



NORTH SHORE HEALTH DEPARTMENT HEALTHY HIGHLIGHTS 2022

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

May 11th, 2022: May is Clean Air Month

May Is Clean Air Month

Clean Air Month is observed each year in May across the United States, sponsored by the American Lung Association since 1972. Clean Air Month is an opportunity to celebrate the improvements that have been made over the last four decades since the Clean Air Act in 1970.

Why is clean air important?

Poor air quality can affect people of all ages, especially those sensitive to air pollution, including people with asthma or heart conditions, people who work and exercise outdoors, and older adults and children. The potential consequences of poor air quality include cancer, bronchitis, allergies and asthma.

Clean Air Month in Wisconsin

The Wisconsin Department of Natural Resources (DNR) celebrates the accomplishments of the last year, including the improvement in overall air quality in Wisconsin.

The DNR's 2021 Wisconsin Air Quality Trends Report shows that air quality in Wisconsin continues to improve, including a **35% drop** in fine particle concentrations, a dramatic reduction in emissions from industrial sources and motor vehicles and a **39% drop** in industrial source emissions of volatile organic compounds (VOCs).

Source: Wisconsin DNR

Air Quality Index (AQI)

EPA establishes an Air Quality Index (AQI) for five major air pollutants regulated by the Clean Air Act.

Each of these pollutants has a national air quality standard set by EPA to protect public health:

1. ground-level ozone
2. particle pollution (also known as particulate matter, including PM2.5 and PM10)
3. carbon monoxide
4. sulfur dioxide
5. nitrogen dioxide



| Daily AQI Color | Level of Concern | Description of Air Quality |
|-----------------|--------------------------------|---|
| Green | Good | Air quality is satisfactory, and air pollution poses little or no risk. |
| Yellow | Moderate | Air quality is acceptable. However, there may be a risk for some people, particularly those who are unusually sensitive to air pollution. |
| Orange | Unhealthy for Sensitive Groups | Members of sensitive groups may experience health effects. The general public is less likely to be affected. |
| Red | Unhealthy | Some members of the general public may experience health effects; members of sensitive groups may experience more serious health effects. |
| Purple | Very Unhealthy | Health alert: The risk of health effects is increased for everyone. |
| Maroon | Hazardous | Health warning of emergency conditions: everyone is more likely to be affected. |



MENTAL HEALTH RESOURCES

May is *Resilient Wisconsin* Month -

Governor Evers has proclaimed May 2022 as [Resilient Wisconsin Month](#). Taking care of yourself, your friends, and your family can help you cope with the day-to-day challenges of life. Take time this month to learn how individuals and communities can thrive by staying connected and building strength. [LEARN MORE](#)

Wisconsin DHS - [Mental Health Resources](#)

Tips to Take Care of Yourself

Get the 3 “goods”

That’s good-for-you foods, a good night’s sleep, and a good amount of exercise.

Relax your body

Do what that works for you, like taking deep breaths, stretching and exercising, meditation, and spiritual activities.

Do something you enjoy

Eat a good meal, read, create a playlist of your favorite music, play video games, or talk to family and friends.

Set boundaries

Don’t let current events take over what you read, watch, or talk about. And don’t be afraid to ask friends and family to talk about something else.

Avoid negative outlets

Find healthy ways to process your emotions. Avoid self-medicating with alcohol, drugs, or risky behaviors.



WHAT HAS NSHD BEEN WORKING ON?

Come this June, we will be starting the **priority survey** for our Community Health Assessment (CHA). This survey will give the public an opportunity to identify key health concerns and community needs in the North Shore. We will be out in the community promoting the survey at various events, including local farmers markets. We look forward to seeing you and hearing your thoughts on improving the health of the North Shore.

Your 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.

NOTABLE HEALTH DAYS

Among the notable health observances in May are:

- Office on Women’s Health (OWH) is sponsoring [National Women’s Health Week](#) May 8 to 14.
- [Food Allergy Awareness Week](#), May 8 to 14.
- No Tobacco Day: May 31: [World No Tobacco Day](#)

BLOOD PRESSURE & IMMUNIZATION CLINICS

IMMUNIZATIONS (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 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 SCREENING

(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. – 2:00 p.m. Dates TBD. Check [our website](#) for updates.
- **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



**NORTH SHORE
HEALTH DEPARTMENT**

nshealthdept.org • (414) 371-2980

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



RESOURCES

1. DNR 2021 [Wisconsin Air Quality Trends Report](#)
2. Get air quality data where you live: airnow.gov
3. [Resilient Wisconsin](#)
4. Wisconsin DHS - [Mental Health Resources](#)
5. [National Women's Health Week](#)
6. [Food Allergy Awareness Week](#)
7. [World No Tobacco Day](#)

COVID-19 INFORMATION

COVID-19 VACCINATIONS AT NSHD:

Tuesday, May 17th from 9am-1pm in Brown Deer
Thursday, May 19th from 11am-2pm in Shorewood
Tuesday, May 31st from 9am-11am in Brown Deer

Please call 414-371-2980 to schedule an appointment.

We highly recommend Health Connections if you need a COVID-19 booster. They have a tent set up in Lincoln Park through May 21 and have plenty of availability. No appointment necessary.

MAY 2022

EVERY MON. WED. & FRI. 10AM - 4PM

EVERY SATURDAY 9AM - 12PM

LAST DAY FOR COVID SERVICES IS MAY 21ST

Health CONNECTIONS

COVID

FREE COMMUNITY COVID TESTING & VACCINATION TENT

1301 W. HAMPTON GLENDALE, WI 53209

MILWAUKEE COUNTY LINCOLN PARK PAVILION LOT

WWW.HEALTHCONNECTMKE.ORG