



NORTH SHORE

HEALTH DEPARTMENT

HEALTHY HIGHLIGHTS 2022

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

June 29th, 2022: Understanding Heat Index

Heat index measures level of discomfort a person (on average) experiences due to combined effects of temperature and air humidity.

Getting too hot can make you sick. You can become ill from the heat if your body can't compensate for it and properly cool you off.

High humidity and personal factors can affect the body's ability to cool itself during extremely hot weather.

- **High humidity.** When the humidity is high, sweat won't evaporate as quickly. This keeps your body from releasing heat as fast as it may need to.
- **Personal factors.** Age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use all can play a role in whether a person can cool off enough in very hot weather.

Extreme heat exposure can cause heat stress, and result in heat stroke, heat exhaustion, heat cramps, or heat rashes.

Keeping Cool in Heat

- Drink more water than usual, avoiding sugary beverages. Don't wait until you're thirsty to drink water.
- Stay cool in an air-conditioned area. Fans are helpful but don't rely on them as a main cooling device.
- Wear lightweight, light-colored, loose-fitting clothes.
- Don't use a stove or oven to cook, as it will make the house hotter.
- Check on friends and neighbors.

Did you know? Heat index (HI) values were created for shady, light wind conditions, so exposure to full sunshine can increase heat index values by up to 15°F

Download the [OSHA-NIOSH Heat Safety Tool App](#) which, based on how hot it feels throughout the day, can help plan outdoor activities, with real-time heat index and hourly forecasts, specific to your location.



BEAT THE HEAT: Extreme Heat

Heat-related deaths are preventable

WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

WHO:



Children



Older adults

More males than females are affected



Outside workers



People with disabilities

WHERE:



Houses with little to no AC



Construction worksites



Cars

HOW TO AVOID:



Stay hydrated with water, avoid sugary beverages



Stay cool in an air conditioned area



Wear lightweight, light-colored, loose-fitting clothes



During extreme heat the temperature in your car could be deadly!

Outside Temperature 80°



Time Elapsed: 20 minutes



Time Elapsed: 40 minutes



Time Elapsed: 60 minutes

HEAT ALERTS: Know the difference.

HEAT OUTLOOK

Minor

Excessive heat event in 3 to 7 days

HEAT WATCHES

Excessive heat event in 12 to 48 hours

HEAT WARNING/ADVISORY

Major

Excessive heat event in next 36 hours

DID YOU KNOW?

Those living in **urban areas** may be at a greater risk from the effects of a prolonged heat wave than those living in rural areas.

Sunburn can significantly slow the skin's ability to release excess heat.

Most **heat-related illnesses** occur because of overexposure to heat or over-exercising.

During 1999-2009, an average of **658** people died each year from heat in the United States.

\$30 BILLION estimated total cost of the 2012 US drought and heatwave.

For more information on ways to beat the heat please visit:
<http://www.cdc.gov/disasters/extremeheat>

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Centers for Disease Control and Prevention
Office of Public Health Preparedness and Response

Beach Monitoring

The Wisconsin DNR has a Beach Monitoring and Assessment program, which includes the testing of coastal public beaches and beaches at all of the Wisconsin State Parks. As part of this program, our department monitors the water quality at Atwater, Klode and Doctor's Parks throughout the summer by testing the water at least twice weekly for the presence of *E. coli* bacteria. Based on test results, beaches are considered:

- **Green sign** Open with no advisory,
- **Yellow sign** Open with an advisory indicating caution should be used at the beach because of elevated bacteria levels, or
- **Red sign**: Beach may be closed due to highly elevated bacteria levels.
- [Visit the DNR for up-to-date Beach advisories or closures](#)



It's farmers market season! Farmers markets are local, community sources of fresh and nutritious foods, and seasonal fruits and vegetables. Many farmers markets accept WIC, FMNP Senior vouchers as well as EBT/SNAP.

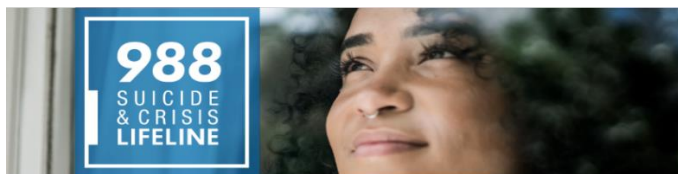
- **Brown Deer**: Wednesdays, June 15 to October 26, 9:00 AM-5:30 PM [Brown Deer Website](#)
- **Fox Point**: Saturdays, June 18 to October 15, 8:00am to 12:00pm [Fox Point Website](#)
- **Shorewood**: Sundays, June 19 to October 30, 9:30am-1pm [Shorewood Village Calendar](#)
- **Whitefish Bay**: Saturdays, June 11 to October 15, 8:30am to 12:30pm [Whitefish Bay Website](#)



You are not alone. The National Suicide Prevention Lifeline provides help to individuals in emotional distress or experiencing a suicidal crisis through a national network of 200 crisis centers.

- ✓ The Lifeline can be reached at its current number - 1-800-273-8255.
- ✓ As of July 16, 2022, a new three-digit phone number, 988, will become available nationwide for people experiencing suicidal, mental health, and/or substance abuse crises or those helping a loved one
- ✓ 988 will be able to accept calls, texts, or chats.

[Read more about 988](#)



HEALTH DEPARTMENT SERVICES

Did you know, in addition to vaccines, we provide multiple services at the Health Department? Some of our services include:

- Radon Kits
- Lead Testing
- Child Safety Car-seat Checks and Bike Helmet Fittings
- Maternal Child Health Lactation Consultation
- Newborn Home Visits

WHAT HAS NSHD BEEN WORKING ON?

NORTH SHORE HEALTH DEPARTMENT

SUMMER 2022 NEWSLETTER

 <p>TAKE THE NORTH SHORE COMMUNITY HEALTH SURVEY</p> <p>YOUR INPUT IS IMPORTANT!</p>	 <p>LEAVE THE FIREWORKS TO THE EXPERTS THIS 4TH OF JULY!</p> <p>READ OUR NEWSLETTER TO LEARN MORE</p>	 <p>TIKE BITE PREVENTION</p> <p>FIGHT THE BITE!</p>
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READ OUR SUMMER NEWSLETTER

TAKE THE NORTH SHORE COMMUNITY HEALTH SURVEY

FROM THE NORTH SHORE HEALTH DEPARTMENT

We are conducting a Community Health Assessment (CHA) to identify key health problems & needs in the community.

YOUR INPUT IS ESSENTIAL & HELPS US TO DEVELOP GOALS & PROGRAMS THAT MEET THE NEEDS OF OUR NORTH SHORE COMMUNITIES.

TO TAKE THE SURVEY, YOU CAN...

SCAN THIS QR CODE & TAKE IT ON YOUR PHONE



FOLLOW THE INCLUDED LINK OR FIND THE SURVEY LINK ON OUR WEBSITE:
WWW.NSHEALTHDEPT.ORG

WHO CAN TAKE THE SURVEY?

- ✓ You must be 18 or older. *Your name and personal information are not collected.*
- ✓ Anyone who lives, works, attends school, plays, or prays in the North Shore.



TAKE THE SURVEY

NOTABLE HEALTH DAYS

Among the notable health observances in June is [National Men's Health Week](#). On June 27, observances also include [National HIV Testing Day](#) and [PTSD Awareness Day](#)

BLOOD PRESSURE & IMMUNIZATION CLINICS

IMMUNIZATIONS (APPOINTMENT REQUIRED):

We provide vaccinations for individuals who are underinsured or uninsured, including infant, child routine immunizations and 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:** There will be no blood pressure clinics at Lydell in June, July, or August. They will resume in the fall: Sep 21, Oct 19, Nov 16, Dec 21.
- **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. There is no clinic in July or August. They will resume in the fall: Sep 7, Oct 5, Nov 2, Dec 7.

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

COVID-19 INFORMATION

COVID-19 VACCINATIONS AT NSHD:

Check our website for updates:

www.nshealthdept.org/CommunicableDiseases/COVID-19/VaccineInformation



**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. [Heat Stress | NIOSH | CDC](#)
2. [Infographic: Beat the Heat | CDC](#)
3. [Keep Your Cool in Hot Weather! | NCEH | CDC](#)
4. [OSHA-NIOSH Heat Safety Tool App](#)
5. [Beaches | Wisconsin DNR](#)
6. [988 America's Suicide Prevention and Mental Health Crisis Lifeline \(samhsa.gov\)](#)
7. [FastStats - Mens Health \(cdc.gov\)](#)
8. [US Census Bureau](#)