



Grant County Health Department
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How Vaccines Work

You want to do what is best for your children. But, did you know that one of the best ways to protect your children is to make sure they have all of their vaccinations?

The diseases that vaccines prevent can be dangerous, or even deadly. Vaccines reduce the risk of infection by working with the body's natural defenses to help it safely develop immunity to disease.



When germs enter the body, they attack and multiply. This invasion is called an infection, and the infection is what causes illness. The immune system then has to fight the infection. Once it fights off the infection, the body is left with a supply of cells that help recognize and fight that disease in the future.

Vaccines help develop immunity by imitating an infection, but this "imitation" infection does not cause illness. It does, however cause the immune system to develop the same response as it does to a real infection so the body can recognize and fight the vaccine-preventable disease in the future. Sometimes, after getting a vaccine, the imitation infection can cause minor symptoms, such as fever. Such minor symptoms are normal and should be expected as the body builds immunity.



Some people believe that getting the disease itself is better than getting the vaccine. However, with getting the disease, you suffer the symptoms of the disease and also risk the complications, which can be quite serious or even deadly. This is true even for diseases that most people consider mild, such as chickenpox. Also, you may be contagious and pass the disease to family members, friends, or others who come into contact with you.

For more information on vaccines visit <http://www.cdc.gov/>

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.

Dietary Guidelines

Here are 8 simple steps you can take to put the new guidelines into action:

- 1-Ditch the sugary beverages – drink water instead. To mix things up, try infusing your water with your favorite fruits and herbs.
- 2-Check the label – avoid buying products that list sugar (or any form of sugar) as the first or second ingredient.
- 3-Choose whole grains more often by swapping your white bread for whole wheat bread, choosing whole grain cereals such as oatmeal or cheerios, and substituting brown rice for white rice. Look for the words “whole grain” or “whole wheat” as the first ingredient when looking for whole grain products at the grocery store.
- 4-Fill ½ your plate with vegetables at lunch and dinner.
- 5-Include a serving of fruit with your breakfast each morning. Try topping your toast with peanut butter and banana slices; adding frozen berries to cereal, oatmeal, or yogurt; or making a smoothie with frozen fruit, milk, and yogurt.
- 6-Remember to eat a wide variety of protein-rich foods. Fish, poultry, lean meats, eggs, shellfish, beans, nuts, tofu, and seeds are all great sources of protein.
- 7-Substitute oils (that are liquid at room temperature) for solid fats such as butter when cooking.
- 8-Aim for three servings of low-fat or fat-free dairy each day. Milk, yogurt, and cheese all count towards your dairy intake.



Adapted from Carrie Schneider –Miller MS, RD. Post on Nutrition Know How, Omaha NE

UW
EXTENSION

WIC & Health Check Clinics

(Immunizations given at all these clinics)

May 4th—Late Muscoda Kratochwill Building from 2:00pm to 6:30pm

May 5th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

May 10th—Boscobel United Methodist Church from 9:30am to 3:30pm

May 11th—Fennimore United Methodist Church from 9:00am to 3:30pm

May 17th—Cuba City St Rose—Mazzuchelli Hall from 9:30am to 3:30pm

May 19th—Late Platteville United Methodist Church from 3:00pm to 6:30pm

May 24th—Lancaster Schreiner Memorial Library from 9:00am to 3:30pm

May 26th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm



The Grant County Health Department will be closed on the following day:
May 30, 2016

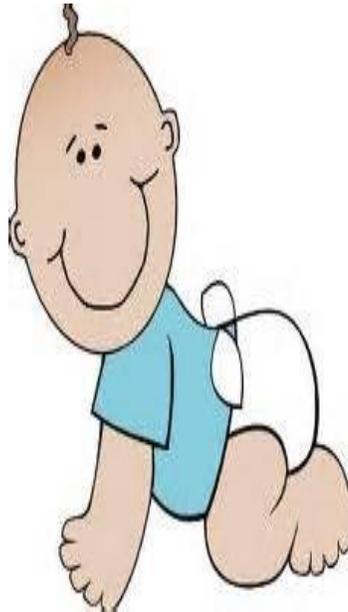
How to Encourage Your Child's Speech and Language Development

Your little one is listening to everything you say and storing it away at an incredible rate. Instead of using "baby" words, use the correct names for people, places, and things. Speak slowly and clearly, and keep it simple.

- From the day your child is born - talk, sing to your child, encourage imitation of sounds and gestures.

- Read to your child, starting as early as 6 months. You don't have to finish a whole book, but look for books that encourage kids to look while you name the pictures.

- Talk about everyday things, such as explain what you're doing as you cook a meal or clean a room, point out objects around the house. Ask questions and acknowledge your child's responses (even when they're hard to understand).



Should I Be Concerned?

There is a wide range of normal, but most children:

- ☺ say several words by 15-18 months of age
- ☺ point to familiar people and some body parts by 18 months
- ☺ say 50 or more words by 2 years of age
- ☺ put two words together to form a sentence by age 2
- ☺ follow simple directions by age 2

Parents and regular caregivers should understand about half of a child's speech at 2 years. By 4 years of age, a child should be mostly understood, even by people who do not know the child. Whatever your child's age, if you have concerns about their speech or development, talk to their doctor/health care provider.

What Vaccines Should My Children Have?

In the U.S., vaccines have reduced or eliminated many diseases that once killed or harmed many infants, children, and adults. However, the germs that cause vaccine-preventable disease and death still exist and can be passed on to people who are not protected by vaccines.

Vaccinations to protect infants may start at birth. Usually vaccinations are given around the following ages:

2 months

4 months

6 months

12-15 months

By age 2 the recommended numbers of immunizations children should have are:

4 doses of DTaP

3 doses of Hepatitis B

3 doses of Polio

1 dose of MMR

1 dose of Varicella

3 doses of Hib

4 doses of Prevnar

What can Parents Do?

Check with your doctor or clinic to make sure your child is up to date on their immunizations. Immunizations are also given before Kindergarten entrance and around age 11. Parents can look up their child's immunizations on the WIR at www.dhswir.org

Meningococcal Disease is a Serious Bacterial Illness

Meningococcal disease is a leading cause of bacterial meningitis in children 2 through 18 years old in the United States. Meningitis is an infection of the covering of the brain and the spinal cord. Meningococcal disease also causes blood infections. Anyone can get meningococcal disease. But it is most common in infants less than one year of age and people 16–21 years. Children with certain medical conditions, such as lack of a spleen, have an increased risk of getting meningococcal disease. College freshmen living in dorms are also at increased risk.

Meningococcal infections can be treated with antibiotics. Still, many people who get the disease die from it, and many others are affected for life. Preventing the disease through use of vaccine is important for people at highest risk.

Who should get meningococcal vaccine and when?

Two doses of vaccine are recommended for adolescents 11 through 18 years of age: the first dose at 11 or 12 years of age, with a booster dose at age 16.

What are the risks from meningococcal vaccines?

A vaccine, like any medicine, could possibly cause serious problems, such as severe allergic reactions. The risk of meningococcal vaccine causing serious harm is extremely small.

Mild problems include:

- Brief fainting spells after vaccination (happen most often with teens)
- Redness or pain where the shot was given, usually lasting for 1 or 2 days.
- A mild fever

The vaccine is available through your doctors office. For children 18 and under with BadgerCare or no insurance coverage for vaccines, the vaccine is available free of charge at the Grant County Health Department.



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