



# 2023 NORTH SHORE HEALTH DEPARTMENT HEALTHY HIGHLIGHTS

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

## June 21, 2023: National Healthy Homes Month

*National Healthy Homes Month is a time when we learn how to make our living spaces safe and healthy for everyone.*



*For a healthier living environment, here are seven important things to remember:*

### 1. Keep it dry and well-ventilated

*Prevent mold and moisture build up by:*

- Turning on fans
- Opening windows

When taking showers in bathrooms or in kitchens when cooking to limit breathing in cooking particles.

### 2. Keep it clean

*Regularly dusting and getting rid of clutter helps keep our spaces clean.*

Instead of using harsh chemicals, use wet-cleaning methods. Wet-cleaning methods includes:

- Using warm water and a general all-purpose cleaner with a mop, cloth, or sponge.



### 3. Keep it safe

- Store poisons out of reach and properly labeled from children and pets.
- Dispose of no longer needed or expired medications properly. Visit [Drug Disposal: Drug Take Back Locations](#) to find a location near you or contact the health department for Deterra Drug Disposal pouches and DisposeRx packets.
- Installing smoke detectors and carbon monoxide detectors.

### 4. Keep it pest-free

*Keep pests out of your living space by:*

- Storing food in containers, like plastic or glass, to prevent pests from getting into food.
- Covering and seal any cracks or openings.

### 5. Keep it contaminant-free

- Keep our floors and windows clean by using wet-cleaning methods.
- Test your homes for radon, a harmful gas, and install a mitigation system if the levels are too high. *Radon kits can be purchased for \$7 at the NorthShore Health Department. Call us at 414-371-2980 for more information.*
- If any crumbling asbestos is found on the pipes, it should be safely removed by a professional. Use this link for [State agencies have the most up-to-date listings of accredited professionals in your area](#) for asbestos contractors.

### 6. Keep it temperature-controlled

Maintain a comfortable temperature. Spaces that are too hot or too cold can be dangerous.

### 7. Keep it energy efficient

- Transition to electric appliances.
- Planting trees around your homes can provide shade and keep living spaces cool.
- Prevent water from entering your basements by properly leveling the soil around the foundation and directing downspouts away from the building

*By following these guidelines, we can create a healthier living space for our families!*

## COMMUNITY HEALTH ASSESSMENT

Last summer the department focused event out reach on the 2022 North Shore Community Health Assessment survey. This summer, learn more about the results of the recently published 2022-2026 North Shore Community Health Assessment. Visit our website or scan the QR code below to find out more!

Check out our newly published  
**NORTH SHORE  
COMMUNITY HEALTH  
ASSESSMENT**  
2022-2026

Scan the QR Code



See the results from our community survey and interviews of key stakeholders.



Available on our website: [www.nshealthdept.org](http://www.nshealthdept.org)

## NSHD HAPPENINGS

NSHD is committed to providing student placement opportunities. This summer we welcome three interns to the department focusing on health communications, education and outreach. We would like to take a moment and welcome Nkem to our team this summer!

NORTH SHORE HEALTH DEPARTMENT

# WELCOME!

**NKEM ABILI**

PUBLIC HEALTH INTERN



**NSHD would like to welcome Nkem to the team!** Nkem, is a Wisconsin Area Health Education Center (AHEC) program scholar and is studying Communication Science and Disorders, at University of Wisconsin - Madison, with an expected graduation of 2025. This summer at NSHD, Nkem would like to learn more about the topics of maternal and child health, health equity and disparities and environmental health. She is also interested in work centering on health promotion and education, community assessment and public health policy.

Nkem is captain of the African Student Association (ASA) dance team and can also play the ukulele! In her free time she also likes to bake and cook.

The (NSHD), as a steward of public health, aims to provide students with a well-rounded internship that exposes them to the multiple aspects of public health at a local health department. This role provides an in-depth internship into public health programming and Public Health 3.0 strategy planning, with goal to increase interest in Public Health as a career path.

**WELCOME TO NSHD!**

## NALOXONE TRAINING

**NSHD OFFERS FREE NALOXONE (NARCAN) AND TRAINING THE COMMUNITY.** Please scan the QR code below or [CLICK HERE](#) to register for a time to be trained.

**NARCAN is available  
at North Shore Health Department**

NARCAN® Direct Program



**SCAN THE QR CODE to schedule a time to stop in for training & to receive Narcan.**

*Walk-ins are also welcome!*

**NARCAN is available at both offices:**

**Brown Deer office**

4800 W Green Brook Dr.

**Shorewood office**

2010 E Shorewood Blvd.

**Open Mon-Fri 8AM-430PM**

Want to learn more about Narcan?

Scan the QR code to visit Dose of Reality: Safer Use/Harm Reduction

Follow us on social media for updates on future community NARCAN trainings and distribution events.



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



## RESOURCES AND REFERENCES

1. [Resources to Promote National Healthy Homes Month](#)
2. [A Healthy Home Checklist](#)