

Kewaunee County Public Health Newsletter

November/December 2016

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Are you CODE RED ready?

Kewaunee County Emergency Code Red alert system is a notification system to help keep you and your family safe. Once you sign up, you will be notified by your local emergency response team in the event of emergency situations or critical community alerts. Examples include: evacuation notices, bio-terrorism alerts, boil water notices, and missing child reports. To sign up, simply go to www.kewauneesherriff.com and click on the CODE RED icon. Stay safe this holiday season!

Flu Season is Here!

You hear it every year: "Get your flu shot!" It seems as though people feel strongly on whether or not they will or will not get the flu shot each year. But did you know that the flu shot not only prevents you from getting the flu, but it can help prevent your friends and family from getting the flu, too? The more people that are vaccinated, the less of a chance the flu virus has to spread from person to person. And although, most healthy individuals can fight off the flu, the virus can be deadly to those with weakened immune systems.

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. While vomiting, diarrhea, and being nauseous or "sick to your stomach" can sometimes be related to the flu — more commonly in children than adults — these problems are rarely the main symptoms of influenza. The flu is a respiratory disease and not a stomach or intestinal disease.

The CDC recommends a yearly flu vaccine for just about everyone six months and older, even when the viruses the vaccine protects against have not changed from the year before. A person's immune protection from the vaccination declines over time, so an annual vaccine is needed. This year, only the injectable form of the vaccine is available, the nasal flu vaccine is no longer available.

For more information regarding influenza or if you'd like to set up a time to receive your flu shot, call the Kewaunee County Public Health Department at (920)388-7160.

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

Find us on 

Avoiding Holiday Stress



Everyone knows that the holidays can lead to unwanted stress. The shopping, the cooking, the baking, the wrapping, the relatives, and the parties...it can be exhausting. But did you know that chronic stress can actually cause health issues and shorten the length of your life? Chronic stress weakens your immune system and can lead to depression, lack of concentration, and overeating. It can directly contribute to cancer, diabetes, lupus, arthritis and heart disease.

It's important to remember that some amount of stress can be good for us. Normal amounts of stress can give us energy and increase our concentration, reaction time, strength and agility.

So how do we balance between normal stress and chronic stress? Learn to relax and take time out for yourself. Take a nap, read a good book, exercise, or hang out with family and friends. Play a game, keep a journal, listen to music, or watch a funny movie. Laugh and laugh often! It's also important to eat a healthy diet and get adequate sleep. Don't put off relaxation until tomorrow. Enjoy today!

Join the Kewaunee Co. WIC Program!

Go to:

www.kewauneeco.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.)

Winter Activities



- Play in the snow-build a snow fort or a snowman
- Go sledding
- Build an indoor fort and watch movies
- Bake a new healthy recipe together
- Pick out a craft project to work on as a family
- Find an indoor mall and walk when it's too cold outside
- Search for the perfect Christmas tree together and decorate the house
- Go snowshoeing or hiking in the woods
- Find a local ice skating rink
- Go outside and collect pinecones

Do You Know About Birth To Three?

The Birth to 3 Program is Wisconsin's early intervention program for infants and toddlers with developmental delays or disabilities, and their families. Birth to 3 (B-3) works in partnership with families to have them screened and evaluated free of cost. To be eligible for the program, the child must have a diagnosed disability or developmental delay of 25 % in one or more areas of development determined through an evaluation.

When a child is eligible for the program, the service coordinator will work with the family to ensure services and supports are in place to meet the outcomes identified by the family. A therapist (occupational or physical) or member of the B-3 team, will meet with the child, on a regular basis and will provide these services in your child's natural learning environment. Parents are also connected to resources in their community! Birth to 3 uses a coaching style. The therapists and team members will instruct and coach parents and other caregivers in a way that will promote caregiver confidence and competence in supporting their child's learning and development. If you have any questions, please contact Carol Stuebs: Kewaunee Co, B-3 Coordinator.

810 Lincoln Street, Kewaunee, WI 54216

Phone: (920) 388-7165

Honey Peanut School Fuel



Honey-roasted peanuts, Chex™ cereal and Cheerios™ protein cereal are even more delicious when coated in a light honey glaze and tossed with candy for a quick and satisfying snack.

- 6 cups Corn Chex™ cereal
- 4 cups Cheerios™ Protein Oats & Honey cereal
- 1 cup honey-roasted peanuts
- 1/4 cup butter
- 1/4 cup honey
- 1 1/2 cups M&M's™ peanut chocolate candies

Directions:

- 1 In large microwavable bowl, mix cereals and peanuts.
- 2 In 2-cup microwavable measuring cup, microwave butter and honey uncovered on High 1 to 2 minutes, stirring every 30 seconds, until mixture comes to a full boil and butter is melted. Pour over cereal mixture, stirring until evenly coated. Microwave uncovered on High 2 to 4 minutes, stirring every minute, until mixture is well coated and looks glazed.
- 3 Spread on waxed paper or foil to cool. Place in serving bowl; stir in candies. Store in airtight container. Makes 24 servings.

Serving Size: 1 Serving

Calories 164.9; Calories from Fat 70% **Daily Value**
Total Fat 8.3g 13% Saturated Fat 2.8g 14% Trans Fat 0g
Cholesterol 6.3mg 2% Sodium 106.7mg 4% Total Carbohydrate 20.3g 7% Dietary Fiber 1.7g 7% Sugars 4.2g Protein 3.8g

Is Your Car Ready for Winter?

The National Safety Council recommends that you keep a full tank of gas and pack the following supplies in your car in case of an emergency:

- An inflated spare tire
- Wheel wrench and jack
- Shovel
- Tow rope
- Jumper cables
- A bag of salt or kitty litter
- Tool kit
- First aid kit
- Blankets
- Flashlight
- Reflective triangles
- Windshield cleaner
- Ice scraper
- Snow brush
- Bottled water
- A few non-perishable food items.

Don't get stuck in the snow or cold! Pack your car and be prepared.

RADON TEST KITS AVAILABLE!

Winter is a great time to check your home for high levels of Radon, a natural, colorless and odorless gas that can leak into your home through your foundation and cause health issues. Stop by the health department M-F 8:00-4:30 to pick up a test kit or call (920)388-7160.

Kewaunee County Public Health Dept.
FREE RADON KIT COUPON



Bring in this coupon for a free Radon test kit!
(Deal expires at the end of December 2016, limit one per household)