



# NORTH SHORE

## HEALTH DEPARTMENT

### HEALTHY HIGHLIGHTS 2022

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

## September 7, 2022: Monkeypox 101

Monkeypox is a disease caused by the monkeypox virus, which is in the same family of viruses as the smallpox virus. It is less transmissible and less severe than smallpox but can cause potentially serious disease in some people.

### How does it spread?

Monkeypox does not spread easily from person to person. People must have close, sustained contact with an infected person to get the virus. People usually become infected with monkeypox:

- By having direct contact with the skin lesions or body fluids of an infected person,
- Through sharing items, such as bedding or clothing of an infected person, or
- Through prolonged exposure to an infected person's respiratory secretions.

### What are the signs & symptoms?

- New, unexplained rash that develops into hard, round, fluid, or pus-filled skin lesions.
- Fever
- Swollen lymph nodes
- Muscle aches
- Chills

### What should I do if I have symptoms?

- Notify a doctor if you are experiencing a new, unexplained rash. If possible, call ahead before going to a health care facility and notify them that you are concerned about monkeypox.
- If you have symptoms, talk with a healthcare provider, ask about getting tested, isolate at home, and avoid close physical contact until a health care provider can examine you.

[Learn more about Monkeypox](#)

If you need assistance finding a free or low-cost health care provider, you are encouraged to call 211 or visit [211wisconsin.communityos.org](https://211wisconsin.communityos.org) for support.

The Wisconsin Department of Health Services recently expanded the Monkeypox vaccine eligibility criteria, allowing for additional people to be eligible for vaccination.

"Expanding who is eligible to get vaccinated against monkeypox is a critical step in preventing further spread of disease," said DHS Secretary-designee Karen Timberlake. "It is encouraging to see that the rate of new monkeypox infections is slowing, and this decision allows for even more Wisconsinites to protect themselves against monkeypox. DHS strongly encourages anyone who is eligible to get vaccinated to do so."

## 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.**



NORTH SHORE  
HEALTH DEPARTMENT

## NORTH SHORE COMMUNITY HEALTH ASSESSMENT (CHA)

We have almost reached 1,000 responses. If you haven't taken the survey yet, help us reach our goal of 1,000 responses and take the survey today!

### 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](http://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

## WHAT HAS NSHD BEEN WORKING ON?

### NORTH SHORE HEALTH DEPARTMENT **CONGRATULATIONS!** KAYLA BONACK, MPH

PUBLIC HEALTH STRATEGIST

PRONOUNS: SHE/HERS



Kayla has been with the North Shore Health Department since 2020, starting right before the COVID-19 pandemic hit. As a Public Health Assistant, she transitioned into different roles throughout the pandemic response, including contact tracing, vaccine clinics, data analysis, and communications.

In 2021, Kayla joined our department as a Public Health Specialist, focusing on data collection and analysis focused on health inequities and the North Shore Community Health Assessment (CHA) and Community Health Improvement Plan (CHIP), which is conducted every five years at local health departments to identify the needs of the community and develop priorities for the health department's future work. Kayla is also part of the North Shore Overdose Fatality Review (OFR) team and leads our department's emergency planning and response program.

She earned her Bachelor of Science degree in Microbiology from UW Madison in 2019 and her Master of Public Health - Epidemiology from UW Milwaukee in 2021.

Kayla is passionate about improving population health, evaluating community level health, social and environmental data to identify disparities, and collaborating with local partners to advance public health.

Kayla loves to travel, watch basketball and be active. She has been keeping busy this summer, spending time at her family's cabin, spending time with family and Leroy, the family dog, at the lake, and tying up loose ends for her October 2022 wedding.

**WELCOME TO THE NORTH SHORE HEALTH DEPARTMENT TEAM!**



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 and/or EBT/SNAP.*

- [Brown Deer](#): Wednesdays, until October 26, 9:00A-5:30P
- [Fox Point](#): Saturdays, until October 15, 8:00A-12:00P
- [Shorewood](#): Sundays, until October 30, 9:30A-1P
- [Whitefish Bay](#): Saturdays, until October 15, 8:30A-12:30P

## NOTABLE HEALTH DAYS

Notable September health observances:

- [Childhood Cancer Awareness Month](#)
- [Ovarian Cancer Awareness Month](#)
- [Suicide Prevention Month](#)



988 is able to accept calls, texts, or chats. For TTY Users: Use your preferred relay service or dial 711 then 988.

## MENTAL HEALTH RESOURCES

A list of resources including nationwide, statewide and Milwaukee area.

- ❖ [MentalHealth.gov](http://MentalHealth.gov)
- ❖ [NIMH » Help for Mental Illnesses](#)
- ❖ [Mental Health | Wisconsin Department of Health Services](#)
- ❖ [Free Mental Health Resources \(Milwaukee\)](#)
- ❖ [Rogers Behavioral Health](#)

## LGBTQ+ HEALTH

LGBTQ+ people continue to show disparities in mental health, even though they are more likely to use mental health services.

- ❖ [Wisconsin DHS LGBTQ Health Resources](#)
- ❖ [Milwaukee LGBT Community Center](#)
- ❖ [PRISM Peer Support](#)
- ❖ [The Trevor Project | For Young LGBTQ Lives](#)

## MINORITY HEALTH RESOURCES

Advocating for minority health and health equity is critical. Minority health is affected by social and structural factors that drive disparities in our society.

- ❖ [Wisconsin DHS Minority Health Program](#)
- ❖ [Wisconsin Women's Health Foundation](#)

Interested in learning more about health inequities? Visit the CDC's new [Conversations in Equity](#) blog.

Looking for substance and mental health resource? Visit Detox Local [AAPI Addiction and Mental Health Resources](#) and [Live Another Day: Substance Abuse & Mental Illness Recovery Support](#) for additional resources and referrals.

## HEALTH DEPARTMENT SERVICES

Did you know? We provide multiple services at the Health Department, including:

<a href="#">Purchase a Radon Kit</a>	<a href="#">Lead Testing</a>	<a href="#">Childhood Immunizations</a>
<a href="#">Schedule a Child Safety Car Seat</a>	<a href="#">Request a Maternal Child Health Lactation Consultation</a>	<a href="#">Request a Newborn Home visit</a>
<a href="#">Bike Helmet Fittings</a>	<a href="#">Tuberculosis Testing</a>	Population health information and resources

## 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. – next one is on September 28.
- **Lydell Community Center:** 5205 N Lydell Ave, Whitefish Bay. 1:00 p.m. to 2:00 p.m. Clinic dates: 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. Clinic dates: Oct 5, Nov 2, Dec 7.
- **Congregation Shalom:** 7630 N Santa Monica Blvd, Fox Point. Next clinic is on Monday, September 13 from 12:30 p.m. - 1:00 p.m.

Please visit our website for up-to-date information about BP Screenings:

[www.nshealthdept.org/Clinics](http://www.nshealthdept.org/Clinics)

## COVID-19 INFORMATION

### COVID-19 VACCINATIONS AT NSHD

We are waiting to receive our shipment of the new bivalent Pfizer booster for 12+. When we have clinics planned, we will post information on our [website](#) and begin scheduling.

We have [upcoming clinics](#) for 6mon-4yrs and 5-11yrs.



**NORTH SHORE**  
HEALTH DEPARTMENT

[nshealthdept.org](http://nshealthdept.org) • (414) 371-2980

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



## RESOURCES AND REFERENCES

1. [DHS Expands Monkeypox Vaccine Eligibility Criteria for Wisconsinites | Wisconsin Department of Health Services](#)
2. [Childhood Cancer Awareness Month](#)
3. [Ovarian Cancer Awareness Month](#)
4. [Suicide Prevention Awareness Month \(SPAM\) | NAMI: National Alliance on Mental Illness](#)
5. [Wisconsin DHS LGBTQ Health Resources](#)
6. [Milwaukee LGBT Community Center](#)
7. [PRISM Peer Support](#)
8. [The Trevor Project | For Young LGBTQ Lives](#)
9. [Wisconsin DHS Minority Health Program](#)
10. [Wisconsin Women's Health Foundation](#)
11. [Conversations in Equity](#)