



2023 NORTH SHORE HEALTH DEPARTMENT HEALTHY HIGHLIGHTS

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

July 5, 2023: Safe Swimming

As the weather warms up, you might be thinking about heading to a local beach or going for a swim at the lake. However, open water swimming can be dangerous for children if the proper precautions aren't taken – check out these tips for parents and caregivers to ensure a safe and fun trip to the beach.

Make sure children are wearing properly fitted life jackets at all times in or around water. Life jackets should fit snugly, be comfortable, and should not rise above the child's chin or ears. For these reasons, an adult life jacket likely will not fit children properly. To test if a life jacket fits, fasten the jacket and hold your arms straight over your head – if there is no excess room above the arm openings and the jacket does not ride up over your chin or face, it fits.

Always have an attentive adult in charge of watching children while they are in the water. If you're with a group, you can rotate the adult keeping an eye on the children every 15 minutes or so. Avoid distractions like cell phones while you're in charge of children; instead, try forms of entertainment like podcasts or audiobooks that allow you to keep your eyes on your surroundings.

Be ready to respond in an emergency by knowing what to look for in a crisis. Signs of drowning include being unable to yell for help, a person's head being low in the water with their mouth at water level, and a person being vertical in the water, bobbing up and down and unable to use their legs. In an emergency situation, call 911 and perform CPR as you are able.

Finally, equip children with safe swimming skills. These include enrolling your child in swim lessons, as well as teaching them the basic water survival skills, like how to turn around in the water to orient yourself, floating, treading water, paddling forward, and exiting water without using a ladder.

Remember to swim in designated areas and only when and where a lifeguard is present. Always adhere to any water safety notices like water quality and weather

alerts – you can check for beach closures due to elevated bacterial levels [here](#). Safe swimming!

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](#) or scan the QR code below to find out more!

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



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



Available on our website: www.nshealthdept.org

NORTH SHORE HEALTH DEPARTMENT

JUNE 2023 NEWSLETTER

DO YOU KNOW YOUR TICKS?

Learn more: <https://www.nshd.org/ticks>

LEARN HOW TO PROTECT YOURSELF FROM TICKS THIS SUMMER

AND MOSQUITOES TOO!

NATIONAL HEALTHY HOMES MONTH

June

JUNE IS HEALTHY HOMES MONTH

READ OUR NEWSLETTER TO LEARN MORE

AIR QUALITY INDEX

STAY UPDATED ON AIR QUALITY ALERTS

SIGN UP FOR ALERTS

NORTH SHORE HEALTH DEPARTMENT

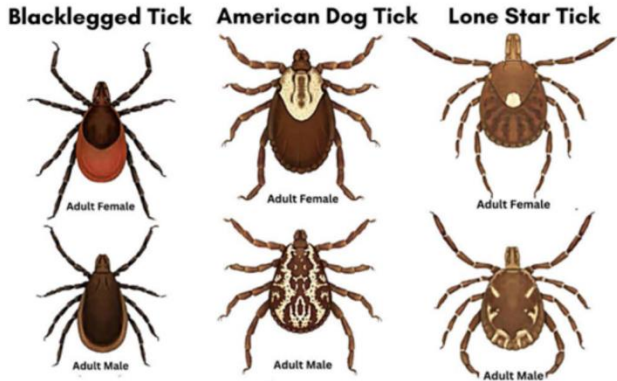
NSHD HAPPENINGS

NSHD staff recently appeared on Fox6 Milwaukee WakeUp and Real MKE to raise awareness about ticks. We distributed over 60 tick kits and engaged with many residents on tick safety. To watch the segment visit Fox6. It is the 6th segment, titled "From the swimming pond to bike paths Village Park in Brown Deer is a wonderful place for families to enjoy the summer", with an image of Repel and Permethrin repellents.

<https://www.fox6now.com/news/brown-deer-farmers-market-wonderful-place-for-families>

If you spot us at a community event this summer, don't hesitate to come by and say hi! We will have free tick kits available (while supplies last) as well as other giveaways.

DO YOU KNOW YOUR TICKS?



Learn more:

dhs.wisconsin.gov/tick/bite-prevention.htm



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

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.



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



RESOURCES AND REFERENCES

1. <https://www.cdc.gov/healthywater/swimming/index.html>
2. <https://www.dhs.wisconsin.gov/water/healthy-swimming.htm>
3. <https://dnr.wisconsin.gov/Topic/Boat/LifeJackets>
4. NSHD Newsletter:
<https://mailchi.mp/nshealthdept.org/june-2023-newsletter-from-nshd-10370969>
5. <https://www.dhs.wisconsin.gov/tick/bite-prevention.htm>