



NORTH SHORE

HEALTH DEPARTMENT

HEALTHY HIGHLIGHTS 2022

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

November 9, 2022: RSV and Other Respiratory Viruses

WHAT IS RSV?

Respiratory Syncytial Virus (RSV) is a common respiratory virus that usually causes mild, cold-like symptoms. Recovery time for most people is between one and two weeks. However, RSV can become serious for infants and older adults.

On Friday, November 4th, 2022 The Centers for Disease Control and Prevention (CDC) issued "a Health Alert Network (HAN) Health Advisory about early, elevated respiratory disease incidence caused by multiple viruses occurring especially among children." This has the possibility of placing increased strain on healthcare systems.

DID YOU KNOW: RSV is the most common cause of Bronchiolitis and Pneumonia in children under the age of 1yo in the US.

Co-circulation of respiratory syncytial virus (RSV), influenza viruses, SARS-CoV-2, and others could place stress on healthcare systems this fall and winter. This early increase in disease incidence highlights the importance of **optimizing respiratory virus prevention, including prompt vaccination and proper handwashing.**

Q: IS IT TOO LATE TO GET MY FLU SHOT?

A: NO! You should still get your flu Shot as soon as you can. Anyone ages 6-months and older are recommended to get their annual flu vaccine and stay up to date on their COVID-19 vaccines. Local pharmacies currently offer both COVID and Flu. Please [CLICK HERE](#) or visit vaccines.gov to find a vaccine provider in your area.

Links:

[Older Adult Fact Sheet RSV](#)

[Infants and Young Children Fact Sheet RSV](#)



Health Insurance Open Enrollment



Need help paying for health care?



We can help you find free or low-cost options

covering
Wisconsin
Covered by State, 9 Months
www.covered.wisconsin.gov

[Healthcare.gov](https://www.healthcare.gov) is open! Get enrolled today!

Call 2-1-1 to find free, expert help near you or visit [WisCovered.com](https://www.wiscovered.com) to learn more.

NORTH SHORE HEALTH DEPARTMENT COMMUNITY HEALTH SERIES



Health topics that matter to the North Shore Community.

NOVEMBER 16 2022 | 6:30 PM - 7:30 PM

LYDELL COMMUNITY CENTER, ROOM 17
5205 N LYDELL AVE, WHITEFISH BAY, WI 53217

HEALTHY FOODS SWAP/SUBSTITUTIONS

For many people, November and December are times of joy and celebration with friends and family. However, holiday events often include an increase in baked goods, desserts, candies, and other rich foods.

Join us as we focus on **simple and easy**

health-promoting food swaps, substitutions and behavior changes that can help you maintain (not gain) over the holidays and beyond.

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 recreation department website

Special thanks to Whitefish Bay Recreation for hosting the series.



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

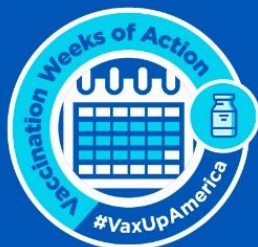
WHAT HAS NSHD BEEN WORKING ON?

Read our [#VaxUpNorthShore](#) newsletter, stressing the importance of staying up-to-date on your COVID-19 vaccines and getting a flu shot before the holidays.



During Vaccination Weeks of Action, get your updated COVID vaccine.

Updated vaccines protect against both the original COVID virus and the current Omicron strains.



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.
- **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. 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. [RSV \(Respiratory Syncytial Virus\) | CDC](#)
2. [HAN Archive - 00479 | Health Alert Network \(HAN\) \(cdc.gov\)World Lung Cancer Day | American Lung Association](#)
3. [Protect Your Child from RSV Infographic | CDC](#)