



Monroe County Health Department

Serving the Community since 1921

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

2019 SECOND QUARTER NEWSLETTER



APRIL IS STD AWARENESS MONTH

April is a time to raise awareness about what STDs (Sexually Transmitted Diseases) are, but also a time to take action to protect your own health, or the health of those around you, whether they be a partner, a loved one, or patient.

Three common STDs - chlamydia, gonorrhea, and syphilis – are surging across the United States, according to the Centers for Disease Control and Prevention (CDC). Young people are especially hard hit. In fact, because reported cases only account for a fraction of the national burden, the CDC estimates youth ages 15 to 24 account for *half* of all new sexually transmitted infections each year.

“The consequences of STDs are especially severe for young people,” said Gail Bolan, M.D., director of CDC’s Division of STD Prevention. “Because chlamydia and gonorrhea often have no symptoms, many infections go undiagnosed and this can lead to lifelong repercussions for a woman’s reproductive health, including pelvic inflammatory disease and infertility.”

Early detection through testing is key to avoiding these consequences, but it’s not the *only* thing. The most reliable way is to *not* have sex (vaginal, oral, or anal), but there are many other tried-and-true options: talking openly with Healthcare providers about STDs; using condoms the correct way from start to finish; and reducing the number of sexual partners. Those who test positive for an STD should get treated right away – and be sure their partner is also treated to lower the risk of getting infected again.

Visit the CDC’s [GYT: Get Yourself Tested website](#) for more information on STD testing and prevention.



Free
class

taking care
of you
body. mind. spirit.

Sparta:

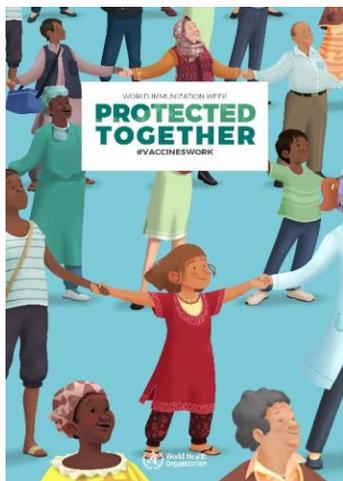
Wednesdays, April 10th-May 1st, 2019
5:30-7:30 pm, Sparta Library

Tomah:

Tuesdays, April 23rd-May 14th, 2019
5:30-7:30 pm, Tomah Memorial Hospital

4-week stress management program that incorporates researched-based principles and techniques from mindfulness-based stress reduction, positive psychology, and other stress management techniques.

Register online at <http://bit.ly/TCOY2019> or contact Kayleigh Day, Community Health Educator at Monroe County Health Department at 608-269-8666 or e-mail kayleigh.day@co.monroe.wi.us. Registration deadline for the Sparta class is April 5th and April 19th for the Tomah class.



WORLD IMMUNIZATION WEEK: APRIL 24-30, 2019

World Immunization Week, celebrated in the last week of April, aims to promote the use of vaccines to protect people of all ages against disease. Immunization saves millions of lives every year and is widely recognized as one of the world's most successful and cost-effective health interventions. Yet, there are still nearly 20 million unvaccinated and under-vaccinated children in the world today.

The theme this year is *Protected Together: Vaccines Work!* The campaign will celebrate *Vaccine Heroes* from around the world, from parents and community members to health workers and innovators, who help ensure we are all protected through the power of vaccines.

In 2017, the number of children immunized (116.2 million) was the highest ever reported. Since 2010, 113 countries have introduced new vaccines, and more than 20 million additional children have been vaccinated. But despite gains, all of the targets for disease elimination - including measles, rubella, and maternal and neonatal tetanus - are behind schedule, and over the last two years the world has seen multiple outbreaks of measles, diphtheria and various other vaccine-preventable diseases. Most of the children missing out are those living in the poorest, marginalized and conflict-affected communities.

We can ensure vaccines reach the people that need them most. You can be a vaccine hero!

- Ensure **you and your family** are vaccinated on time, every time.
- Travelling? Know before you go – ensure **your family's** vaccines are up to date.
- Be a vaccine champion – talk to **people** about the benefits of vaccines. Vaccines save lives, help children learn and grow, and prevent serious illness and disability.
- Know the facts. Any licensed vaccine has been rigorously tested before use to make sure it is safe and effective for **you and your family**.
- Health workers: Every checkup is an opportunity to check in on vaccination, for ✓ **children**, ✓ **youth**, ✓ **adults**, ✓ **the elderly**.

MAY IS MENTAL HEALTH MONTH

In recognition of *Mental Health Month*, join Monroe County Health Coalition for a presentation on *Adverse Childhood Experiences: The Science of Risk Resilience and Health*.

As a partner in promoting health and well-being for kids, adults, and families in our community, we hope you can join us for this free, introductory educational session on adverse childhood experiences (ACEs) and trauma-informed care.

ACEs have been said to be the single greatest unaddressed public health threat facing our nation today. This session will help you:

- Understand how ACEs impact health and well-being across the lifespan.
- Increase self-awareness to approach your everyday work and interactions through a trauma-informed perspective.
- Learn how we can partner with our community to address ACEs and embed trauma-informed care approaches to improve health.

Adverse Childhood Experiences: The Science of Risk Resilience and Health

May 3, 2019

8:30 a.m. - 10:30 a.m.

Sparta City Hall Council Chambers

Registration is preferred, but not required

To register, contact Kayleigh Day

Phone: 608-269-8666 / Email: kayleigh.day@co.monroe.wi.us

PREPAREDNESS CORNER – SEVERE WEATHER AWARENESS



Severe weather can happen anywhere, anytime. Be prepared before hazardous weather strikes by staying alert and up to date with changing conditions with local emergency alerts. Signing up for alerts and warnings can provide you with critical information. To receive real-time alerts and advisories directly from local agencies, **text any zip code to 888777**. Having information early will provide you with the knowledge to be prepared, take action, and stay safe.

Being prepared before storms strike is the first step in ensuring that you and your family are prepared for severe weather hazards. Preparation includes signing up for alerts and warnings, developing family communication plans, having shelter and evacuation strategies, and putting an emergency kit together. It is important to remember to test and practice these plans before disaster strikes.

In the event that severe weather strikes, stay safe and take heed to watches and warnings in your area, and find shelter or evacuate as necessary. Locate an area in your home that is safe to take shelter during storms that has no windows to the outside, and identify at least two different ways to evacuate your house should the need arise.

For more information on how to be prepared for severe weather hazards, visit www.ready.gov.

MEN'S HEALTH WEEK: JUNE 10-16, 2019

Men's Health Week is a reminder for men to take action towards a healthier life, but they don't have to do it alone. Show support to your husband, partner, dad, brother, son, or friend by following these recommendations from the CDC for a safe and healthy lifestyle.

Set an example for the man in your life with healthy habits:

- Eat healthy and include a variety of fruits and vegetables every day.
- Engage in regular physical activity.
- Choose not to smoke and encourage the men in your life to quit.
- Help recognize and reduce stress.

Remind men to get regular checkups:

- Learn about preventative tests and screenings.
- Know and understand family health history.

Know the signs and symptoms of a heart attack:

- Pain or discomfort in the jaw, neck, or back
- Feeling weak, light-headed, or faint
- Chest pain or discomfort
- Pain or discomfort in arms or shoulder
- Shortness of breath

Encourage men to seek help for depression:

- Know the signs of depression: persistent sadness, grumpiness, feeling of hopelessness, tiredness and decreased energy, and thoughts of suicide.
- Seek help as soon as possible for those who are suffering from depression and anxiety. If in crisis, immediately:
 - Call 9-1-1
 - Visit an emergency department or your healthcare provider's office
 - Call the toll free, 24-hour National Suicide Prevention lifeline at 1-800-273-8255

For more information on Men's Health Week, visit <https://www.cdc.gov/features/healthymen/index.html>

WHAT'S LURKING IN YOUR DRINKING WATER?

Many contaminants cannot be seen, smelled, or tasted in drinking water. The only way to know if your private well water is safe is to get it tested.

WHEN?

- Annually for bacteria
- If you notice a change in color, taste, odor or appearance
- If your well was exposed to flood waters
- If you have maintenance done on your well
- If you have a new baby in (or routinely visiting) the home

WHAT?

- **Bacteria:** In a drinking water supply, at high enough levels, may cause nausea, vomiting, and diarrhea.
- **Metals:** Metals such as lead and arsenic can cause cancer or neurological problems. Some are naturally occurring, while others get into water through pipes and fixtures. Test for metals at least once.
- **Nitrates:** High levels of nitrates in drinking water should be avoided by all, but especially infants and women who are or may become pregnant. Drinking water high in nitrates can cause "blue baby syndrome" which can be fatal if not treated promptly.

WHERE?

County residents have several labs to choose from when testing their water. Prices differ from lab to lab, and are subject to change. For the most up-to-date prices, contact Monroe County Health Department or the following individual labs:

Wisconsin State Lab of Hygiene

- Samples can be mailed to lab
- Sampling bottles available at Monroe County Health Department
- <http://www.slh.wisc.edu/environmental/water/public-environmental-and-water-testing-prices/>

UW-Stevens Point Water & Environmental Analysis Lab

- Samples can be mailed to lab
- Sampling bottles available at Monroe County Sanitation & Zoning (\$3), 14345 County Highway B, Suite 5, Sparta, WI / 608-269-8939

La Crosse County Health Department

- 300 4th Street North, La Crosse, WI / 608-785-9872
- Sampling bottles available at Monroe County Health Department
- Sample Drop Off: Monday – Thursday, 8:00 AM – 4:00 PM

Jackson County Public Health

- 421 County Road R, Black River Falls / 715-284-4301 x408

Leuther Laboratories

- N1006 County Road M, Coon Valley, WI / 608-788-8180 / <http://www.leutherlab.com/index.aspx>

Davy Laboratories

- 115 6th Street South, La Crosse, WI / 608-782-3130 / <http://www.davylaboratories.com/>

Vernon County Health Department

- 318 Fairlane Drive, Viroqua, WI / 608-637-5251

HOW?

1. Pick up sampling bottles
2. Follow directions provided with sampling bottles
3. Drop off or send in bottles as directed



Monroe County Reportable Communicable Disease Cases

2019 DISEASE	1st QTR	2nd QTR	3rd QTR	4th QTR
Anthrax				
Arboviral infection (encephalitis/meningitis)				
Animal Bites	5			
Babesiosis				
Blastomycosis				
Brucellosis				
Botulism				
Botulism, infant				
Campylobacter	2			
Chancroid				
Chlamydia	40			
Cholera				
Clostridium Difficile				
Cyclosporiasis				
Cryptosporidiosis	4			
Diphtheria				
E. coli O157:H7 & other	3			
E.coli enterohemorrhagic				
E. coli enteropathogenic				
E.coli enteroinvasive				
E.coli enterotoxigenic				
Eastern Equine Encephalitis				
Ehrlichiosis/Anaplasmosis	1			
Giardiasis	3			
Gonorrhea	7			
Haemophilus influenzae invasive disease (including epiglottitis)				
Hantavirus infection				
Hemolytic uremic syndrome				
Hepatitis A				
Hepatitis B	1			
Hepatitis C	1			
Hepatitis D				
Hepatitis E				
Histoplasmosis				
HIV				
Influenza A	174			
Influenza A hospitalized	20			
Influenza B				
Influenza B hospitalized				
Kawasaki disease				
LTBI	3			
Legionellosis				
Leprosy (Hansen Disease)				
Leptospirosis				
Listeriosis				
Lyme disease	10			
Malaria				
Measles				

2019 DISEASE	1st QTR	2nd QTR	3rd QTR	4th QTR
Meningitis, bacterial (other than Haemophilus)				
Meningitis, Viral				
Meningococcal disease				
Metal poisonings other than lead	1			
Mumps				
Mycobacterium Avium	1			
Mycobacterium chelonae				
Mycobacterium Gordonae				
Mycobacterium tuberculosis(TB)				
Norovirus				
Norwalk Like disease				
Pelvic inflammatory disease				
Pertussis(whooping cough)	4			
Plague				
Poliomyelitis				
Psittacosis				
Q Fever	1			
Rabies (human)				
Rheumatic Fever (newly diagnosed & meeting the Jones criteria)				
Ricin toxin				
Rocky Mountain spotted fever				
Rotavirus				
Rubella				
Rubella (congenital syndrome)				
Salmonellosis	4			
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				
Water quality positive	1			
West Nile Virus				
Yellow Fever				
Yersiniosis				
Zika Virus				

