



NORTH SHORE

HEALTH DEPARTMENT

HEALTHY HIGHLIGHTS 2022

Serving the communities of Bayside, Brown Deer, Fox Point, Glendale, River Hills, Shorewood and Whitefish Bay

October 19, 2022: Health Literacy Month

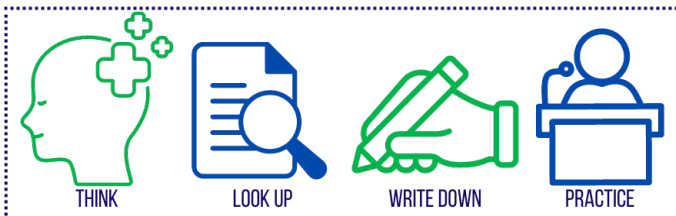
It is important people understand health information for an easier to navigate health care system.

What is health literacy? “Personal health literacy is the degree to which individuals have the ability to find, understand, and use information and services to inform health-related decisions and actions for themselves and others.”^[1]

Health literacy is important for **ALL**. Taking care of our health is a part of everyday life. Health literacy can help make your health care visits more productive because you have a greater understanding of what is being discussed. Health literacy can also help you prevent health problems and manage health care needs when they arise. Even people who read well and are comfortable with numbers can face health literacy issues, as preventative health care can be overwhelming and serious illnesses and complicated health conditions can be confusing.

Make the most of your next health care visit by asking questions and getting the answers you need to make decisions. Many people get nervous when speaking with medical providers, so a little preparation can help.

1. Think about what you want to know more about, and look up terms, vaccines, medicines, procedures, screenings, or treatments to ask about at your visit.
2. Write down questions you have for your provider and bring them with you (having them written down may help you be less nervous).
3. Practice asking your questions before your visit with someone you trust or in front of a mirror.

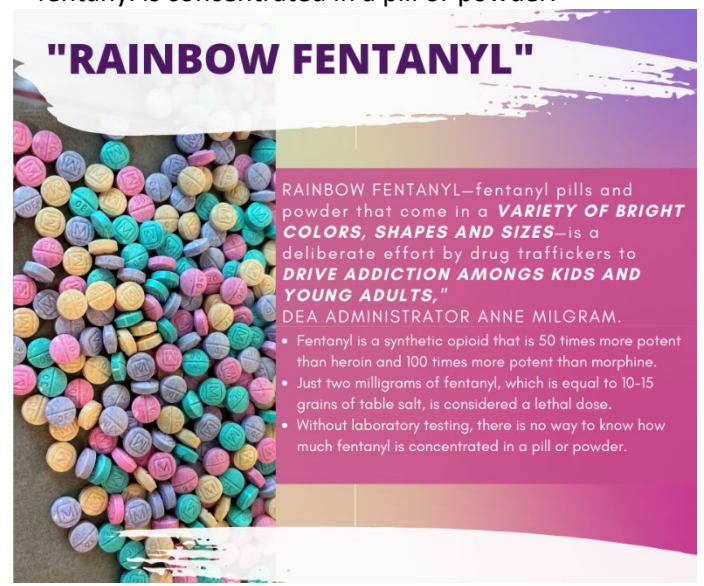


BE AWARE: RAINBOW FENTANYL

With Halloween quickly approaching, now is a good time to remind residents to be aware of treats given out in the spirit of the holiday. **Many individuals have allergies and/or dietary restrictions, so host and party goers, alike, should use caution at events.**

PARENTS SHOULD ALSO BE AWARE OF A RECENT TREND IN THE U.S., TARGETING YOUNG AMERICANS: **RAINBOW FENTANYL**. [According to the DEA:](#)

- **Fentanyl is a synthetic opioid 50 times more potent than heroin and 100 times more potent than morphine.** Two milligrams of fentanyl, equal to 10-15 grains of table salt, is considered a lethal dose.
- **Brightly colored fentanyl is being seized as pills, powder, and blocks that resembles sidewalk chalk.**
- **Every color, shape, and size of fentanyl should be considered extremely dangerous.**
- DEA laboratory testing has not found certain colors may be more potent than others.
- Laboratory testing is the only way to know how much fentanyl is concentrated in a pill or powder.



WHAT HAS NSHD BEEN WORKING ON?

FLU CLINICS

Flu season is one of our busiest times of year. The health department is holding many flu clinics in our community.

NORTH SHORE HEALTH DEPARTMENT

FLU VACCINE CLINIC

LOCATION

5205 North Lydell Avenue
Whitefish Bay, Wisconsin 53217

DATE & TIME

Wednesday, October 19
Morning: 10:00 AM - 12:00 PM
Evening: 4:30 PM - 6:30 PM

FLU VACCINE COST:

18 years and under: \$10 (cannot bill insurance)
Adult (quadrivalent): \$40
Preservative Free: \$45
Flublok (50+ years): \$65
High Dose Flu Shot (65+ years): \$65

Able to bill some insurance: Medicare, Medicaid, Humana, United Healthcare and Anthem (BlueCross BlueShield). Otherwise payment by cash or check.



A yearly flu vaccine is the first & most important step in protecting against flu viruses.



NORTH SHORE HEALTH DEPARTMENT

2022 FLU VACCINE CLINICS



We may have limited doses of high dose (65+ years) and Flublok (50+ years) available. Call 414-371-2980 to schedule an appointment.

BROWN DEER OFFICE

4800 W GREEN BROOK DR.

THURSDAY, OCTOBER 20
10:00 AM - 12:00 PM

THURSDAY, OCTOBER 27
9:00 AM - 11:00 AM

SHOREWOOD OFFICE

2010 E SHOREWOOD BLVD.

FRIDAY, OCTOBER 28
9:00 AM - 11:00 AM

TUESDAY, NOVEMBER 8
2:00 PM - 4:00 PM

TO MAKE AN APPOINTMENT, PLEASE CALL (414) 371-2980.

FLU VACCINE COST:

Adult (quadrivalent): \$40
Preservative Free: \$45
Flublok (50+ years): \$65
High Dose Flu Shot (65+ years): \$65

Able to bill some insurance: Medicare, Medicaid, Humana, United Healthcare and Anthem (BlueCross BlueShield). Otherwise payment by cash or check.

We are able to bill some insurance for the full cost:

Medicare, Medicaid, Humana, United Healthcare and Anthem (BlueCross BlueShield).

CURRENTLY PAYMENT BY CASH OR CHECK ONLY.

(receipt available for insurance reimbursement)

We offer homebound flu vaccines! Call to inquire.

BLOOD PRESSURE & IMMUNIZATION CLINICS

IMMUNIZATIONS (APPOINTMENT REQUIRED):

We provide vaccinations for individuals who are underinsured or uninsured, including infant, child routine immunizations and required for school. **Please call 414-371-2980 to find out what vaccines we have available and to make an appointment:**

Brown Deer Office

1st Tuesday of the month • 7:30-9am
3rd Tuesday of the month • 3:30-5pm

Shorewood Office

2nd Wednesday of the month • 3:30-5pm
4th Wednesday of the month • 7:30-9am

If these days/times do not work for you, we will do our best to accommodate you at another time.

UPCOMING BLOOD PRESSURE SCREENINGS

(WALK-IN – NO APPOINTMENT):

- **NSHD Shorewood Office:** 2010 E Shorewood Blvd. 4th Wednesday of the month from 3:30 p.m. to 4:30 p.m. – next one is on October 26.
- **Lydell Community Center:** 5205 N Lydell Ave, Whitefish Bay. 1:00 p.m. to 2:00 p.m. Clinic dates: Nov 16, Dec 21.
- **Lois & Tom Dolan Community Center:** 4355 W. Bradley Rd, Brown Deer. 1st Wednesday of the month from 12:30 p.m. - 1:15 p.m. Clinic dates: Nov 2, Dec 7.
- **LX Club Sponsored Clinic at the Longacre Skating Pavilion:** 7343 N Longacre Rd. **Correction:** Monday, November 14 from 11:30-12:30pm. Monday, December 12 from 11:30-12:30pm.

Please visit our website for up-to-date information about BP Screenings: www.nshealthdept.org/Clinics



NORTH SHORE HEALTH DEPARTMENT

nshealthdept.org • (414) 371-2980

Follow us on social media and visit our website for health information and updates



RESOURCES AND REFERENCES

1. [What Is Health Literacy? | Health Literacy | CDC](#)
2. [Health Literacy | health.gov](#)
3. [Understanding Health Literacy | CDC](#)
4. [DEA Warns of Brightly-Colored Fentanyl](#)
5. [DHS Expands Monkeypox Vaccine Eligibility Criteria for Wisconsinites | Wisconsin Department of Health Services](#)