



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

Volume XXI Issue IX

COMMUNITY EDITION

September 2015

When Should I Keep My Child Home From School Because of Illness?

As general guidelines, keep your child home if:

- child has a fever-temperature above 100.4 Fahrenheit
- child is not well enough to participate in class
- you think they may be contagious to other children
- if diagnosed with certain communicable diseases such as pertussis, mumps or measles or if certain diseases have been identified in their school and they are not properly immunized.



Specific reasons to keep your child home:

Vomiting/Diarrhea - A child with vomiting and/or diarrhea needs to stay home from school. Your child can return to school when the symptoms have stopped and the child can tolerate a regular diet.

Rash - A rash with symptoms such as trouble breathing or swallowing, fever, or ill appearance, should be evaluated by your physician.

Sore throat - Children can attend school with mild sore throat if no other symptoms are occurring. Any child with a sore throat associated with fever, vomiting, abdominal pain, or difficulty swallowing should be seen by a doctor. A child with strep throat needs to stay out of school until on antibiotics for 24 hours.

Cough - Cough alone may not prevent your child from attending school unless it is interfering with a child's sleep or ability to participate in school activities.

Pinkeye - For pinkeye caused by bacteria, children should stay home from school for the first 24 hours after treatment begins. Symptoms of pinkeye include eye redness, irritation, swelling, and drainage.

Head lice - Until after the treatment has been completed and the child has changed into clean clothes.

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.

Meal Planning Basics

By taking some time to plan your meals, you can save money and make your meals more nutritious. Here are the basics to meal planning:

- **Make a grocery list.** Organize your list according to the store layout and stick to it.
- **Check what you have.** Look through your refrigerator, freezer and cupboards and take note of what needs to be used up, and fill in your menu plan using these items first.
- **Serve what your family likes.** Make a collection of low-cost, nutritious recipes that your family likes and serve them often. Include foods from all five food groups—dairy, fruits, vegetables, grains and protein foods.
- **Consider your schedule.** Have a list of meals that can be prepared and served in a limited amount of time for busy nights and meals that take longer for laid back nights at home.
- **Check local ads.** If there are good deals, purchase those foods and plan meals around the sale items.

For a worksheet to help plan your meals go to www.extension.iastate.edu/foodsavings/

Source: [Iowa State Extension](http://www.extension.iastate.edu/)

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.



UW
EXTENSION

WIC & Health Check Clinics

(Immunizations given at all these clinics)

Oct 1st—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Oct 6th—Boscobel United Methodist Church from 9:30am to 3:30pm

Oct 14th—Fennimore United Methodist Church from 9:00am to 3:30pm

Oct 15th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

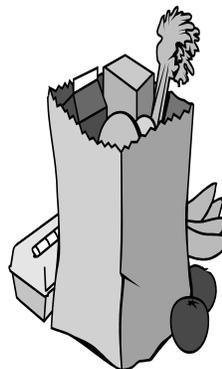
Oct 20th—Cuba City St Rose—Mazzuchelli Hall from 9:30am to 3:30pm

Oct 21st—Late Boscobel Tuffley Center from 2:00pm to 6:30pm

Oct 22nd—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Oct 27th—Lancaster Youth & Ag Building from 9:00am to 3:30pm

Oct 28th—Bloomington West Grant Rescue Squad Bldg from 9:00am to 3:30pm



The Grant County Health Department will be closed on the following day:
November 11, 2015

Child Passenger Safety Week

September 13-19th is Child Passenger Safety Week. This is a reminder for parents and caregivers to have their car seats inspected for safety. Car crashes remain the number one killer of children 1-12 years old in the United States. Children of all ages need special care when they ride in motor vehicles.

Basic car seat safety is important. The correct car seat, direction of the car seat, position of the harness, seat belt or latch system, and the air bags all play a vital part of vehicle safety. The child's height, weight, and age are also among the many variables in determining where a child should be placed in a vehicle.

On National Seat Check Saturday, September 19, 2015, parents and caregivers in Grant County can ask questions and receive hands-on instruction from certified Child Passenger Safety Technicians on how to correctly install and use car seats. This event will provide new car seats for children in need (free for low income families) and will collect unused, outdated, recalled, or damaged car seats for recycling.

The Grant County Child Passenger Safety Program believes that children are our future. Protecting them is the responsibility of all community members. That is why our program is committed to working closely with safety advocates to help ensure children arrive safe and alive.

Child Seat Safety Check

Who: Parents and caregivers

What: Child Passenger Safety Check

When: **Saturday, September 19th 8:00 am – 2:00 pm**

Where: Lancaster Fire Station (rain or shine)

Appointments appreciated; call Grant County Health Department (608) 723-6416



Adverse Childhood Experiences (ACE)

ACE: Major Risk Factors for Illness/Death/Poor Quality of Life (CDC)

Adverse childhood experiences (ACE) have been identified in Wisconsin and nationally as having significant, negative impact on adult physical and mental health. The ACE study confirms that adversity and toxic stress during development increases the risk of physical, mental and behavioral problems later in life.

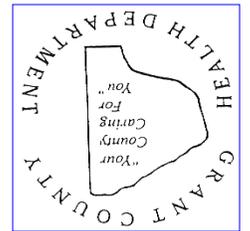
This workshop will provide updated information about ACE in Wisconsin, the impact on children and families, and the importance of professional and paraprofessional competency to effectively identify and address the effects of adversity and trauma.

Monday, September 28, 2015

5:00pm to 8:00pm

Lancaster High School Auditorium

Training is free, but registration is required. Please register by calling the Grant County Health Department at (608) 723-6416.



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