



NORTH SHORE

HEALTH DEPARTMENT

HEALTHY HIGHLIGHTS 2022

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

March 9th, 2022: Poison Prevention Awareness



Not all poisons are easily identifiable with a skull and cross bones image, many are items we may not think about, found in our homes. More than 90% of poisonings happen in the home.

Some common sources of poisoning in the home include:

1. All medicines and pharmaceuticals, including over-the-counter medicines, prescription medicines, vitamins, and supplements
2. Tobacco and nicotine
3. Alcohol
4. Laundry and cleaning supplies
5. Pesticides and insect repellents
6. Button batteries, such as those found in musical greeting cards, key fobs, etc.
7. Any type of oil or lubricant, including fragrance oils, tiki torch oils, engine oil, etc.
8. Personal care products, especially contact lens disinfectants and hand sanitizers
9. Carbon Monoxide
10. Lead

Home Safety Tips

1. Keep cleaning products and cosmetics up and out of the way/reach
2. Read product labels before each use
3. Don't mix cleaning products together



FOR ANY EXPOSURE CALL POISON HELP
1-800-222-1222

- **Skin contact:** Wash area fully with soap and water
- **Eye exposure:** Thoroughly rinse for 20 minutes
- **Ingestion or swallowed:** Call Poison Help at 1-800-222-1222



To help maintain a year-round home safe home, download:

- [Poison Prevention Home Safety Checklist](#)
- [Seasonal Poisoning Hazards](#)

DAYLIGHT SAVING TIME

Don't forget to turn your clocks ahead one hour this weekend! Daylight Saving Time goes into effect Sunday, March 13, 2022, at 2:00 am.



MARCH IS WOMEN'S HISTORY MONTH

Discover Her Story - find stories and objects from women who have shaped America as we know it through their work, creativity, and resolve: womenshistory.si.edu

March 8th was International Women's Day - a day to celebrate the social, economic, cultural, and political achievements of women.

Find resources to promote women's health: [Free Publications For Women | FDA](#)

Wisconsin WIC Program: [WIC \(Women, Infants, and Children\) Program | Wisconsin Department of Health Services](#)

Wisconsin Well Woman Program: [Wisconsin Well Woman Program | Wisconsin Department of Health Services](#)

Wisconsin Women's Health Foundation: [Wisconsin Women's Health Foundation \(www.wfhf.org\)](http://www.wfhf.org)



WHAT HAS NSHD BEEN WORKING ON?

- ❖ Take a look at our [2021 Annual Report](#) to see all that NSHD accomplished last year.
- ❖ Our nurse supervisor, Kathleen Platt, continues to serve as our Interim Health Officer.

2022 Projects at NSHD

GRANT RECIPIENT ANNOUNCEMENT

THE NORTH SHORE HEALTH DEPARTMENT WAS AWARDED THE
Mobilizing Communities for a Just Response Grant

OUR PROJECT

Evaluating Childhood Immunization Disparities in Brown Deer and Glendale: An Assessment of Underlying Structural and Social Barriers



Learn more about the grant and our project:

[Health Disparities Grant | Wisconsin Department of Health Services](#)

SAVE YOUR VISION AWARENESS

The first full week of March is "Save Your Vision Week".



Vision loss can impact quality of life, and increase the risk of falls, but did you know that your vision health has an impact on your mental health?

Vision loss has been linked to feelings of worry, anxiety, fear and loneliness as well as social isolation and depression.

In a [recent CDC study](#):

- 1 in 4 adults with vision loss reported anxiety or depression.
- Younger adults with vision loss had almost 5 times the risk of serious anxiety or depression compared to adults 65 and older, possibly because they had not yet developed effective coping or self-management skills.
- Untreated anxiety can increase the risk of developing depression.

If you're experiencing symptoms of anxiety and/or depression, talk to your doctors right away.

Visit the CDC for [Mental Health, Stress and Coping Tools and Resources](#)

- Some common symptoms of anxiety:
 - Trouble controlling feelings of worry, focusing and/or sleeping
 - Feeling restless, wound up, or on edge and/or being irritable
- Some common symptoms of depression:
 - Lack of interest in hobbies and activities
 - Often feeling sad and/or anxious and/or helpless and/or worthless
 - Appetite and/or weight changes
 - Fatigue and/or lack of energy, even after sleeping well

Visit the CDC to learn more about vision health:

- ❖ [Basics of Vision and Eye Health](#)
- ❖ [Common Eye Disorders and Diseases](#)
- ❖ [Vision Loss and Mental Health](#)
- ❖ [Vision Health Frequently Asked Questions](#)

NOTABLE MARCH HEALTH DAYS

Among the notable health observances in March are [American Red Cross Month](#), [Bleeding Disorders Awareness Month](#), [Colic Awareness Month](#) and [National Endometriosis Awareness Month](#). This week we observe:

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

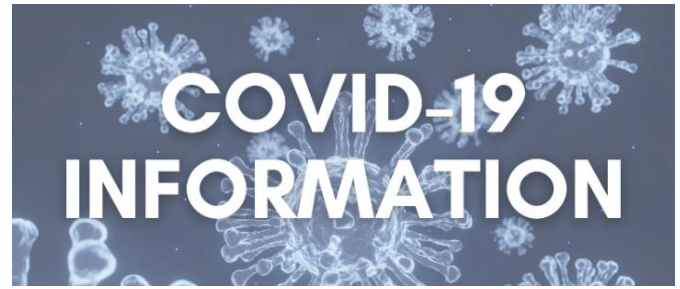
To sign up, go to our website and fill out the form: www.nshealthdept.org, or call 414-371-2980 if you need assistance registering.



wiha
Wisconsin Institute
for Healthy Aging

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- **Who:** People age 60+ who live independently.
- **What:** A 7-week (one 2-hour session per week) fall prevention program conducted by trained facilitators.
- **When:** Wednesdays from May 4th to June 16th, 9:30 am – 11:30 am
- **Where:** Fox Point Village Hall (7200 N. Santa Monica Blvd, Fox Point)
- **Register Here:** [Stepping On Registration Form \(cognitoforms.com\)](#)



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.

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. March 16, and April 20.
- **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.

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

COVID-19 VACCINATIONS:

Still haven't gotten your COVID-19 booster? Don't wait any longer! Although COVID-19 vaccines remain effective in preventing severe disease, [recent data](#) suggest their effectiveness at preventing infection or severe illness wanes over time, especially in people ages 65 years and older. Getting a booster dose is intended to boost your immune system for better, long lasting protection. [Who is eligible for a booster dose?](#)

Find a vaccine location near you: Call 1-800-232-0233 or visit vaccines.gov.

Look up your vaccination record in the Wisconsin

Immunization Registry: Those in Wisconsin can visit [Public Immunization Record Access webpage](#) for their vaccination records.

COVID-19 TESTING: [COVID Test Finder — Healthy MKE](#)

CURRENT COVID-19 GUIDELINES:

[Visit the WI DHS website](#) for guidance on isolation and quarantine. Additional information can be found on the [CDC website](#).

The Wisconsin Department of Health Services (DHS) supports the new Centers for Disease Control and Prevention (CDC) metrics used to determine the risk level of COVID-19 in communities. Widespread access to vaccines and testing, available treatment options, and high levels of population immunity have combined to make a new approach to monitoring and preventing COVID-19 possible. Under the new [COVID-19 Community Levels metrics](#), wearing a well-fitting mask in public indoor settings is recommended only when a particular community is experiencing "high" COVID-19 Community Levels, unless you or someone you live with is at [high risk for severe disease](#). Milwaukee County is at a low community level with data through March 3, 2022. [Check updated level here](#).



nshealthdept.org • (414) 371-2980

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



RESOURCES

1. [Poison Prevention Home Safety Checklist](#)
2. [Seasonal Poisoning Hazards](#)
3. [Women's History | BIG History | Wisconsin Historical Society \(wisconsinhistory.org\)](#)
4. womenshistory.si.edu
5. Find resources to promote women's health: [Free Publications For Women | FDA](#)
6. Wisconsin WIC Program: [WIC \(Women, Infants, and Children\) Program | Wisconsin Department of Health Services](#)
7. Wisconsin Well Woman Program: [Wisconsin Well Woman Program | Wisconsin Department of Health Services](#)
8. Wisconsin Women's Health Foundation: [Wisconsin Women's Health Foundation \(wwhf.org\)](http://wwhf.org)