



NORTH SHORE

HEALTH DEPARTMENT

HEALTHY HIGHLIGHTS 2022

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

October 12, 2022: Let's Help Babies Sleep Safely

October is Sudden Unexpected Infant Death (SUIDs) and Sudden Infant Death Syndrome (SIDS) awareness month.

Sudden unexpected infant death (SUID) is a term used to describe the sudden and unexpected death of a baby less than 1 year old in which the cause was not obvious before investigation (CDC). During sleep is when SUIDs often occur. In Wisconsin from 2015 to 2018, SUIDs comprised 16% of infant deaths ([Source](#)).

Parents and caregivers can help reduce the risk of SUID and SIDS by creating a safe sleeping environment. Follow these tips from CDC:

- Place your baby on his or her back for all sleep times—naps and at night.
- Use a firm, flat (not at an angle or inclined) sleep surface, such as a mattress in a safety-approved crib, covered by a fitted sheet.
- Keep your baby's sleep area (for example, a crib or bassinet) in the same room where you sleep, ideally until your baby is at least 6 months old.
- Keep soft bedding such as blankets, pillows, bumper pads, and soft toys out of your baby's sleep area.
- Do not cover your baby's head or allow your baby to get too hot. Signs your baby may be getting too hot include sweating or his or her chest feels hot.

Helpful Resources: www.cdc.gov/sids/Parents-Caregivers.htm

Ways to reduce baby's risk:

safetosleep.nichd.nih.gov/safesleepbasics/risk/reduce

BE AWARE: RAINBOW FENTANYL

With Halloween quickly approaching, now is a good time to remind residents to be aware of treats given out in the spirit of the holiday. **Many individuals have allergies and/or dietary restrictions, so host and party goers, alike, should use caution at events.**

PARENTS SHOULD ALSO BE AWARE OF A RECENT TREND IN THE U.S., TARGETING YOUNG AMERICANS: **RAINBOW FENTANYL.** [According to the DEA:](#)

- **Fentanyl is a synthetic opioid 50 times more potent than heroin and 100 times more potent than morphine.** Two milligrams of fentanyl, equal to 10-15 grains of table salt, is considered a lethal dose.
- **Brightly colored fentanyl is being seized as pills, powder, and blocks that resembles sidewalk chalk.**
- **Every color, shape, and size of fentanyl should be considered extremely dangerous.**
- DEA laboratory testing has not found certain colors may be more potent than others.
- Laboratory testing is the only way to know how much fentanyl is concentrated in a pill or powder.



WHAT HAS NSHD BEEN WORKING ON?

FLU CLINICS

Flu season is one of our busiest times of year, with the health department is holding many flu clinics in our community. Much of our work currently focuses on activities surrounding community flu clinics.

Upcoming community clinics, open to the public:

- USM on Wednesday, October 22, 2022
- Lydell on Wednesday, October 19, 2022.

NORTH SHORE HEALTH DEPARTMENT

FLU VACCINE CLINIC AT USM

LOCATION

Upper School Commons
University School - Milwaukee
2100 W Fairy Chasm Rd,
Milwaukee, WI 53217

DATE & TIME

Wednesday, October 12, 2022
3:00 PM - 5:30 PM

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.



NORTH SHORE HEALTH DEPARTMENT

FLU VACCINE CLINIC

LOCATION

5205 North Lydell Avenue
Whitefish Bay, Wisconsin 53217

DATE & TIME

Wednesday, October 19
Morning: 10:00 AM - 12:00 PM
Evening: 4:30 PM - 6:30 PM

FLU VACCINE COST:

18 years and under: \$10 (cannot bill insurance)
Adult (quadrivalent): \$40
Preservative Free: \$45
Flublok (50+ years): \$65
High Dose Flu Shot (65+ years): \$65

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



A yearly flu vaccine is the first & most important step in protecting against flu viruses.



NORTH SHORE HEALTH DEPARTMENT 2022 FLU VACCINE CLINICS



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We may have limited doses of high dose (65+ years) and Flublok (50+ years) available. Call 414-371-2980 to schedule an appointment.

BROWN DEER OFFICE

THURSDAY, OCTOBER 20
10:00 AM - 12:00 PM

4800 W GREEN BROOK DR.

THURSDAY, OCTOBER 27
9:00 AM - 11:00 AM

SHOREWOOD OFFICE

FRIDAY, OCTOBER 14
1:00 PM - 3:00 PM

2010 E SHOREWOOD BLVD.

TUESDAY, OCTOBER 18
2:00 PM - 4:00 PM

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

FLU VACCINE COST:

Adult (quadrivalent): \$40
Preservative Free: \$45
Flublok (50+ years): \$65
High Dose Flu Shot (65+ years): \$65

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

We may have limited high dose (65+ years) and Flublock (50+ years) available. Call the health department to find out more about availability.

We are able to bill some insurance for the full cost:
Medicare, Medicaid, Humana, United Healthcare and Anthem (BlueCross BlueShield).

CURRENTLY PAYMENT BY CASH OR CHECK ONLY.

If paying with cash or check, we can issue a receipt on-site to be submitted to your insurance company for reimbursement.

We offer homebound flu vaccines! Call to inquire.

READ THE

NORTH SHORE HEALTH DEPARTMENT

MONTHLY REPORT

SEPTEMBER 2022

THIS REPORT HIGHLIGHTS THE WORK DONE IN EACH OF OUR FOUR PRIORITY AREAS OVER THE PAST MONTH, AS WELL AS OTHER IMPORTANT WORK AND ACTIVITIES DONE BY OUR DEPARTMENT.

OUR 4 PRIORITY AREAS



MENTAL & EMOTIONAL WELLBEING
for a Healthy North Shore



SUBSTANCE-FREE LIVING
for a Healthy North Shore



INJURY PREVENTION
ACROSS THE LIFESPAN
for a Healthy North Shore



PHYSICAL ACTIVITY and NUTRITION
for a Healthy North Shore

The goal of these monthly reports is to showcase the work being done at the North Shore Health Department and to increase transparency with community leaders, partners, elected officials, and the public.



NORTH SHORE
HEALTH DEPARTMENT

[Read our September Monthly Report](#)



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 October 26.
- **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: Nov 2, Dec 7.
- **Fox Point Pavilion:** 7343 N Longacre Rd.
This Saturday, October 15th from 10am-11am.

- **LX Club Sponsored Clinic at the Longacre Skating Pavilion:** 7343 N Longacre Rd. Clinic is Tuesday, November 15 at 1:00 pm.

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. www.cdc.gov/sids/Parents-Caregivers.htm
2. safetosleep.nichd.nih.gov/safesleepbasics/risk/reduce
3. [DEA Warns of Brightly-Colored Fentanyl Used to Target Young Americans](#)
4. [DHS Expands Monkeypox Vaccine Eligibility Criteria for Wisconsinites | Wisconsin Department of Health Services](#)
5. [Read our Fall Newsletter](#)