



NORTH SHORE

HEALTH DEPARTMENT

HEALTHY HIGHLIGHTS 2022

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

February 16th, 2022: Do you know the basics regarding epilepsy and seizure?

About Epilepsy: The Basics

- Epilepsy is the fourth most common neurological disorder and affects people of all ages.
- Epilepsy means the same thing as "seizure disorders."
- Epilepsy is characterized by unpredictable seizures and can cause other health problems.
- Epilepsy is a spectrum condition with a wide range of seizure types and control varying from person-to-person.

Epilepsy is a chronic disorder, the hallmark of which is recurrent, unprovoked seizures. Epilepsy is diagnosed if a person has "two unprovoked seizures (or one unprovoked seizure with the likelihood of more) that were not caused by some known and reversible medical condition like alcohol withdrawal or extremely low blood sugar". Often the cause of epileptic seizures is unknown, but some may be related to a brain injury or family tendency. It can be common for people with epilepsy to experience more than one type of seizure and be defined by a specific epilepsy syndrome. Epilepsy, as a word, does not suggest the cause or severity of the person's seizures.



What is a seizure?

- A seizure is a sudden surge of electrical activity in the brain.
- A seizure usually affects how a person appears or acts for a short time.
- Many different things can occur during a seizure. Whatever the brain and body can do normally can also occur during a seizure.

When a person experiences a seizure, brain cells either excite or stop the other brain cells from sending messages, causing an imbalance. The changes lead to a surge of electrical activity causing seizures. Seizures are a symptom of many different disorders that can the brain and not a disease in themselves. Some seizures may be hardly noticed while others can be totally disabling.

If someone is experiencing a seizure, it is important to know what NOT to do.

According to the CDC's [Seizure First Aid](#) guide:

- Do not hold the person down or try to stop their movements.
- Do not put anything in the person's mouth. This can injure teeth or the jaw. A person having a seizure cannot swallow their tongue.
- Do not try to give mouth-to-mouth breaths (like CPR). People usually start breathing again on their own after a seizure.
- Do not offer the person water or food until they are fully alert.

Learn more by visiting the [Epilepsy Foundation](#)

FEBRUARY IS BLACK HISTORY MONTH

People from racial/ethnic minority groups are less likely to receive mental health care. For example, in 2015, among adults with any mental illness, 48% of whites received mental health services, compared with 31% of Blacks and Hispanics, and 22% of Asians.



Barriers to Mental Health Care - Factors affecting access to treatment by members of diverse ethnic/racial groups may include:

- Lack of insurance, underinsurance
- Mental illness stigma, often greater among minority populations
- Lack of diversity among mental health care providers
- Lack of culturally competent providers
- Language barriers
- Distrust in the health care system
- Inadequate support for mental health service in safety net settings (uninsured, Medicaid, Health Insurance Coverage other vulnerable patients)

Find Black and African American mental health resources:

[Black History Month | Mental Health America](#) (mhanational.org).

Visit minorityhealth.hhs.gov/bhm to find additional information, tools, and resources to honor Black History Month this February.

WHAT HAS NSHD BEEN WORKING ON?

- ❖ We welcome Tyler Burkart to the Village of Brown Deer as the new Village Manager. [Read more](#)
- ❖ We were able to supply additional N95 masks to our area libraries to distribute this week. Brown Deer Library, Shorewood Library and North Shore Library still have masks available!
- ❖ Our nurse supervisor, Kathleen Platt, continues to serve as our Interim Health Officer.

2022 Projects at NSHD

Community Health Assessment: We have started our Community Health Assessment (CHA), which is completed every five years at local health departments to identify the most important areas of focus moving forward. The CHA informs the creation of the Community Health Improvement Plan (CHIP), which guides the work of our department. Public input is an essential component of the CHA and helps us to develop goals and programs that meet the needs of our North Shore communities.

Watch for future communications about completing the community health survey.

Learn more about why local health departments perform Community Health Assessments every five years: [Click Here](#)

NOTABLE FEBRUARY HEALTH DAYS

Among the notable health observances in February, are [American Heart Month](#) and [National Children's Dental Health Month](#). This week we observe:

- [Duchenne Muscular Dystrophy Awareness Week](#) - February 13-19
- [Tinnitus Awareness Week](#) - February 7-13
- [National Donor Day](#) - February 15
- [International Childhood Cancer Awareness Day](#) - February 15
- [National Caregivers Day](#) - February 18

STEPPING ON FALL PREVENTION CLASS

Stepping On

Who: People age 60+ who live independently.

What: A 7-week (one 2-hour session per week) falls prevention program conducted by trained facilitators.

When: Wednesdays from May 4th to June 15th 9:30am-11:30am

Where: Fox Point Village Hall - 7200 N Santa Monica Blvd. Fox Point

To sign up, call North Shore Health Department at 414-371-2980.



wiha

Wisconsin Institute for Healthy Aging

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- **Where:** Fox Point Village Hall (7200 N. Santa Monica Blvd, Fox Point)
- **Register Here:** [Stepping On Registration Form \(cognitofrms.com\)](#)

BLOOD PRESSURE & IMMUNIZATION CLINICS

IMMUNIZATIONS (NON-COVID, APPOINTMENT REQUIRED):

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

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.

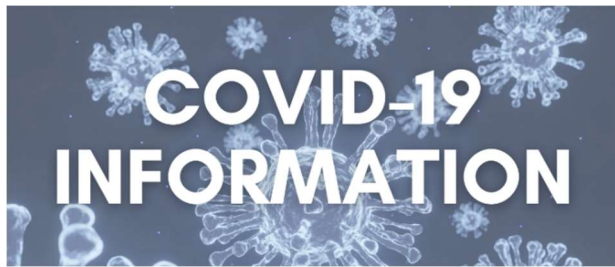
Still need a flu shot?

Call 414-371-2980 to schedule an appointment. Anyone 18 and under can get a flu shot for \$10 at NSHD through February 18th!

UPCOMING BLOOD PRESSURE SCREENING (WALK-INS WELCOME – NO APPOINTMENT NECESSARY):

- **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. February 16, March 16, and April 20.
- **Lois & Tom Dolan Community Center:** 4355 W. Bradley Rd, Brown Deer. 1st Wednesday of the month from 12:15 p.m. - 1:00 p.m.

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



COVID-19 VACCINATIONS AND TESTING:

Complaint or concern about a COVID-19 testing experience? Wisconsinites can direct complaints about a COVID-19 testing experience to the DHS Office of Inspector General by calling 877-865-3432 or reporting [online](#).

Get free at-home COVID-19 tests: Every home in the U.S. is eligible to order 4 free at-home COVID-19 tests. The tests are completely free. Orders will usually ship in 7-12 days. Order them here: www.covidtests.gov.

Need help placing an order for your at-home tests? Call 1-800-232-0233 (TTY 1-888-720-7489).

1. Find a vaccine location near you: Vaccines.gov: call 1-800-232-0233 or visit vaccines.gov
2. Visit our website for updates on testing (nshealthdept.org) and vaccination ([Vaccine Information nshealthdept.org](http://nshealthdept.org)) locations.
3. Wisconsin Immunization Registry: Those in Wisconsin can visit [Public Immunization Record Access webpage](#) for their vaccination records.

CURRENT COVID-19 GUIDELINES:

- Wisconsin Department of Health Services – [Visit their website](#) for guidance on isolation and quarantine.
- Additional information can be found on the [CDC website](#).

Our department does not have capacity to follow-up with all new COVID-19 cases. If you have tested positive, please stay home for at least 5 days. If you have no symptoms, or your symptoms have resolved after 5 days, you can then leave your house, but you should continue to wear a mask for another 5 days. If you were exposed to someone who tested positive, follow the [new CDC guidelines](#) for quarantine.

Tested positive with an at-home test? We encourage you to follow isolation and quarantine guidelines as if you tested positive with a laboratory-confirmed test, but we are unable to track at-home tests. It is not necessary to report positive at-home test results to the health department. Although at-home COVID-19 tests are convenient and can provide quick results, a second test from a health care provider or at a community testing site is necessary for travel purposes, shortening or exempting you from quarantine, and most other official public health decisions. [Learn more about at-home tests.](#)

UPDATED MASK RECOMMENDATIONS: *Masks are currently recommended in indoor public settings for everyone, regardless of vaccination status.* The weekly update regarding COVID-19 community transmission level in the North Shore and Milwaukee County can be found on our [website](#).

WISCONSIN IMMUNIZATION REGISTRY: Are you traveling and need proof of vaccination? If you cannot locate your vaccine card and you were immunized in Wisconsin, visit the [Wisconsin Immunization Registry](#) for a copy of your COVID-19 vaccine history.

Don't throw out N95/KN95 masks after one use! They can be cleaned and reused five times before it is time to discard them.



Image from City of Milwaukee Health Department



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nshealthdept.org • (414) 371-2980

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



RESOURCES

1. [Epilepsy Foundation #1 trusted site for epilepsy and seizure news](#)
2. [About Epilepsy | CDC](#)
3. [Black History Month | Mental Health America \(mhanational.org\)](#)
4. [Celebrate African American History Month! | Health Equity Features | CDC](#)
5. [National African American \(Black\) History Month: February 2022 \(census.gov\)](#)