

Kewaunee County Public Health Newsletter

July/August 2016

Volume 1 Issue 4



~Farmers Market~

Fresh-Local-Delicious

**Health & Human Services Building
810 Lincoln Street, Kewaunee, WI 54216**

Questions please call (920)388-7160

Thursday, July 7	9:00am-1:00pm
Thursday, August 4	9:00am-1:00pm
Thursday, September 1	9:00am-1:00pm
Thursday, October 6	9:00am-1:00pm

Immunizations and Pregnancy

Vaccines help keep a pregnant woman and her growing family healthy. Before pregnancy, each woman should ensure that they are up to date on routine adult vaccines. You can do this by looking at the **Wisconsin Immunization Registry (WIR)** website or by calling the Kewaunee County Public Health Department.

During pregnancy, a mother's immunity is passed along to her baby. This will protect the baby from certain diseases in the early stages of his or her life.

The Flu Vaccine is very important to get at the beginning of each flu season. It is safe for a pregnant woman to receive the inactivated flu vaccine to prevent serious illness and to protect against potential complications related to the flu.

The Tdap Vaccine. All women should get an adult tetanus, diphtheria and acellular pertussis vaccine (Tdap) during each pregnancy. This vaccine is usually given at 27 to 36 weeks of pregnancy. Family members can also help protect the infant by making sure they are up to date on the Tdap vaccine. Contact the Kewaunee Public Health Department to schedule a free Tdap vaccination.

After pregnancy, it is safe for a woman to receive routine vaccines right after giving birth, even while she is breastfeeding. This is also a good time to learn about childhood vaccines and scheduling to help protect your new little one.

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

Find us on 

Six Tips for Good Mental Health

Eat nutritious foods

Healthy, natural foods can improve your mood and give you an energy boost. Focus on fruits, vegetables, whole grains, lean proteins and low fat dairy.

Get your 8 hours

Adults need 7-9 hours of sleep each night for optimum performance. Try to go to sleep at the same time each night and avoid exercise and screen time right before bed.

Hydrate, hydrate, hydrate

Avoid sugary drinks like soda and stick to good ol' H₂O. Water keeps your cells happy and functioning and helps to flush out waste. Shoot for 8 glasses a day and adjust if needed.

Take a walk

Exercise helps keep you fit, gives you energy and releases feel-good chemicals in your brain. Take a stroll over your lunch break and invite a friend to join you a few times a week.

Laughter is the best medicine

Laughter helps relax your whole body, eases tension and gives your brain a boost of focus.

Give yourself a break

Forgive yourself for mistakes, ask for help when you need it, and do something for yourself every day.

Join the Kewaunee Co. WIC Program!

Go to:
www.kewauneeeco.org

Click on Departments and then click on Public Health and website. Review the WIC Page, if interested call:

(920) 388-7160

Kewaunee County Public Health Newsletter (cont.)

Summer activities



- + Run through the sprinkler
- + Wash the car
- + Explore nature with a hike
- + Go to the beach
- + Swim at a water park
- + Ride a bike
- + Go Rollerblading
- + Jump on a trampoline
- + Play Hopscotch
- + Blow bubbles and chase them
- + Jump rope
- + Have a wet sponge toss
- + Make an obstacle course
- + Splash in puddles
- + Play Badminton

Protect Yourself from Biting Bugs

The weather is getting nicer and the sun is shining! You and your family want to get outdoors! But so do the pesky biting bugs. Most bug bites do not cause much beyond a little redness and itching, but some mosquitoes and ticks can carry disease.

Mosquitoes can transmit **West Nile**, a virus that can be serious in a small number of people. West Nile virus is now in most of the United States.

Ticks can spread disease causing bacteria that can lead to **Lyme disease** and other tick-borne illnesses. Ticks can attach to any part of the body and are often in hard-to-see areas.

Take these steps to protect you and your family from these biting insects:

1. When possible, wear long sleeves, long pants, socks and a hat.
2. Use bug repellent (also called bug spray or insect repellent) on your skin and clothing. Look for products with 20 to 30% DEET for best protection.
3. Check everyone for ticks after outdoor time.
4. Shower after being outdoors to wash away ticks.

Use caution when using bug repellent on children and avoid using on children under two months of age. Don't forget to protect your pets, too! Speak with your veterinarian for approved products.

Red, White and Blue Kabobs

You will need...



- Skewers
- Yogurt or white chocolate coated pretzels
- Strawberries- cut in half
- Blueberries
- Banana slices- approx. 1/2 inch thick
- Watermelon cubes

If desired, cut watermelon into tiny star shapes with a small cookie cutter.

Skew a watermelon star, a yogurt pretzel, 2 blueberries, a banana slice, 3 blueberries, and a strawberry half. Repeat layers to fill skewer. Serve skewers on a platter.

This is a great healthy treat for kids and adults!



Fruit Kabobs

Lightning: Tips to Stay Safe!

- Check the forecast before you go outdoors.
 - **“When thunder roars, go indoors”**. When you hear thunder, seek shelter in an enclosed building.
 - **Stuck outdoors?** Crouch down in a ball-like position with your head tucked.
 - This allows you to stay low while touching as little ground as possible.
 - NEVER lie down.
 - Avoid open structures like porches and baseball dugouts.
 - Stay away from open spaces like fields.
 - **Did You Know:** 1/3rd of injuries from lightning strikes occur when the person is indoors?
 - Lightning can travel through plumbing, electrical wires, and bars in concrete.
 - **Avoid Water** – Don't shower, wash dishes, or handle water.
 - **Avoid Corded Phones**
 - **Avoid Windows, Doors, and Concrete**
- Did You Know:** Lightning currents can travel on the ground and can be deadly even if it is over 100 feet away?

Learn more at www.cdc.gov