



**Grant County Health Department**  
**111 South Jefferson Street Floor 2**  
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**www.co.grant.wi.gov**  
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## Breastfeeding During The Holidays

The holiday season is quickly approaching. The days may be filled with shopping, eating, and visits with family and friends. As a result, your babies feeding schedule may be altered. Below are some helpful breastfeeding tips to get you through the holidays.

### Breastfeeding Tips

- Many family members will have the opportunity to meet your baby over the holidays. Make sure to keep your baby within a close distance so feeding cues are not missed. It's important to continue to feed on demand to maintain milk supply and to prevent clogged ducts and infections.
- Just as you are about to sit down to enjoy a family dinner, your baby may also want to eat. Ask a family member to prepare a plate for you and bring it to where you are feeding baby.
- Don't be afraid to ask for a quiet room if that is where you feel most comfortable feeding your baby. It's best to be alone while feeding a happy baby than feeding a fussy baby because you aren't comfortable.
- Family and friends may ask to "bottle feed" your baby. If you are not ready to introduce a bottle; don't be afraid to say no.
- Hand hygiene! Remember to wash your hands before breastfeeding your baby. Also, have family members and friends wash their hands or clean their hands with sanitizer before holding your baby.



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

## Food Safety Starts at the Store

There are steps you can take while grocery shopping to safeguard you and your family against foodborne illness:

### **Check for Cleanliness -**

This helps ensure that the food is safe.

### **Keep Foods Separated -**

Separate raw meat, poultry, and seafood from other foods in your shopping cart. Place these foods in plastic bags to prevent their juices from dripping on other foods.

### **Inspect Packaging -**

Don't buy cans that are bulging or dented, jars that are cracked or frozen packages that are open, torn or crushed.

### **Choose Eggs Carefully -**

Before putting eggs in your cart, open the carton and make sure the eggs are clean and none are cracked.

### **Keep Time and Temperature in Mind -**

It's important to refrigerate perishable products as soon as possible after grocery shopping. These foods should not be left at room temperature longer than 2 hours; reduce that to 1 hour when outdoor temperatures are above 90°F.

Source: [www.foodsafety.gov](http://www.foodsafety.gov)

For more information on eating healthy at home, visit [www.choosemyplate.gov](http://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)*

**Dec 3rd**—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

**Dec 8th**—Boscobel United Methodist Church from 9:30am to 3:30pm

**Dec 9th**—Fennimore United Methodist Church from 9:00am to 3:30pm

**Dec 15th**—Cuba City St Rose—Mazzuchelli Hall from 9:30am to 3:30pm

**Dec 17th**—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

**Dec 22nd**—Late Lancaster Schreiner Library from 3:00pm to 6:30pm

**Dec 31st**—Platteville Lutheran Church of Peace from 9:00am to 3:30pm



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

December 24, 2015  
December 25, 2015  
January 1, 2016

## FACTS ABOUT HEAD LICE

Adult lice are the size of a sesame seed and can be seen by the human eye. They live in human hair and lay eggs (called nits) on the hair shaft. Lice are small, about the size of a sesame seed, and although they don't fly or hop, they can crawl very fast, making them hard to spot. Live nits or eggs, are found on the hair less than 1/2 inch from the scalp. Nits are small, oval shaped, are usually a yellowish-white color, and are firmly attached to the side of the hair.



Some children with lice complain of itchiness but many have no symptoms.

Head lice spread almost completely through hair to hair contact, and pets do not spread lice.

Anyone can get head lice. Head lice are NOT a sign of being dirty.

Head lice are not dangerous and DO NOT spread diseases.

### What can you do?

Parents are the key to looking for and treating head lice!

Teach your child NOT to share hats, scarves, brushes, combs, and hair fasteners.

Spend 15 minutes each week on each child carefully looking for head lice or nits.

Persons with nits less than 1/2 of an inch from the scalp OR live lice should be treated.

### Treatment

The main treatments for head lice usually involve using an over the counter medicated head lice shampoo that contain pyrethrin or permethrin. Read and follow all directions on the shampoo, which typically includes a second treatment 7 to 10 days after the first head lice treatment.

### Cleaning

According to the American Academy of Pediatrics, you should focus on items that have been in contact with the head of the person with lice in the 2 days before they were treated, not everything in your house.

No special sprays are needed to clean your home

Wash your child's clothing and bedding in hot water

Vacuum to remove lice and nits from furniture, carpets, stuffed animals, car seats, etc.

Anything that you can't wash you can put in a large plastic bag for 2 weeks

Use of oils, mayonnaise, lotions, creams, and vinegar has not proven effective; kerosene, gasoline and similar products do not work and are dangerous.

See [http://www.idph.state.ia.us/hcci/common/pdf/headlice\\_brochure.pdf](http://www.idph.state.ia.us/hcci/common/pdf/headlice_brochure.pdf) for a helpful pamphlet about treating head lice. If you have additional questions, you can call your health care provider or the Grant County Health Department for more information.

## Tips for helping dry skin

- In the bath or shower:
  - Only be in the shower or bath for 5 or 10 minutes
  - Use warm rather than hot water
  - Wash with a gentle, fragrance-free cleanser
  - Pat your skin dry with a towel
  - Apply moisturizer while skin is still damp
- For very dry skin, use an ointment or cream rather than a lotion.
- Wear lip balm 
- In the cold, wear gloves and a scarf when you go outdoors to prevent chapped hands and lips
- Use a humidifier to add moisture to the air in your home

Moisturizer does not need to be expensive to be effective. Look at the ingredients not the price.

When selecting a moisturizer to soothe dry skin, look for products that contain lactic acid or urea. These help even severe dryness. Hyaluronic acid, which naturally occurs in the skin, can help the skin hold water. Dimethicone and glycerin help draw water to the skin and keep it there.

Lanolin, mineral oil, and petrolatum (also known as petroleum jelly) effectively trap water in the skin.

Source:  
American Academy  
of Dermatology



# Mumps in Grant County

Several mumps cases have been reported in Grant County. Therefore, it is important to be aware of mumps and how to protect yourself and your children.

Mumps is a viral infection that can cause swelling along the jaw line of an infected person. The disease begins with a fever, headache, muscle pain and general feeling of discomfort. Commonly the cheek and jaw area swells on one or both sides of the face. Complications associated with mumps are rare however, reproductive health problems, deafness, and death can occur. Mumps can be spread from person to person through the air by coughing, sneezing or simply talking.

The best protection against mumps is proper immunization. Mumps vaccine given in combination with Measles and Rubella (called MMR vaccine) is recommended for children at 12-15 months of age and at 4-6 years of age. The two doses of MMR vaccine can be up to 95% effective at providing immunity against mumps. Persons who have gotten mumps in the past generally have protection as well. Proper hand washing, covering when you cough or sneeze, and remaining at home when ill prevents the spread of this and many other illnesses.

If you think you may have mumps, seek appropriate medical attention and be sure to call your health care provider in advance so contact with others can be limited. For further information on mumps or immunizations, contact the Grant County Health Department at (608) 723-6416 or visit [www.co.grant.wi.gov](http://www.co.grant.wi.gov)



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