



NORTH SHORE

HEALTH DEPARTMENT

HEALTHY HIGHLIGHTS 2022

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

November 30, 2022: National Influenza Vaccination Week

December 5th – 9th is NIVW 2022

Everyone 6 months and older is recommended to get a flu shot every year. Even though it is almost December, you can still get your shot—**It's not too late!**

Vaccination is particularly important for people who are at higher risk of developing serious flu complications, including young children.

Every year, millions of children get sick with flu and thousands are hospitalized as a result. Flu vaccines are the only vaccines that protect against flu and are proven to reduce the risk illness, hospitalization, and death.

Current Alerts:

- Influenza A activity is increasing in Wisconsin. The laboratory percent positive increased from 7% to 14 % this week.
- In addition to RSV and flu rhinovirus/enterovirus activity remains high.
- Additional data on SARS-CoV-2 (the virus causing COVID-19) trends in Wisconsin can be found at: <https://www.dhs.wisconsin.gov/covid-19/data.htm>

Currently, flu activity is elevated across the country, so this week will serve to remind people that there is still time to benefit from the first and most important action in preventing flu illness and potentially serious flu complications. **Get a flu shot today!**

Please visit [vaccines.gov](https://www.vaccines.gov) to find available vaccines near you.

HELP THEM FIGHT FLU
SO THEY CAN DO WHAT THEY DO.

IT'S NATIONAL INFLUENZA VACCINATION WEEK

Every year we observe National Influenza Vaccination Week to emphasize the importance of ongoing flu vaccination. Flu vaccines have been shown to be lifesaving in children, helping to reduce the risk of serious flu illness and flu-related hospitalization and death.

#FIGHTFLU

THERE'S STILL TIME THIS SEASON FOR A FLU VACCINE TO BENEFIT YOUR CHILD. TALK TO THEIR DOCTOR TODAY.

FOOD SAFETY: LEFTOVERS

Still eating Thanksgiving leftovers? Some people use “National Throw Out Your Leftovers Day” (November 29) to toss leftovers. But, depending on how food is cooked, handled, and stored, leftovers may need to be tossed sooner.

Want to know when food should be disposed?

FoodSafety.gov and the CDC have great food storage and safety resources:

- ✓ [Cold Food Storage Chart | FoodSafety.gov](https://www.foodsafety.gov/cold-food-storage-chart)
- ✓ [FoodKeeper App | FoodSafety.gov](https://www.foodsafety.gov/foodkeeper-app)
- ✓ [Four Steps to Food Safety | CDC](https://www.cdc.gov/foodsafety/4-steps-to-food-safety)
- ✓ [Food Safety for Buffets and Parties | CDC](https://www.cdc.gov/foodsafety/food-safety-for-buffets-and-parties)
- ✓ [Food Safety and Eating Out | CDC](https://www.cdc.gov/foodsafety/food-safety-and-eating-out)

WHAT HAS NSHD BEEN WORKING ON?

Improving health conditions and reducing health disparities is an important aspect of population and community health. **Population health** is the focus of health outcomes, including health determinants, among a group of individuals. **Community health** is the focus of physical and mental wellbeing of people in a specific geographic region, and is the intersection of healthcare, economics and social interaction.

Recent activities include YMCA of Metropolitan Milwaukee (Rite-Hite location) falls prevention collaboration, community health series partnership with municipal park and recreation departments and education on social isolation and technology for older adults.

In partnership with Whitefish Bay Recreation, Brown Deer Park and Recreation, Nicolet Recreation and Shorewood Recreation, North Shore Health Department presents Holidays and End of Year Stress Management Community Health Series on December 14, 2022.

To register online visit: [Whitefish Bay Recreation](#)

NORTH SHORE HEALTH DEPARTMENT COMMUNITY HEALTH SERIES



Health topics that matter to the North Shore Community.

DECEMBER 14 2022 | 6:30 PM - 7:30 PM
LYDELL COMMUNITY CENTER, ROOM 17
5205 N LYDELL AVE, WHITEFISH BAY, WI 53217

+++ HOLIDAYS AND END OF YEAR STRESS MANAGEMENT

+++ The holiday season is, for many, without a doubt, the most awaited time of the year, but the hustle and bustle of the holiday season often brings an increase in demands – cooking meals and baking, shopping, events and entertaining, just to name a few. It can also mean stress.
+++ Join us as we focus on **taking a moment to pause and include ways to help manage holiday and end-of-year stress**, to keep it the “most wonderful time of the year”.

FREE

JOIN US!

PRE-REGISTRATION REQUIRED

In partnership with Whitefish Bay Recreation, Brown Deer Park & Recreation, Nicolet Recreation and Shorewood Recreation.
For more, or to register visit Whitefish Bay Recreation or your local participating park and rec department website

Special thanks to Whitefish Bay Recreation for hosting the series.



Find a flu shot near you: [vaccines.gov](#)

Blood Pressure Clinics

(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. **No blood pressure clinics at our Shorewood Office for the rest of the year.**
- **Lydell Community Center:** 5205 N Lydell Ave, Whitefish Bay. **No blood pressure clinics at Lydell Community Center for the rest of the year.**

- **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: Dec 7.
- **LX Club Sponsored Clinic at the Longacre Skating Pavilion:** 7343 N Longacre Rd. Monday, December 12 from 11:30 a.m.-12:30 p.m.

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. [2022 NIVW Digital Media Toolkit | CDC](#)
2. [COVID-19: Wisconsin Summary Data | Wisconsin Department of Health Services](#)
3. [Vaccines.gov - Find COVID-19 vaccine locations near you](#)
4. [Cold Food Storage Chart | FoodSafety.gov](#)
5. [FoodKeeper App | FoodSafety.gov](#)
6. [Four Steps to Food Safety | CDC](#)
7. [Food Safety for Buffets and Parties | CDC](#)
8. [Food Safety and Eating Out | CDC](#)
9. [CDC - Home - NCCDPHP: Community Health](#)
10. [What Is Population Health? - PubMed \(nih.gov\)](#)