



Grant County Health Department
111 South Jefferson Street Floor 2
Lancaster, Wisconsin 53813-1672
www.co.grant.wi.gov
(608) 723-6416

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COMMUNITY EDITION

April 2015

Why immunize?

There are confusing messages about immunizations. We are told that, thanks to vaccines, some diseases are almost gone from the U.S. But then, we are told vaccines are still important. So why immunize?



Diseases are rare due to immunizations, but they haven't disappeared

It's true, some diseases (like polio and diphtheria) are becoming very rare in the U.S. Of course, they are becoming rare mainly because we immunize against them. But diseases, such as polio and measles, still happen in other countries and can be brought into the U.S. by travelers. Until we can eliminate the disease from the entire world, it is important to keep vaccinating.

Immunizations don't just protect you or your child.

A person who is immune to a disease can not catch or spread the disease. The more people who are vaccinated, the fewer opportunities a disease has to spread. Some children, such as children undergoing cancer treatments, cannot be vaccinated. They and their parents count on others being vaccinated to keep them safe.

Vaccines are Safe

Vaccines are held to the highest standard of safety. The United States currently has the safest, most effective vaccine supply in history. Years of testing are required by law before a vaccine can be licensed. Once in use, vaccines are continually monitored for safety and efficacy.

As with any medical procedure, vaccination has some risks as well as substantial, proven benefits. Be informed about both the benefits and the risks. Discuss questions or concerns with your doctor.

Source: Centers for Disease Control and Prevention

The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.

Websites

- ▶ Visit the Grant County website at www.co.grant.wi.gov for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website www.dhswir.org for information on your immunizations.
- ▶ Visit www.grantcountyhospice.com for information on the Hospice Program.
- ▶ Visit www.safegrantcounty.org for information on the S.A.F.E. Grant County Coalition.

Feed People, Not Landfills!

Most people don't realize how much food they throw away every day – from their uneaten leftovers to spoiled produce. More than 96% of the food we throw away ends up in landfills. In 2011, we landfilled more than 36 million tons of food waste. That waste breaks down to produce methane gas, a contributor to climate change.

Reducing wasted food:

- Saves you money by having to purchase less food.
- Conserves energy and resources and helps prevent pollution.

How can you reduce wasted food?

- Shop your refrigerator first! Cook or eat what you already have before buying more.
- Plan your menus before shopping and buy only things on your list.
- Buy only what you need and will use. Buying in bulk only saves money if you are able to use the food before it spoils.
- Be creative! If safe and healthy, use edible parts of food that you normally do not eat; for example, make stale bread into croutons.
- Nutritious, safe, untouched food can be donated to food banks.
- Compost food scraps (like fruit and vegetable peelings) instead of throwing them away.

Source: [United States Environmental Protection Agency](http://www.epa.gov)

For more information on eating healthy at home, visit www.choosemyplate.gov or <http://fyi.uwex.edu/foodsense/> or contact the Grant County UW-Extension Office, 723-2125.

UW
Extension

WIC & Health Check Clinics

*(Immunizations given at all these clinics)
(Influenza vaccine also given at all these clinics.)*

May 6th—Late Muscoda
Kratochwill Bldg from 2:00pm to
6:30pm

May 7th—Platteville Lutheran
Church of Peace from 9:00am to
3:30pm

May 12th—Boscobel United Meth-
odist Church from 9:30am to 3:30pm

May 13th—Fennimore United
Methodist Church from 9:00am to
3:30pm

May 19th—Cuba City St Rose—
Mazzuchelli Hall from 9:30am to
3:30pm

May 21st—Late Platteville Lutheran
Church of Peace from 3:00pm to
6:30pm

May 26th—Lancaster Youth & Ag
Bldg from 9:00am to 3:30pm

May 28th—Platteville Lutheran
Church of Peace from 9:00am to
3:30pm



The Grant County Health
Department will be closed
on the following day:

May 25, 2015

Little Loving Things You Can Say

Most parents and caregivers want to care for and nurture children as best they can. Children believe what they hear, and what adults say to children influences how children feel about themselves. When you are with a child listen and respond positively to them to let them know they are important. By using loving words you will help children develop greater confidence and feel good about themselves. You'll feel better, too.

You Are terrific!

YOU CAN DO IT.

Tell me more.

Good Job!

Good Try.

Thank you.

You are a good friend.

WAY TO GO!

SUPER!

I love you.

You are a big help.

You are smart.

You're sweet.

I'm proud of you.

Looking good.

Be Flood Ready

Before a Flood

Familiarize yourself with your community's emergency plan.

Speak to your insurance company about flood coverage.

List emergency numbers and contacts near phones.

If you live in a flood zone, raise electrical components, furnace, and water heater above flood zone level.

Install backflow valves for drains, toilets, and other sewer connections.

Install sump pumps with backup power.

For a flood watch or warning:

Gather emergency supplies

Stay informed – listen to local weather reports.

If time allows: Bring outdoor possessions indoors and secure them

Fill bathtubs, sinks, and plastic bottles with clean water.

In case you have to evacuate, make sure your gas tank is full.

During a flood

Do not walk through water. If water levels begin to rise, go to higher ground.

Check on friends, family, and neighbors

Collect important papers including ID cards, insurance cards, and medical records.

In case you are ordered to evacuate:

Turn off your gas, electricity, and water.

Disconnect appliances.

Listen to evacuation orders and follow evacuation route.

Take emergency supplies

Avoid flood zones and remain informed by listening to weather reports

Source: Wisconsin Flood Tool Kit

KIDS ACT FAST.....SO DO POISONS

Anyone with small children knows that they get into everything, and so many parents have chemicals, cleaners and other harmful things locked up or up high out of their children's reach. There are several things that parents might not think about poisoning their children, such as:

- Energy drinks- contain highly concentrated amounts of sugar, caffeine, and there is no limit to the amount of caffeine that can go into them.
- e-cigarette devices or liquid nicotine
- Bath Salts
- single load laundry detergent packs

Poison centers offer free, private, confidential medical advice 24 hours a day, 7 days a week. You can reach your local poison center by calling 1-800-222-1222. Don't be embarrassed to call, they receive 4 million phone calls each year.



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