

Kewaunee County Public Health Newsletter

January-February 2016

Volume 1 Issue 1



Winter Car Seat Safety Tips:

- + Avoid putting your infant in a snow suit. A warm blanket will do.
- + Avoid leaving your child in the carrier with multiple blankets. If you would be hot, they will too.
- + Keep your car clean and free of toys.

January is National Radon Action Month

January is National Radon Action Month and the EPA, the state of Wisconsin, and the Kewaunee County Health Department are encouraging everyone in Kewaunee County to learn more about radon and how to protect you and your family from being exposed to it.

Radon is a radioactive, odorless gas that comes from trace amounts of natural uranium in the ground. Radon seeps through cracks and openings in the basement and foundation of homes. Breathing indoor air with high levels of radon can lead to lung cancer. Radon is the leading cause of lung cancer among nonsmokers. Homes with high levels are found in all regions of Wisconsin including Kewaunee County. Everyone should test their home.

Testing for radon is easy and inexpensive. **The Kewaunee County Health Department offers short term radon test kits to the public for \$6 and can be picked up during regular business hours.** Analysis is included in this price. Radon test kits are available on a year round basis.

For additional information on local radon levels by zip code, how to test, the health risk, and how to reduce radon levels in the house, look at the Wisconsin Department of Health Services website at www.lowradon.org or call toll-free to reach the Radon Information Center serving your region of the state; 1-888-LOW-RADON (1-888-569-7236).

“Like” the Kewaunee County Health Department facebook page for \$0.75 off the price of a test kit!

Kewaunee County Health Dept.
810 Lincoln St.
Kewaunee, WI 54216
920-388-7160

Thirdhand Smoke

Thirdhand smoke refers to the toxins from tobacco smoke that stay behind on surfaces such as clothing, furniture and car upholstery. Any soft surface that smells like smoke can contain these toxic chemicals that can be dangerous to one's health, especially infants and young children.

Low levels of toxins can build up to dangerous levels in the body and can lead to learning issues for children. Babies are especially at risk because they have smaller lungs and take more breaths than adults. They also spend more time on the floor or other surfaces that can contain these toxins.

If you or a family member smokes, think seriously about quitting. Call 1-800-QUIT-NOW for help. Never smoke around your children and protect them from exposure to thirdhand smoke.



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Winter Activities:

- + Build a snowman
- + Have a snowball fight
- + Go sledding or skating
- + Go swimming indoors
- + Go roller skating
- + Visit an indoor play ctr.
- + Hide a treasure have the Kids hunt to find it.
- + Play garage hockey
- + Play keep up the balloon
- + Go on a hike in the snow
- + Walk around the mall
- + Dance to music



Myths and Little Known Facts about the Flu Shot

Each year, the flu season runs from October to May. Influenza is a contagious respiratory virus that can live on surfaces and spread through coughing and sneezing. Symptoms include fever, cough, sore throat, runny nose, body aches, and tiredness. There are several myths surrounding the flu and the flu vaccine:

Myth #1-The flu shot gave me the flu. A flu shot cannot cause flu illness. The virus in a flu shot is "inactivated" which means there is no live virus to make you sick.

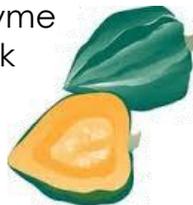
Myth #2- The flu shot doesn't work because I still get sick. The flu shot can protect you and those around you from getting the flu. It can also lessen your symptoms and duration of the illness if you do get sick.

Myth #3-It's better to get the flu than the flu shot. Flu can be a serious disease, particularly among young children, older adults, and people with certain chronic health conditions, such as asthma, heart disease or diabetes. Any flu infection can carry a risk of serious complications, hospitalization or death, even among otherwise healthy children and adults.

Call (920)388-7160 to schedule an appointment to get your flu vaccine. Free for kids under 18, Medicare Part B accepted.

Acorn Squash and Potato Soup

- 1 Medium Acorn Squash, cooked
- 1 Lg Sweet Potato, peeled, diced
- 1 Lg Potato, peeled, diced
- 1 Med Onion, diced
- 1 Clove of Garlic, minced
- 1 Teaspoon dried Thyme
- 6 Cups Chicken Stock
- ¼ Teaspoon Salt
- Dash Pepper
- ½ Cup White Wine
- Milk (optional)



Bake the Acorn Squash. Let cool. In medium stock pot, combine remaining ingredients. Bring to a boil and simmer until the onions are soft and the potatoes are tender. Scoop out the Squash from the shell and add to the soup. Use a hand blender or place soup in batches in the food processor to puree. If the soup is too thick, add some milk to get it to the consistency desired.

New Year, New You- It's Not Just About Weight Loss

At the start of a New Year, it's only natural that we focus attention to our body. We watch what we eat and try to exercise, but do we ever pay attention to our emotional health?

Psychological pain is like physical pain. If something hurts for more than a few days, it is time to do something about it. Learning how to deal with problems, rejection, loneliness, and anger will in the long run keep us more healthy.

Start by brainstorming what may trigger certain emotions, and then jot down ways that those emotions could be dealt with constructively. By battling negative thinking, and taking care of your emotions, it may make you feel like a new person.

Being informed of common psychological wounds and how to treat them will help to improve your entire quality of life. Try it this year- create a fresh start at a new you!