



2023 NORTH SHORE HEALTH DEPARTMENT HEALTHY HIGHLIGHTS

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

July 26, 2023: Camping Safety

Camping is a great way to enjoy nature during the summer, but it can also be dangerous if you aren't well prepared. Check out these tips to ensure your outdoor adventures are safe!

Before you head out, make sure you pack the right supplies. Here's a great starting list of items to bring:

- Insect repellent with at least 20-30% DEET
- Food thermometer to check that any food you bring is stored and cooked at proper temperatures
- Cooler with ice packs for food storage
- Water filter & water bottles (if you don't plan to bring your own water supply or your campsite doesn't have filtered water available)
- First aid kit
- Sunscreen
- Antibacterial soap for dish and handwashing

Next, have a plan for your waste. Campers often take all their trash to a central dumpster once a day, so it's helpful to keep waste to a low level so it's easier to carry. Always remove trash before nighttime and wash your dishes shortly after use to reduce your risk of attracting animals in the evening. Additionally, check your campground's requirements ahead of time to see if the site has any rules about food storage, such as using a bear canister or bear bag.

Remember to safely dispose of your wastewater, too. It's against health and safety rules to dump dish or hand washing water on the ground at campsites in Wisconsin. Instead, look at your campground's website to check the availability of wastewater dumping stations.

Lastly, be respectful of other campers and the local environment around you. Follow your campground's rules concerning campfires and waste disposal to keep your area clean.

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

NSHD HAPPENINGS

NORTH SHORE HEALTH DEPARTMENT

WELCOME!

HAILEY GRISHAM

PUBLIC HEALTH NURSE INTERN



NSHD would like to welcome Hailey to the team!

Hailey is studying nursing at UW-Milwaukee, with an expected graduation date of December 2023. After graduation, Hailey plans to attend graduate school. Excited to learn all the things public health, Hailey is interested in learning more about harm reduction, epidemiology and environmental health. In addition to supporting NSHD, Hailey would like to learn more about harm reduction practices and communicable disease investigation.

In her free time, Hailey loves spending time with Olive, her dog, and spending her summers on the beach. Her favorite holiday is Halloween.

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!

Join us at these upcoming community events!

North Shore National Night Out



Tuesday, August 1st, 2023 (5:00PM to 8:00PM)
Parkway Elementary School
5910 N. Milwaukee River Pkwy. Glendale

myBlue Night Out

4TH ANNUAL
BAYSIDE WISCONSIN POLICE
MYBLUE NIGHT OUT
FREE FOOD - BOUNCE HOUSE - GAMES
FIRE TRUCK - POLICE CARS
JOIN OFFICERS AND THE COMMUNITY!
Sobelman's, Sals, The Kabab Shack, Admirals, Ralyn Tea House, James Mac Rentals, Schiltz Audubon, NORTH SHORE FIRE RESCUE, NOTHING burnt! CAKES®
9075 N REGENT RD
BAYSIDE, WI 53217
THURSDAY, AUGUST 3, 2023 | 6-8 PM

Whitefish Bay Farmers Market

We will have a booth at the market on Saturday, August 12, 8:30am - 12:30pm.



BOATING SAFETY

Gear up for a responsible and fun boating season by following safe boating practices! Wear a U.S. Coast Guard approved, properly fitting life jacket while boating. Check out the [WI DNR website](#) for life jacket safety tips.



NALOXONE TRAINING

NSHD OFFERS FREE COMMUNITY NALOXONE (NARCAN) AND TRAINING. 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.



NORTH SHORE HEALTH DEPARTMENT
nshealthdept.org • (414) 371-2980



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



RESOURCES AND REFERENCES

- <https://dnr.wisconsin.gov/topic/parks/camping/rules>
- <https://www.woodcountywi.gov/Departments/Parks/Doc/camping%20brochure.pdf>