



Disasters Can Strike at Anytime. Are You Ready?

If a disaster strikes in your community, you might not have access to food, water, or electricity for several days. You may think that you will have enough time to run to the grocery store, but stores quickly sell out of important supplies following emergency warnings. Unfortunately, about half of adults in the United States do not have the resources and plans in place for a possible emergency. Preparing an emergency kit for your family is an important step in keeping them safe and healthy during a disaster.

Here is a list of important materials to include in your emergency kit:

- **Pack a 3 day supply of food and water.** Include one gallon of water per person, per day. Include foods that are easy to make and won't go bad, like canned soup, dry pasta, or powdered milk. Pack a manual can opener and other basic

- **Store a 3 day supply of all medicines.** Medical supplies like syringes, a walking cane, and hearing aids with extra batteries should be included.
- **Pack personal care items.** These include soap, tooth brush, toothpaste, baby wipes, toilet paper, contact lenses or glasses.
- **Store safety supplies and electronics.** Be sure to have a first aid kit, emergency blanket, multipurpose tool (that can act as a knife, pliers and screwdriver), whistle, flashlight, radio (battery powered, solar, etc.), cell phone with chargers and extra batteries.
- **Maintain copies of important documents.** Keep copies of insurance cards, immunization records, paperwork about any serious or ongoing medical conditions, as well as, a completed family emergency plan and

utensils needed for preparing and serving meals.

- **Pack items for your children and pets.** If you have children, be sure to have extra supplies like bottles, formula, baby food, diapers and games/activities. Pets also require a 3 day supply of food and water. Typically a pet needs 1 gallon for 3 days. Depending on your pet, you may need to pack cleaning supplies, like a litter box, paper towels, plastic bags, grooming items and household bleach. If your pet is taking any medications, be sure to include in your emergency kit. Also include comfort items such as toys and the pet's bed.

Make sure your emergency supply kit is up-to-date. Check the expiration dates on food, water, medicine and batteries at least two times per year. It's important that all items in your kit are functional at the time of an emergency. For more tips on how to prepare for an emergency or disaster visit: www.emergency.cdc.gov.

Test Your Well Water

Testing your well water annually ensures that your water supply is safe to drink. Water test kits can be purchased at the Health Department. The kit includes supplies and processing. Cost of the bacteria kit is \$20, nitrate kit is \$20 or both kits are \$40. Bacteria results will be available within a few days and nitrates 2-3 weeks. Contact the Health Department for more information at 715-536-0307.



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Lincoln County Health Department

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"Always Working for a Safer and Healthier Lincoln County"

Investing in Healthier Communities: Lincoln County Community Garden

Maintaining good health and well-being involves more than regular doctor visits and check-ups; it also includes your built environment.

The built environment includes all of the physical parts of where we live, work and play such as, homes, buildings, streets, and open spaces. The built environment influences a person's level of physical activity and good nutrition. For example, bicycle or walking paths, farmer's markets, and healthy options at convenience stores can contribute to physical activity and good nutrition. Not having access to a healthy built environment can lead to poor health outcomes such as obesity, diabetes and cardiovascular issues.

The Lincoln County Community Garden project is one example of how utilizing built environments can create a positive and healthier community. In 2015, the Lincoln County Garden project was awarded a \$50,000 grant for a "Healthy People Lincoln County: "Problems can be Solved in the Garden" initiative funded by the Wisconsin Partnership Program at the University of Wisconsin School of Medicine and Public Health. The goal of this initiative is to build gardening skills and also increase access to fresh and locally grown foods.



Grant activities include community classes on preparing and preserving food, garden workshops for community members, garden mentoring programs and expansions of gardens in Tomahawk.

Community gardens are one example of how to increase access to healthy food. Research from the University of Wisconsin Population Health Institute "What Works for Health" confirms that community gardens promote healthy eating, improve mental, physical and social well-being and reduce food costs for participating families and community partners. Community gardens also promote physical activity and revitalize communities.

Lincoln County's community garden program further advances local public health improvement planning efforts as it works toward building a healthier community.

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If you would like to learn more or get involved, please contact Shelley Hersil, LCHD Health Director at 715-539-1360.

Source: <http://whatworks-forhealth.wisc.edu>



Lincoln County Health Department Celebrates 100 Years 5 Facts about Theta Mead, Lincoln County's First Public Health Nurse

- 1. Theta Mead was the first Public Health Nurse in Lincoln County, appointed in 1917.** She was the second Public Health Nurse in Wisconsin and one of the first in the nation. She served Lincoln County from 1917-1920.
- 2. Theta Mead played a role in defining the role of a public health nurse.** At the time of her hire, she did not receive a list defining her work duties. In fact, part of her job was to define her responsibilities.
- 3. Theta Mead traveled over 2,100 miles in rural Lincoln County during her first three months of employment.** She traveled 1,460 miles on rutty dirt roads in her Model T and 710 miles by train. She made 90 school visits and examined 411 students.
- 4. Prevention was extremely important during Theta Mead's time as the only hospital was in Tomahawk.** Patients who needed hospital care in Merrill had to use small home-based hospitals located in doc-

tors' homes. These hospitals operated irregularly, usually accepting only the doctors' own patients. The other alternative was traveling 30 miles to Tomahawk, where the Catholic Sisters of the Sorrowful Mother had built their first hospital.



- 5. Theta Mead provided care during the deadly Spanish Influenza epidemic.** In October 1918, Spanish Influenza reached Lincoln County. It was brought in when the bodies of two soldiers were returned home for burial after dying from the flu. Public health officials closed down all public gathering locations to control the spread of disease. According to historian Steven Burg's calculation, Lincoln County was one of the nine counties in the state with the highest death rates from influenza, 40 to 60 deaths in 10,000 people.

Source: www.wisconsinhistory.org

Lincoln County Health Department Nearly Doubles Cooling Centers for Heat Relief

Lincoln County has many risk factors for heat-related injury, including a high percentage of older adults, homes without air conditioning, and lower income families. Heat-related emergency room visits in Lincoln County (a rate of 26 per 100,000 people), are well above the Wisconsin average (a rate of 17 per 100,000 people). The Lincoln County Health Department received a grant from the state's Environmental Public Health Tracking program to

help reduce the severe rates. Through the campaign, LCHD increased the number of community cooling centers from five to nine. When heat waves hit, Lincoln County residents now have even more community spaces where they can cool down, socialize, and enjoy local venues. By serving as a cooling center, businesses can show support to a local initiative and demonstrate their value in the community.



For a complete list please visit: www.lincolncountyhealthdepartment.com

Lead Hurts Kids: Prevention Tips



Did You Know?

Lead exposure has long-lasting effects including:

- Lower IQ
- Decreased ability to pay attention
- Poor school performance

Here's What You Can Do:

- Make sure children wash their hands before eating or napping.
- Feed children healthy

foods high in iron and calcium.

- Check for lead in toys, chipped paint and old water pipes.

The symptoms of poisoning can be easy to miss. Get kids tested!

Learn more about how you can protect your child from lead exposure at:

www.cdc.gov/nceh/lead/tips

2016-2017 Influenza Season Flu Mist Option Not Recommended

The Centers for Disease Control and Protection (CDC) recently announced that the live attenuated influenza vaccine (LAIV), best known as nasal spray, or by the trade name Flu Mist, should not be used during the 2016-17 influenza season. The CDC's Advisory Committee on Immunization Practices voted to recommend it not be used after data showed poor or relatively low effectiveness of the nasal spray from 2013 through 2016.

"While it is disappointing to see data suggesting that the nasal spray vaccine is not working as well as expected, we are pleased that flu shots did perform well last season," said State Health Officer Karen McKeown. "We expect that there will be enough of the injectable vaccine available for the 2016-17 season so

everyone 6 months and older can protect themselves and their loved ones against the flu."

How well the flu vaccine works can range widely from season to season and can be affected by a number of factors, including the similarity between vaccine viruses and circulating viruses. The CDC conducts vaccine effectiveness studies each season to gauge the success of a vaccine in preventing the flu virus. Data on the effectiveness of the nasal spray among children ages 2-17 during the 2015-16 season found that no effective benefit from the LAIV could be measured. By comparison, data found the injectable vaccine to be very effective in preventing flu among children in this age group. This change in recommendation underscores the importance of ongoing efforts



to measure and evaluate the effectiveness of vaccines to ensure the public is optimally protected from health threats. During the 2015-16 flu season in Wisconsin, there were approximately 1,800 hospitalizations of people with influenza. Although the start and end date of a flu season can vary, the 2015-16 season peaked in March of 2016.

Influenza vaccine recommendations for the 2016-17 flu season will be published by the CDC in late summer or early this fall.

Source: www.dhs.wisconsin.gov/news/releases/070616