



NORTH SHORE HEALTH DEPARTMENT HEALTHY HIGHLIGHTS 2022

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

February 9th, 2022: Prevent opioid harm. It starts with real talks.

Now, more than ever, it is time to talk about opioids, including prescription painkillers, heroin, and fentanyl. Deaths from opioid overdoses are at an all-time high in Wisconsin. More people die of opioid overdoses in Wisconsin each year than car crashes.

Opioids are a class of legal and illegal drugs that produce a pleasurable effect on the brain and body, although the effect is different for each person who uses opioids. Opioids are used in many ways. A health care professional may prescribe them as part of a treatment plan following an injury or surgery. Opioids also may be used in nonmedical ways. Some people may use opioids to cope with painful emotions, trauma, or other life experiences. Opioids are addictive and can be very dangerous.

Learn more about opioids and why they are dangerous: www.dhs.wisconsin.gov/opioids/facts.



Go to doseofrealitywi.gov for information to prevent and reduce the risks of opioid use through real talks or open and honest conversations about the dangers. The Dose of Reality website also features information on how to provide support to people you care about before risks develop, and how to get help to those who need it.

Article from Wisconsin Department of Health Services.

SIGNS OF AN OVERDOSE

Signs of an overdose include

- Unresponsive or unconsciousness
- Slow or absence of breathing
- Snoring or gurgling sounds
- Cold or clammy skin
- Discolored lips or fingernails

Recovery is possible.
 Wisconsin Addiction Recovery Helpline
 Call: 211 or 833-944-4673
 Text your ZIP code to 898211.
 Online: www.addictionhelpwi.org
 Visit our website for resources at doseofrealitywi.gov

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Call 911 immediately if you think someone is experiencing an opioid overdose.

[Learn how to respond to an overdose.](#)

FEBRUARY IS BLACK HISTORY MONTH

We're celebrating Black History Month, along with the Office of Minority Health (OMH) at the U.S. Department of Health and Human Services (HHS), by highlighting the work Black leaders have championed for public health and medicine.

Did you know?

- In 1988 Dr. Patricia Bath became the first Black female doctor to receive a medical patent. Her patented work to help improve the eyesight of visually impaired individuals reminds us to ensure inclusivity in medical product development.



- Blood transfusions save millions of people in the U.S. every year. This Black History Month we honor Charles Richard Drew whose work in blood banking and logistics helped make this possible.

- Dr. Helen Dickens became the first Black woman admitted as a fellow to the American College of Surgeons. Throughout her career, she helped her colleagues address patients' experiences, beliefs, & preferences.

- This Black History Month we honor Dr. Jane Wright's focus on patient care that helped improve and advance chemotherapy techniques. Her contributions help us understand how patient response is vital to effective cancer treatment.



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 the following health days:

- February 9 – [Toothache Day](#). Dental hygiene is important for your overall health. Don't ignore a toothache.
- February 14 – [National Donor Day](#). Being an organ donor improves the lives of others through transplantation, therapy, research, and education. [Sign up to be a donor in Wisconsin](#).
- February 6-12 – [Burn Awareness Week](#)



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

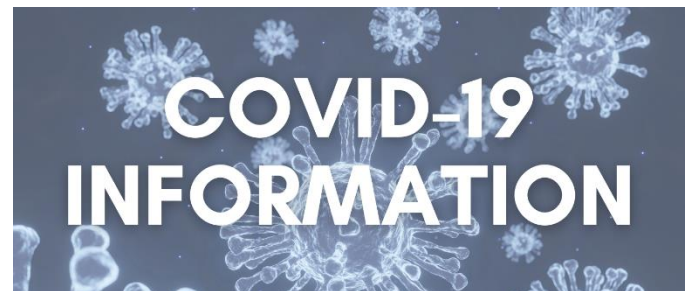
If these days/times do not work for you, we will do our best to accommodate you at another time.

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 ([COVID19 Testing \(nshealthdept.org\)](http://COVID19Testing(nshealthdept.org))) and vaccination ([Vaccine Information \(nshealthdept.org\)](http://VaccineInformation(nshealthdept.org))) locations.
3. Wisconsin Immunization Registry: Those in Wisconsin can visit [Public Immunization Record Access webpage](http://PublicImmunizationRecordAccesswebpage) 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 the 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 your N95/KN95 masks after one use! They can be cleaned and reused five times before it is time to discard them.

How to clean your N95/KN95 masks

- 1. PLACE MASK IN PAPER BAG**
Remove and hold the mask by the ear loops. Do not touch the front.
- 2. CLOSE THE PAPER BAG**
Allow it to sit at room temperature for at least **72 hours**. Wash your hands after handling.

Plastic bags won't work!

Kill the COVID-19 virus with time

If you have a few masks, assign one for every three days. After 72 hours, the mask is safe to use again.

This process can be repeated but should not exceed five times before discarding the mask.

Day 1 Day 2 Day 3

Image from City of Milwaukee Health Department



nshealthdept.org • (414) 371-2980

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



RESOURCES

1. doseofrealitywi.gov
2. www.dhs.wisconsin.gov/opioids/facts
3. [Learn how to respond to an overdose.](#)
4. [Celebrate African American History Month! | Health Equity Features | CDC](#)
5. [National African American \(Black\) History Month: February 2022 \(census.gov\)](#)