



Grant County Health Dept

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(608) 723-6416

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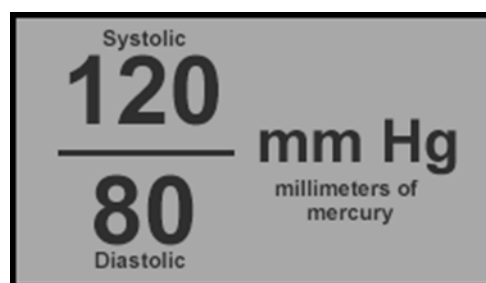
February 2020

Briefly on Blood Pressure

Blood pressure is an indicator of health. A person may have high blood pressure for years without symptoms. Left untreated or unmanaged high blood pressure can lead to health problems like heart disease or stroke. Often your provider will take two to three blood pressure readings at separate appointments before making a diagnosis.

The top number (systolic) indicates the **pressure** your blood is exerting against your artery walls **when the heart beats** (the heart muscle contracts).

The bottom number (diastolic) indicates the **pressure** your blood is exerting against your artery walls **while the heart is resting** between beats (the heart muscle is resting and refilling with blood between beats).



Top number (Systolic) in mm HG	And/ or	Bottom Number (Diastolic) in mm Hg	Your category*	What to do
Below 120	and	Below 80	Normal Blood Pressure	Maintain or adopt a healthy lifestyle.
120-129	and	Below 80	Elevated Blood Pressure	Maintain or adopt a healthy lifestyle.
130-139	or	80-89	Stage 1 high blood pressure (hypertension)	Maintain or adopt a healthy lifestyle. Talk to your doctor about taking one or more medications.
140 or higher	or	90 or higher	Stage 2 high blood pressure (hypertension)	Maintain or adopt a healthy lifestyle. Talk to your doctor about taking more than one medication.

*Ranges may be lower for children and teenagers. Talk to your child's doctor if you're concerned your child has high blood pressure

*Table courtesy of Mayo Clinic www.mayoclinic.org/. Check out American Heart Association at www.heart.org for more information.

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 <https://www.dhfs.wisconsin.gov/immunization> for information on your immunizations.
- ▶ Visit www.grantcountyhospice.com for information on the Hospice Program.

Food Expiration Dates What Do They Mean?

"Sell by:", "Use by" and "Best if used by" are all common labels we see when purchasing our food. What do they really mean? Stamping a date on a food product's package is done to help the store determine how long to display the product for sale.

"BEST IF USED BY" helps the shopper know the time limit to purchase or use the product at its BEST quality. It is not a safety date. After the date passes, while not of the best quality, the product should still be safe if handled properly and kept at 40° F or below in your refrigerator. If foods are mishandled, however, food-borne bacteria can grow and cause food-borne illness—before or after the date on the package.

"USE BY" date is also the last date recommended for the food to be at its peak quality.

"SELL BY:" date tells the store how long to display the product for sale. You should buy the food before that date.

Always make sure to follow the handling and preparation instructions on the label to ensure top quality and safety of your foods.

Source: USDA Food Safety and Inspection Service

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)

Feb 18th—Cuba City St Rose
Mazzuchelli Hall - 9:30am to 3:30pm

Feb 20th—Late Platteville Lutheran
Church Of Peace - 3:00pm to 6:30pm

Feb 25th—Lancaster Schreiner
Memorial Library—9:00am to 3:30pm

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

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

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

Mar 19th—Platteville Lutheran Church
Of Peace—9:00am to 3:30pm

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

Mar 25th—Late Lancaster Schreiner
Memorial Library—3:00pm to 6:30pm

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

Apr 2nd—Platteville Lutheran Church
of Peace—9:00am to 3:30pm

Apr 7th—Cuba City St Rose
Mazzuchelli Hall - 9:30am to 3:30pm



Grant County Health Dept will be
closed on April 10 at noon.

Travel Destination Unknown

Thinking of taking a trip across the globe to an exotic paradise, visit historic monuments, or hike a hill of wildflowers. Whenever you are preparing a trip outside of the United States it is important to look in to the current health and safety recommendations specific for your destination.

The Center for Disease Control and Prevention (CDC) Traveler's Health webpage is the place to check what vaccines and health precautions are recommended for each country across the globe. <https://wwwnc.cdc.gov/travel/destinations/list/>

Visit the U.S. Passports & International Travel governmental website to learn about country specific safety recommendations. This includes information on terrorist threats, crime rates, natural disaster warnings, and whether a visa is required. <https://travel.state.gov/content/passports/en/go.html>

Enroll in STEP (Smart Traveler Enrollment Program). It is a free service for US citizens that allows you to list your trip with the nearest U.S. Embassy or Consulate in the country you will be traveling in. This program allows you to receive important information on the safety conditions regarding your destination country. It also helps the U.S. Embassy, family, and friends contact you in an emergency. <https://step.state.gov/step/>

Little Loving Things You Can Say

Most parents and caregivers want to care for and nurture children as best they can. Children believe what they hear, and what adults say to children influences how children feel about themselves. When you are with a child listen and respond positively to them to let them know they are important. By using loving words you will help children develop greater confidence and feel good about themselves. You'll feel better, too.

You Are Terrific! **YOU CAN DO IT.**

Tell me more. Good Job! Good Try.

Thank you. You are a good friend.

WAY TO GO!

SUPER!

I love you.

You are a big help.

You are smart.

You're sweet.

I'm proud of you.

Looking good.

HAVE A GOOD DAY!!



DID YOU KNOW:

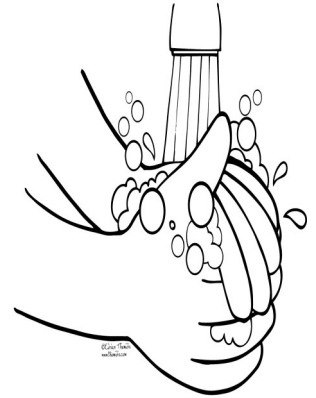
Tears caused by sadness, happiness and onions look different under the microscope.

Follow Five Steps to Wash Your Hands the Right Way

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

Follow these five steps every time.

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them



Source: cdc.gov



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