cough), polio, measles-mumps-rubella, hepatitis B, Haemophilus influenza type B, varicella and pneumococcal. Meningococcal and human papilloma virus vaccines are recommended for adolescents, but are not part of the law.

Vaccines prevent disease in people who receive them. Additionally, if enough people in the community are vaccinated, the entire community can be protected because there is little opportunity for an outbreak to occur.

Before vaccines, many children died from diseases like measles, pertussis (whooping cough), and Haemophilus influenza. Through the introduction of routine immunizations, these and other vaccine-preventable diseases occur much less often in the United States. However, the viruses and bacteria that cause these diseases still exist. Vaccinations are the best way to prevent these diseases and the serious effects they can cause.

Parents are encouraged to check their child's immunization records to ensure that they are protected and ready for a healthy school year. Parents can visit the Wisconsin Immunization Registry at <https://www.dhs.wisconsin.gov/immunization/wir.htm> or contact the Monroe County Health Department at 608-269-8666 or your health care provider.

### AUGUST IS BREASTFEEDING AWARENESS MONTH

This month, and every month, focus on the healthy benefits of breastfeeding for your baby and yourself. This breastfeeding campaign, funded by the U.S. Department of Health and Human Services, serves to empower women to commit to breastfeeding.

The miracle of mother's milk is substantiated with scientific research highlighting the benefits for your baby which include:

- Breast milk provides the ideal nutrition for infants. It has a nearly perfect mix of vitamins, protein, and fat...everything your baby needs to grow.
- Breast milk provides nutrition in a form better digested by infants than formula.
- Breast milk contains antibodies that help your baby fight off viruses and bacteria.
- Breastfeeding lowers your baby's risk of having asthma or allergies.
- Babies who are breastfed exclusively for six months, without supplementation of formula, have fewer ear infections, respiratory illness, or diarrhea.
- Breastfeeding has been linked to higher IQ scores in some studies.
- Physical closeness, skin to skin touching, and eye contact help bonding and give your baby security.
- Breastfed infants are more likely to gain the right amount of weight as they grow preventing overweight children.
- Breastfeeding plays a role in the prevention of Sudden Infant Death Syndrome.

The benefits of breastfeeding for mother include:

- Burns extra calories, may help lose pregnancy weight faster.
- Breastfeeding releases oxytocin, helping to reduce uterine bleeding after birth.
- Lowers the risk of breast and ovarian cancer, and may lower your risk for osteoporosis.
- Breast milk is convenient - no measuring or sterilizing bottles, and saves time and money.
- The most important benefit...bonding with your baby!



The Western Wisconsin Breastfeeding Coalition will be hosting the **2018 Big Latch On** Saturday, August 4<sup>th</sup> from 10:00 am-12:00 pm at Myrick Park Drive, LaCrosse, WI. **The Big Latch On** is a global event that takes place at registered locations around the world where women gather together to breastfeed and offer peer support to each other. Their friends, family and community join this celebration to promote and support breastfeeding. For more information on this event, join *Western Wisconsin Breastfeeding Coalition* on Facebook.

## 2018 THIRD QUARTER NEWSLETTER



### 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!

**When:** September 10<sup>th</sup> – October 22<sup>nd</sup>

**Time:** 10:00 a.m.-Noon

**Cost:** \$10.00

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

**Registration:** Contact Tomah Memorial Hospital Community Health Educator, Mandi Hoppa  
Phone: 608-374-0211 / Email: [mhoppa@tomahhospital.org](mailto:mhoppa@tomahhospital.org)

## DEMENTIA – FRIENDLY MONROE COUNTY

### What is a Dementia Friendly Community?

Dementia friendly communities are places where individuals living with dementia:

- Are able to live good lives
- Have the ability to live as independently as possible
- Continue to be part of their communities
- Are met with understanding
- Are given support where necessary



**The Dementia Friendly Monroe County Coalition is offering free training to groups, organizations, and businesses about how they can be recognized as dementia friendly!**

Trainings can be tailored to:

- |  |                                |  |
|--|--------------------------------|--|
| • General Business                                       | • General Community            | • Healthcare                                 |
| • Banks & Credit Unions                                  | • Libraries                    | • Pharmacies                                 |
| • Restaurants  | • Museums                      | • Dentists                                   |
| • Faith communities                                      | • Parks                        | • Law Enforcement/1 <sup>st</sup> Responders |
| • Physical therapy, occupational therapy, or home health | • Sports / recreation programs | • City planning                              |

To request training, contact Julie or Kayleigh at the Monroe County Health Department at 608-269-8666.

## PREPAREDNESS CORNER - EMERGENCY SUPPLY KITS

Through its **Ready** Campaign, the Federal Emergency Management Agency (FEMA) educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. **Ready** asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and their appropriate responses.

All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. The following is a list of some basic items that every emergency supply kit should include. However, it is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs. Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.

### Recommended Items to Include in a Basic Emergency Supply Kit:

- ✓ Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- ✓ Food, at least a three-day supply of non-perishable food
- ✓ Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- ✓ Flashlight and extra batteries
- ✓ First aid kit
- ✓ Whistle to signal for help
- ✓ Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- ✓ Moist towelettes, garbage bags and plastic ties for personal sanitation
- ✓ Wrench or pliers to turn off utilities
- ✓ Can opener for food (if kit contains canned food)
- ✓ Local maps



## WHY ARE FRUITS & VEGETABLES IMPORTANT?

Fruits and vegetables are high in vitamins, minerals and fiber. Everyone should be encouraged to eat a variety of fruits and vegetables, especially kids. There is a rainbow of colors to choose from, which provides a rich source of antioxidants, instead of sugary snacks and fast food, which are high in fat and sugar. The vitamins, minerals, fiber, and antioxidants found in fruits and vegetables provide many benefits: promotes good health and protects against disease, both now and in the future, ensures

healthy growth and development, and strengthens immune systems which helps fight illnesses. There is strong evidence to show that the nutrients found in fruits and vegetables can prevent chronic diseases. If you find it hard to fit fruits and vegetables into your everyday diet, try the following:

- Put your veggies on the top shelf of the refrigerator - put them right up front where you will see them and remember them.
- Prepare a whole week's worth of vegetables over the weekend. This may go against the idea of eating fresh vegetables every day, but it is a lot more realistic for most of us and our busy schedules. This means washing, trimming, chopping, and even roasting or freezing if needed. You are more likely to add veggies to meals if they are ready to go!
- Mix them up! Whether it is a strawberry/banana, or a fruit and veggie mix, smoothies are an easy way to drink up your fruit and vegetable servings!
- Place colorful fruit where everyone can easily grab something for a snack on the run. Keep a bowl of fresh fruits or vegetables in the center of your kitchen table.

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

<u>DISEASE</u>	2018 1 <sup>st</sup> QTR	2018 2 <sup>nd</sup> QTR	2018 3 <sup>rd</sup> QTR	2018 4 <sup>th</sup> QTR
Anthrax				
Arboviral infection (encephalitis/meningitis)				
Animal Bites	5	9		
Babesiosis		2		
Blastomycosis				
Brucellosis				
Botulism				
Botulism, infant				
Campylobacter	4	4		
Chancroid				
Chlamydia	41	36		
Cholera				
Clostridium Difficile				
Cyclosporiasis		8		
Cryptosporidiosis	1	1		
Diphtheria				
E. coli O157:H7 & other				
E.coli enterohemorrhagic				
E. coli enteropathogenic				
E.coli enteroinvasive				
E.coli enterotoxigenic				
Eastern Equine Encephalitis				
Ehrlichiosis/Anaplasmosis	1	6		
Giardiasis	1	1		
Gonorrhea	8	7		
Haemophilus influenzae invasive disease (including epiglottitis)				
Hantavirus infection				
Hemolytic uremic syndrome				
Hepatitis A				
Hepatitis B	1	2		
Hepatitis C	4	3		
Hepatitis D				
Hepatitis E				
Histoplasmosis				
HIV				
Influenza A	117	19		
Influenza A hospitalized	38	1		
Influenza B	55	12		
Influenza B hospitalized	9	6		
Kawasaki disease				
LTBI	2			
Legionellosis				
Leprosy (Hansen Disease)				
Leptospirosis				
Listeriosis				
Lyme disease	6	24		
Malaria				

<u>DISEASE</u>	2018 1 <sup>st</sup> QTR	2018 2 <sup>nd</sup> QTR	2018 3 <sup>rd</sup> QTR	2018 4 <sup>th</sup> QTR
Measles				
Meningitis, bacterial (other than Haemophilus)				
Meningitis, Viral				
Meningococcal disease				
Mumps				
Mycobacterium Avium				
Mycobacterium chelonae		1		
Mycobacterium Gordonae		1		
Mycobacterium tuberculosis(TB)				
Norovirus				
Norwalk Like disease				
Pelvic inflammatory disease				
Pertussis(whooping cough)	1	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	4		
Shigellosis				
Small pox				
Streptococcal disease (all invasive disease caused by groups A & B Streptococci)	4	2		
Streptococcus pneumoniae invasive disease (invasive pneumococcal)	2	3		
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				

