



2023 NORTH SHORE HEALTH DEPARTMENT HEALTHY HIGHLIGHTS

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

July 12, 2023: Stay Cool in the Heat

It's starting to heat up in the North Shore, so here are a few reminders to help you prevent heat stroke and protect yourself from UV rays.

First, make sure to apply a sunscreen of at least SPF 30, and reapply your sunscreen every two hours. You should reapply more often if you're going to be active outside or are going to be in water. Sunscreen is not recommended for children under 6 months old, so young babies should stay out of direct sunlight when outdoors.

Next, stay hydrated, and drink water even if you don't feel particularly thirsty. This is especially important if you're going to be exercising outdoors or for kids playing out in the sun. In addition to water, you can also drink sports drinks with electrolytes to prevent dehydration.

You can also wear lightweight, loose clothing that can protect you from UV rays, like long-sleeved T-shirts and pants. If these types of clothing aren't practical for your outdoor activities, try a beach cover-up. Shorts and t-shirts made of lightweight fabric like cotton and linen can help increase air circulation and reduce overheating.

Finally, it's useful to know the warning signs of heat overexposure so you can be prepared to help those around you. Signs to watch out for include feeling faint, extreme tiredness, headache/fever, nausea, muscle aches/spasms, and intense thirst. Enjoy the summer sun without worrying about heat stroke by remembering these tips.

Protecting your family from extreme heat fact sheet: <https://www.dhs.wisconsin.gov/publications/p02076.pdf>

Climate and Health – Extreme Heat: <https://www.dhs.wisconsin.gov/climate/heat.htm>

MEMORY CAFÉ

The Memory Café, open to all members of the North Shore, is a relaxed social event for people living with mild memory loss and their care partners. This group meets in the cafe area of Metro Market at 4075 N Oakland Avenue. If you're new to the cafe, please contact the Shorewood Senior Resource Center to register, by calling 414-847-2727 or emailing src@shorewoodwi.gov.

COMMUNITY HEALTH ASSESSMENT

Last summer NSHD focused event outreach 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](#) to find out more!

NSHD HAPPENINGS

NORTH SHORE HEALTH DEPARTMENT

WELCOME!

CATE REILLY
PUBLIC HEALTH INTERN



NSHD would like to welcome Cate to the team!

Cate is a senior, studying global health, political science, and health policy at the University of Wisconsin-Madison. This summer, Cate would like to learn more about how health programs & policies are implemented on the local level. Cate is especially interested in the areas of nutrition & noncommunicable disease prevention, substance use prevention, and maternal and child health. In the future, Cate hopes to work in public health, specifically in nutrition policy development or community health programming.

In her free time, Cate loves hiking, playing tennis, hanging out with her dog Baxter, and baking (especially banana bread).

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!

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

