



Grant County Health Department
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Fireworks Safety



The Fourth of July can be a fun time with great memories. But before your family celebrates, make sure everyone knows about fireworks safety.

If not handled properly, fireworks can cause burn and eye injuries in kids and adults. The best way to protect your family is not to use any fireworks at home. Attend public fireworks displays, and leave the lighting to the professionals.

If you are planning on using fireworks, be sure to check with your local police department first. If they're legal where you live, keep these safety tips in mind:

- ✗ Kids should never play with fireworks. If you give kids sparklers, make sure they keep them outside and away from the face, clothing, and hair. Sparklers can reach 1,800° Fahrenheit (982° Celsius) — hot enough to melt gold.
- ✗ Buy only legal fireworks (legal fireworks have a label with the manufacturer's name and directions; illegal ones are unlabeled), and store them in a cool, dry place. Illegal fireworks usually go by the names M-80, M100, or blockbuster. These explosives were banned in 1966, but still account for many fireworks injuries.
- ✗ Always use fireworks outside and have a bucket of water and a hose nearby in case of accidents.
- ✗ Never throw or point fireworks at someone.
- ✗ Don't hold fireworks in your hand or have any part of your body over them while lighting. Wear eye protection.
- ✗ Point fireworks away from homes, and keep away from brush and leaves and flammable substances. The National Fire Protection Association estimates that local fire departments respond to more than 50,000 fires caused by fireworks each year.
- ✗ Light one firework at a time (not in glass or metal containers), and **never** relight a dud.
- ✗ Soak all fireworks in a bucket of water before throwing them in the trash can.
- ✗ Eye injury from fireworks-
 - Immediately seek medical attention — **your eye sight may depend on it.**
 - Do not touch or rub the eye,
 - Do not flush the eye out with water or attempt to put any ointment on it.
- ✗ If it's a burn, remove clothing from the burned area and run cool, not cold, water over the burn (do not use ice). Call your doctor immediately.



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.

Nutrition Basics

Every five years, a new edition of the Dietary Guidelines is published. The purpose is to provide recommendations for Americans on healthy eating patterns to promote health and prevent chronic disease.

Key Recommendations

- **Vegetables**—Eat a variety of vegetables, dark green, red and orange, legumes (beans and peas), starchy, and other.
- **Fruit**—Eat a variety of fruits, especially whole fruits.
- **Grains**—Consume at least half of all grains as whole grains.
- **Dairy**—Increase intake of fat-free or low-fat milk and milk products, such as milk, yogurt, cheese, or fortified soy beverages.
- **Protein**—Choose a variety of protein foods, which include seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds.
- Use oils to replace solid fats where possible.
- Limit saturated fats, trans fats, added sugars and sodium.

Source: Dietary Guidelines 2015-2020

Brought to you by Donna Peterson, Nutrition Educator and Coordinator in Grant and Iowa County with UW-Extension. (phone: 608-930-9856).



UW
Extension

WIC & Health Check Clinics

(Immunizations given at all these clinics)

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

Jul 12th—Boscobel United Methodist Church from 9:30am to 3:30pm

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

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

Jul 20th—Late Boscobel Tuffley Center from 2:00pm to 6:30pm

Jul 21st—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Jul 26th—Lancaster Schreiner Memorial Library from 9:00am to 3:30pm

Jul 27th—Bloomington West Grant Rescue Squad Bldg from 9:00am to 3:30pm

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



The Grant County Health Department will be closed on the following day:
July 4th



Think Healthy. Swim Healthy!

Choose to swim healthy! Healthy Swimming behaviors will help protect you and your kids from RWIs (recreational water illnesses) and help stop germs from getting in the pool in the first place. RWI germs are killed by chlorine, but it doesn't work right away. Some germs are actually parasites and some can live in pools for days.

Here are six steps that promote Healthy Swimming:

All Swimmers:

- Don't swim when you have diarrhea. You can spread germs in the water and make other people sick.
- Don't swallow pool water. Avoid getting water in your mouth.
- Lakes, ponds, rivers, and streams have unique hazards including germs, algae, underwater hazards, and strong currents.
- Shower with soap before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water

Parents:

- Take your kids on bathroom breaks or check diapers often.
- Change diapers in a bathroom or a diaper-changing area and not at poolside.
- Wash your children thoroughly (especially the rear end) with soap and water before they go swimming. Invisible fecal matter can end up in the pool.

Remember- Without your help, even the best-maintained pools can spread germs.

For more information visit: www.cdc.gov/healthyswimming

HPV (Gardasil) Vaccine

The Grant County Health Department offered free HPV Gardasil vaccine at all Grant County schools during the past two years. If your child started the HPV (Gardasil) series (3 doses recommended), they may be due for another dose. If they started the series at school under our program, our agency is able to finish this series of shots free of charge. If your child received this shot at another clinic, we may not have that information in our records.

To update that record you can call the Health Department and ask that it be entered into the Wisconsin Immunization Registry (WIR). You can check your child's record on the WIR at <https://www.dhswir.org> or call your physician or the Grant County Health Dept at (608) 723-6416.

You can take your child to any of our WIC Clinics or bring your child to the Grant County Health Department to receive this vaccine free of charge. Please tell the staff that they started the series at the school.

Shots given by the Grant County Health Department can be accessed at <https://www.dhswir.org>, call us with any questions. Complete immunization schedule can be found at www.co.grant.wi.gov.



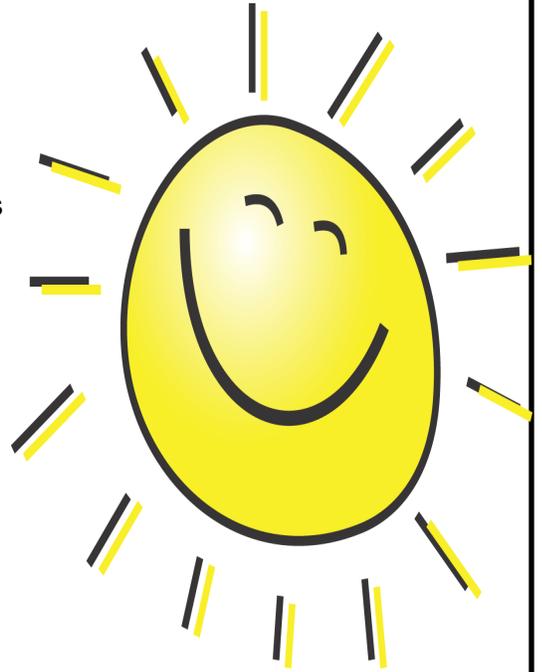
Public Health
Prevent. Promote. Protect.

Heat Related Illness

The Grant County Health Department would like to remind everyone to take proper precautions in this summer's hot weather. With Grant County's rate of hospitalizations due to heat-related illnesses being **double** the state average, it is especially important for those in the area to protect themselves during high temperatures.

Those in need of relief from extreme heat can contact one of the various cooling centers throughout Grant County; a brochure entitled "*Cooling Centers in Grant County*" lists the cooling centers and their locations and can be found on the Grant County website (www.co.grant.wi.gov) under Health Department then resources. Also a brochure entitled "*Beat the Heat*" can be found on the website with other tips on how to stay healthy in the heat. Donated fans may also be available for low income individuals. Several partners are assisting with collecting and distributing donated fans.

For further information contact the Grant County Health Department at 608-723-6416 or visit www.co.grant.wi.gov.



Change Service Requested

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