

Kewaunee County Public Health Newsletter

May/June 2016

Volume 1 Issue 3



Juice Fact:

Juice can be a nutritious part to a child's day, but did you know that providing more than 6 oz per day can do more harm than good?

More than 6 oz of juice per day can significantly increase a child's weight in as little as months! Additionally, the constant sipping of juice can lead to severe dental decay.

April Showers Bring May...Allergies

According to the Center for Disease Control and Prevention (CDC), allergies are the 6th leading cause of chronic illness in the U.S and more than 50 million Americans suffer from allergies each year. Some allergies are seasonal, like hay fever and can be associated with chronic conditions like asthma.

The biggest seasonal trigger in the spring is pollen from plants. As the weather warms and plants began to bloom, seasonal allergies may flare up. You may experience symptoms like sneezing, congestion, runny nose or itchy eyes.

The Mayo Clinic offers these suggestions to reduce your exposure to the things that trigger your allergy signs and symptoms (allergens):

- ~Stay indoors on dry, windy days. The best time to go outside is after a good rain, which helps clear pollen from the air.
- ~Delegate lawn mowing, weed pulling and other gardening chores that stir up allergens.
- ~Remove clothes you've worn outside and shower to rinse pollen from your skin and hair.
- ~Don't hang laundry outside — pollen can stick to sheets and towels.
- ~Wear a pollen mask if you do outside chores.

Make sure to take extra steps when pollen counts are high. Local news and weather stations report pollen forecasts and current pollen levels. Close doors and windows at night and avoid outdoor activity in the early morning when pollen counts are highest. If pollen counts are high, you may want to take over the counter allergy medication before symptoms start.

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

Sun and Heat Safety For Your Family

Keeping your family safe in the heat and sunshine is the key to having a fun and healthy summer. Following the steps below will help ensure that your family is healthy and safe in the summer heat.

- ❖ Apply sunscreen with at least SPF30+ on all uncovered skin
- ❖ Re-apply sunscreen every two hours or after activities.
- ❖ Limit time in the sun and take breaks in the shade.
- ❖ Wear wide brimmed hats and sunglasses.
- ❖ Wear light-weight / light-colored clothing with long sleeves and pants.
- ❖ Drink plenty of water while in the sun and heat.
- ❖ Stay in air conditioned buildings and limit outside activities during the hottest hours of the day.
- ❖ Cool down with a cool shower or bath.

FREE Skin Screening Event

Prevea Health in Luxemburg
May 7, 9:00am-noon
Call (920)388-7160 to schedule appt.

Sponsored by the Mary Hendrickson Johnson Foundation

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Food Safety for Picnicking

- + Keep enough ice packs in the cooler to keep it at 40 degrees.
- + Keep the coolers closed, and only open them when you need to.
- + If you have raw meat, keep it in a separate, wrapped container. Bring another container along for the cooked meat.
- + Bring along antibacterial wipes for hands and other surfaces.
- + Do not let food sit out.

Spring is a Good Time to Test Your Well

Spring time is a good time to test your private well if you have one. Excess rainfall can lead to flooding which can potentially contaminate drinking water. At a minimum, check your well every spring for total coliform bacteria, nitrates, total dissolved solids and pH levels. You should also have your well tested if:

- ~There are known problems with well water in your area
- ~You have experienced problems near your well (flooding, land disturbances, and nearby waste disposal sites)
- ~You replace or repair any part of your well system
- ~You notice a change in water quality (taste, color, odor)

You can pick up a well water testing kit at the Kewaunee County Health Department located at 810 Lincoln Street in Kewaunee. Please call 920-388-7160 with questions.

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Stuffed Eggplant



- 2-3 Eggplants, cut $\frac{1}{4}$ in lengthwise
About 12 strips per eggplant
- 1 T. Olive Oil
- 1 Jar thick spaghetti sauce
- 1c. Shredded Mozzarella Cheese
- 15 oz Part skim Ricotta Cheese
- $\frac{1}{2}$ c. Shredded Parmesan
- 1 Egg
- Salt/ Pepper to taste

Preheat oven to 375°. Brush both sides of the eggplant with olive oil and fry in a pan 2 min per side until softened slightly. Mix $\frac{1}{2}$ cup Mozzarella, parmesan, ricotta and egg. Add salt and pepper to taste. Next, pour the spaghetti sauce in the bottom of a 9x13 pan. Place a heaping tablespoon of the cheese mixture in the middle of an eggplant slice, and roll. Place in pan. Do this with the remaining eggplant. Top with remaining mozzarella. Bake for 20-25 minutes or until cheese is melted and eggplant is tender.



Tips For A Safe Swim



- If going to the beach, check the flagging system to make sure the water is safe to swim in that day.
- For children, there is no substitute for adult supervision! Do not rely solely on flotation devices.
- Always swim with a buddy.
- Make sure a lifeguard is on duty.
- Do not allow running around a pool area.
- Make sure you protect the skin from UV rays, if swimming outdoors.
- Drink plenty of water while swimming and avoid drinks with caffeine or alcohol.