Grant County Health Dept

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Summer Breaks Homework: Take Cyber Security Steps

With kids at home over the summer, there will likely be an increase in screen time in many Wisconsin homes. The Wisconsin Department of Agriculture, Trade and Consumer Protection asks parents and guardians to strengthen the security of their devices and to talk with their children about how to protect themselves from scams and identity thieves when online.

Make sure your devices and apps are updated going into summer break. WhatsApp (a popular messaging app owned by Facebook) was recently found to have been compromised, putting user devices at risk of installing spyware. The company responded with a patch for its 1.5 billion users – but only by updating the app would your device and account be protected. Download and install software updates for operating systems, antivirus packages and apps.

Follow these tips to help your children make smart cyber choices over the summer break:

-Restrict access to age-appropriate content by using parental controls on devices and web browsers. Specific kid-friendly search engines can limit results to sites that are safe for kids. Consider locking devices with a password so children can't download or buy apps without your approval.

-Talk to your kids about what they are doing online. Which games, social networking sites, and other online activities are your kids into? Are you comfortable with them? Research apps and websites and try them out yourself.

-Teach your children what NOT to click. Clicking links in unexpected texts or pop-up windows could infect a device with malware and raise the family's identity theft risk.

-Establish rules for downloading. Teach kids to be wary of online offers for "free stuff", these pitches are likely either malware transmission ploys or phishing traps set to steal their personal information.

-Talk to your kids about the need for privacy. Make sure they understand not to share personally identifiable information (PII), especially via social media. PII can include their full name, birth date, home address, phone number, email address, or Social Security number.

If your kids are looking for an online activity, consider having them try the FBI's new "Safe Online Surfing" (or "SOS") website: sos.fbi.gov. SOS is a series of online games that teach valuable lessons about passwords, safe downloading practices, screening friend requests and more. The site includes games for grades three through eight in both English and Spanish.

For additional information, visit the Consumer Protection Bureau at datcp.wi.gov; call the Consumer Protection Hotline at 800-422-7128 or send an email to datcphotline@wi.gov.

Connect with us on Facebook at www.facebook.com/wiconsumer or Twitter: @wiconsumer.

Source: DATCP News Release 6/11/19

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.

Added Sugar Shakedown

Besides helping control calories, eating patterns lower in added sugars are associated with reduced risk of heart disease, obesity, type 2 diabetes, and some types of cancer in adults. There also seems to be a relationship between added sugars and cavities in children and adults. Reducing added sugar intake starts at the grocery store.

You can cut down on added sugar by:

- Reading labels to choose packaged foods that have less or no added sugar.
- Drinking water, unsweetened tea or coffee, or other calorie free beverages.
- Choosing beverages, such as low–fat or fat–free milk and 100% fruit juice, to meet food group recommendations.
- Choosing fruit as a naturally sweet dessert or snack.
- Making sweets a once–in–a–while treat and choosing a smaller portion when you do enjoy them.

You can also cut down on sugar at home in your cooking and baking. Reduce the amount of sugar in recipes by one–third to one-half.

When you use less sugar, spices such as cinnamon, cloves, allspice, and nutmeg, or flavorings like vanilla or almond extract can be added to enhance the sweetness of food.

Sources: Dietary Guidelines for Americans, Choose MyPlate.gov, Centers for Disease Control

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 23rd—Lancaster Schreiner Memorial Library 9:00am to 3:30pm

Jul 24th—Bloomington West Grant Rescue Squad Bldg 9:00am to 3:30pm

Jul 25th—Platteville Lutheran Church of Peace 9:00am to 3:30pm

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

Aug 8th—Late Muscoda Kratochwill Bldg 2:00pm to 6:30pm

Aug 13th—Boscobel United Methodist Church 9:30am to 3:30pm

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

Aug 15th—Late Platteville Lutheran Church of Peace 3:00pm to 6:30pm

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

Aug 27th—Lancaster Schreiner Memorial Library 9:00am to 3:30pm

Grant County Health Dept will be closed on September 2nd.

Splish, Splash, and Water Safety

Taking a dip in the pool, lake, or river to cool off from the heat is a prime summer activity. Water activities can be a fun and refreshing, but also dangerous if safety precautions are pushed to the wayside.

For those who enjoy boating, operator inexperience, inattention, recklessness, and speeding are the four leading causes of tragic crashes on the water. Drowning is the leading cause of death. For those aged 1-14 drowning is the second leading cause of unintentional injury-related death. Before heading out to your favorite lake, river, or pool keep these safety tips in mind:

- Planning on taking the boat out? The DNR recommends a proper fitting life jacket be worn at all times.
- Learn how to swim. Many of the local pools offer swim lessons during the summer months.
- Children playing in water should be monitored at all times.
- Only swim in designated swimming areas.
- If you get caught in a current, don't try to fight it. Stay calm and float with it, or swim parallel to the shore until you can swim free.
- Don't drink alcohol when swimming.
- Don't forget to apply the sunblock at least every 2 hours.

Source: www.nsc.org; www.redcross.org

DID YOU KNOW: What is Wisconsin's most famous for?

Wisconsin is known as "America's Dairyland" because it is one of the nation's leading dairy producers, particularly **famous for** its cheese. Manufacturing (especially paper products), information technology (IT), cranberries, ginseng, and tourism are also major contributors to the state's economy. Source: State of Wisconsin website

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.

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