



NORTH SHORE HEALTH DEPARTMENT HEALTHY HIGHLIGHTS 2022

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


September 28, 2022: Cold and Flu Season

It's that time of year – cold and flu season!
And it can be hard to tell what is making you sick...
Is it allergies? A common cold? Maybe the dreaded flu? Another virus?

Going back to school often means a higher likelihood of spreading colds, viruses, and germs, especially as it gets colder outside, and activities and events move inside. The flu can spread year-round, but the **fall and winter months are known as flu season, with flu cases peaking between December and February.** It's important to pay attention to how we or our family feels during this time, not to spread illness and recover quickly. **It's best to stay home when not feeling well. Also wearing a mask can help cut down on the spread of colds, viruses, flu, and germs, to others.**

Remember: It's always best to contact your medical provider with questions or concerns you have regarding your health.

| IS IT THE COLD OR FLU? | | |
|---|---|--|
| SIGNS & SYMPTOMS | COLD | FLU |
| <ul style="list-style-type: none"> • SYMPTOM ONSET • FEVER • ACHEs • CHILLS • FATIGUE, WEAKNESS • SNEEZING • CHEST DISCOMFORT, COUGH • STUFFY NOSE • SORE THROAT • HEADACHE | <ul style="list-style-type: none"> • GRADUAL • RARE • SLIGHT • UNCOMMON • SOMETIMES • COMMON • MILD TO MODERATE; HACKING COUGH • COMMON • COMMON • RARE | <ul style="list-style-type: none"> • ABRUPT • USUAL; 3-4 DAYS • USUAL; OFTEN SEVERE • FAIRLY COMMON • USUAL • SOMETIMES • COMMON; CAN BE SEVERE • SOMETIMES • SOMETIMES • COMMON |

 [HTTPS://WWW.CDC.GOV/FLU/SYMPTOMS/SYMPTOMS.HTM](https://www.cdc.gov/flu/symptoms/symptoms.htm)

FEELING SICK?
IF YOU'RE NOT FEELING WELL, STAY HOME.

As the cold weather brings us indoors, and people gather together more, it is important if you feel sick to get tested and stay home while you have symptoms.



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www.northshorehealth.org • (414) 371-2980

NORTH SHORE HEALTH DEPARTMENT
2022 FLU VACCINE CLINICS

BROWN DEER OFFICE 4800 W GREEN BROOK DR.

| | | |
|---|---|--|
| TUESDAY, SEPTEMBER 27 9:00 AM - 11:00 AM | TUESDAY, OCTOBER 11 9:00 AM - 11:00 AM | THURSDAY, OCTOBER 27 9:00 AM - 11:00 AM |
| TUESDAY, OCTOBER 4 10:00 AM - 12:00 PM | THURSDAY, OCTOBER 20 10:00 AM - 12:00 PM | THURSDAY, NOVEMBER 10 2:00 PM - 4:00 PM |


SHOREWOOD OFFICE 2010 E SHOREWOOD BLVD.

| | | |
|--|--|--|
| FRIDAY, SEPTEMBER 30 9:00 AM - 11:00 AM | FRIDAY, OCTOBER 14 1:00 PM - 3:00 PM | FRIDAY, OCTOBER 28 9:00 AM - 11:00 AM |
| THURSDAY, OCTOBER 6 9:00 AM - 11:00 AM | TUESDAY, OCTOBER 18 2:00 PM - 4:00 PM | TUESDAY, NOVEMBER 8 2:00 PM - 4:00 PM |

To learn more about the differences between colds, flu, allergies, or another virus (including COVID-19).

- [Cold Versus Flu | CDC](#)
- [Flu Symptoms & Complications | CDC](#)
- [Similarities and Differences between Flu and COVID-19](#)
- [Know the common symptoms of flu – YouTube](#)

**TO MAKE AN APPOINTMENT,
PLEASE CALL (414) 371-2980.**



NORTH SHORE HEALTH DEPARTMENT
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Call us to schedule an appointment at one of our upcoming flu vaccine clinics. We have Fluzone high-dose (65+ years) and Flublok (50+) vaccines available, along with regular Fluad Quadrivalent for anyone 6 months and older.

We are able to bill some insurance for the full cost: Medicare, Medicaid, Humana, United Healthcare and Anthem (BlueCross BlueShield). If paying with cash or check, we can issue a receipt on-site to be submitted to your insurance company for reimbursement.

We also offer homebound flu vaccines!
Call us to inquire.

NORTH SHORE HEALTH DEPARTMENT
FLU VACCINE CLINIC
AT NICOLET HIGH SCHOOL

LOCATION

B112 Cafeteria (Knights Hall)
Nicolet High School
6701 N. Jean Nicolet Rd.
Glendale, WI 53217

DATE & TIME

Saturday, October 8, 2022
9:00 AM - 11:00 AM
Walk-ins only. No appointments.

FLU VACCINE COST:

18 years and under: \$10 (cannot bill insurance)
Adult (quadrivalent): \$40
Preservative Free: \$45

Able to bill some insurance: Medicare, Medicaid, Humana, United Healthcare and Anthem (BlueCross BlueShield). Otherwise payment by cash or check.

Availability of high-dose (65+) and Flublok (50+) is based on remaining supply. If you are interested in high-dose or Flublok, call 414-371-2980 so we can schedule you for an earlier date at one of our offices.

OTHER AVAILABLE VACCINES

Tdap
MMR
Varicella
HepB
Polio (IPV)
HPV
Meningitis
COVID-19 (Pfizer bivalent booster)
All other vaccines are FREE, regardless of insurance status, while supplies last.



Nicolet Flu Clinic is open to the public.

WISCONSIN IMMUNIZATION REGISTRY

With it being that time of year for flu vaccinations, and the recent release of the COVID-19 bivalent booster, it's a great time to remind residents of the Wisconsin Immunization Registry (WIR). Those who have received vaccines in Wisconsin, can access immunization history, vaccine recommendations and overdue vaccines, using [WIR](#).

VACCINATION RECORDS

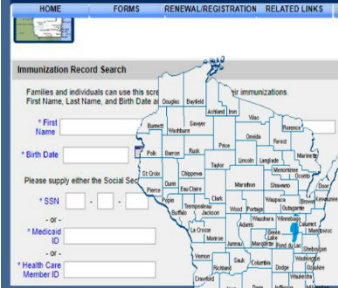


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DO YOU KNOW HOW TO ACCESS YOUR VACCINATION RECORD?

COVID-19 vaccination cards contain the information needed to provide proof of vaccination. If the card is lost or additional vaccine history access is needed, the Wisconsin Immunization Registry (WIR) is an alternative solution.

Wisconsin Immunization Registry



Public vaccine record access allows people to look up their child's or their own vaccine record in WIR. Many people in Wisconsin receive vaccines from more than one doctor, or health care provider. Public access allows people to find their vaccine record quickly and efficiently no matter where they are in the state.

MONKEYPOX VACCINATION AT NORTH SHORE HEALTH DEPARTMENT

JYNNEOS vaccine is currently available for the following people:

- **Known contacts who are identified by public health through case investigation, contact tracing, and risk exposure assessments.**
- **Presumed contacts who may meet the following criteria:**
 - People who know that a sexual partner in the past 14 days was diagnosed with monkeypox.
 - People who attended an event or venue where there was known monkeypox exposure.
 - Gay men, bisexual men, trans men and women, any men who have sex with men, and gender non-conforming/non-binary people, who have had multiple sexual partners in the last 14 days.
- **People considered to have an elevated risk of exposure to monkeypox in the future:**
 - Gay men, bisexual men, trans men and women, any men who have sex with men, and gender non-conforming/non-binary people who expect to have multiple or anonymous sex partners. This may include people living with HIV and people who take HIV pre-exposure.
 - Clinical laboratory personnel who perform testing to diagnose orthopoxviruses.
 - Research laboratory workers who directly handle cultures or animals contaminated or infected with orthopoxviruses that infect humans.
 - Certain health care providers working in sexual health clinics or other specialty settings directly caring for patients with sexually transmitted infections.

Call 414-371-2980 to inquire.



WHAT HAS NSHD BEEN WORKING ON?

NORTH SHORE HEALTH DEPARTMENT COMMUNITY HEALTH SERIES



Health topics that matter to the North Shore Community.

6:30 PM - 7:30 PM | LYDELL COMMUNITY CENTER
ROOM 17 | 5205 N LYDELL AVE, WHITEFISH BAY, WI 53217

+++ NOVEMBER 16 2022: Healthy food swaps/substitutions

+++ DECEMBER 14 2022: Holidays and end of year stress management

+++ Join North Shore Health Department staff to learn more about these topics.
+++ Q&A after, as time allows.

JOIN US!



PRE-REGISTRATION REQUIRED

In partnership with Whitefish Bay Recreation, Brown Deer Park & Recreation, Nicolet Recreation and Shorewood Recreation. For more, or to register visit Whitefish Bay Recreation or your local participating park and recreation department website.

Special thanks to Whitefish Bay Recreation for hosting the series.

In partnership with Whitefish Bay Recreation, Brown Deer Park & Recreation, Nicolet Recreation and Shorewood Recreation, the NSHD Community Health Series program, held each Spring and Fall, will provide monthly education on a wide range of health topics that matter to the community. To learn more or register, contact your local park and recreation department.

NORTH SHORE HEALTH DEPARTMENT

FALL 2022 NEWSLETTER



TAKE THE NORTH SHORE COMMUNITY HEALTH SURVEY

YOUR INPUT IS IMPORTANT!



FIGHT THE FLU
GET YOUR FLU SHOT!

READ OUR NEWSLETTER
TO LEARN MORE



IT'S PREPAREDNESS MONTH.
IS YOUR FAMILY READY FOR
AN EMERGENCY?

BE PREPARED!



[Read our Fall Newsletter](#)

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 SCREENINGS

(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:** 5205 N Lydell Ave, Whitefish Bay. 1:00 p.m. to 2:00 p.m. Clinic dates: 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. Clinic dates: Oct 5, Nov 2, Dec 7.
- **Fox Point Pavilion:** 7343 N Longacre Rd. Saturday, October 15th from 10am-11am.

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



NORTH SHORE
HEALTH DEPARTMENT

nshealthdept.org • (414) 371-2980

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



RESOURCES AND REFERENCES

1. [Flu Season | CDC](#)
2. [Cold Versus Flu | CDC](#)
3. [Flu Symptoms & Complications | CDC](#)
4. [Similarities and Differences between Flu and COVID-19](#)
5. [Know the common symptoms of flu - YouTube](#)
6. [DHS Expands Monkeypox Vaccine Eligibility Criteria for Wisconsinites | Wisconsin Department of Health Services](#)
7. [Read our Fall Newsletter](#)