

Keeping Up With...

Dodge County Public Health



Jan - March 2025

JANUARY 2025

Hi Dodge County,

Happy New Year! As we kick off 2025, I want to take a moment to thank you for being such an important part of our community's health. In this newsletter, we've packed in tips to help you and your family stay safe and healthy this winter—whether it's preventing illness, handling frozen pipes, or keeping little ones snug and secure in their car seats.

At Dodge County Public Health, we're here to support you every step of the way. Your choices—like washing your hands, staying home when sick, or bundling up safely—make a real difference in keeping our community strong and healthy.

Here's to a fresh start and a year filled with health and happiness. Thanks for letting us be a part of your journey!

Sincerely,

Roman Mullen

Roman Mullen, MS, REHS
Public Health Officer



DODGE COUNTY
W I S C O N S I N

Newsletter Highlights



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DODGE COUNTY PUBLIC HEALTH
199 COUNTY RD DF, JUNEAU, WI 53039 • 920-386-3670

Meet Our Team!



Jan - March 2025

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Communicable Disease Highlight



Jan - March 2025



What are Communicable Diseases?

Communicable diseases are illnesses that spread from one person to another, from an animal to a person, or from a surface or a food. Diseases can commonly be transmitted through: **direct contact with a sick person, respiratory droplets spread from a sick person sneezing or coughing, and contact with blood or other body fluids.**

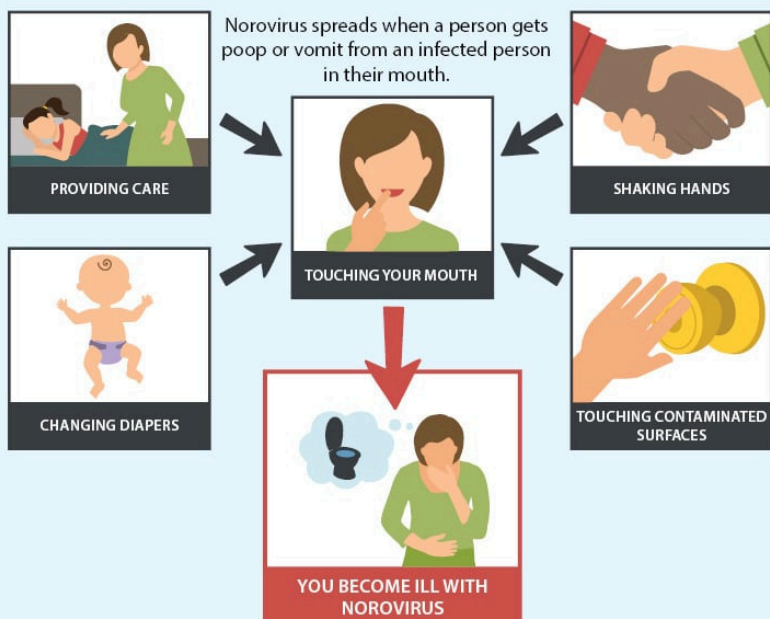
This quarter's highlighted Communicable Disease is...

Norovirus



Norovirus, is a very contagious virus that causes vomiting and diarrhea. Symptoms caused by the virus typically last only 2-3 days, but can be fairly severe. Norovirus is typically referred to as the "stomach flu" or "stomach bug." The virus is often transmitted when a food-handler who is ill improperly washes their hands after using the restroom. The virus is carried on the food handlers hands when they go to cook or serve food, which opens the possibility for someone to become ill when they eat the prepared food.

How You Get Norovirus From People or Surfaces



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

For more information, visit www.cdc.gov/norovirus

CS256219-B

How Norovirus Spreads:

You can get norovirus by accidentally getting tiny particles of feces or vomit in your mouth from a person infected with norovirus.

Norovirus Symptoms:

- Diarrhea
- Vomiting
- Nausea
- Stomach pain

Prevent Norovirus:

- Wash your hands often
- Rinse fruits and vegetables
- Cook shellfish thoroughly
- Stay home when sick
- Avoid preparing food for others when sick

Community Health



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Puffy Coats and Car Seats

Puffy winter coats affect how the harness in a car seat fits your child. The extra coat padding makes it hard to get the harness to fit correctly. The harness might feel snug, but the extra material will compress in a crash, making the harness too loose. Loose harness straps means your child will not be safe in a crash.

How to know if a coat is safe

Here's a simple way to check whether your child's coat is safe to wear underneath a harness:

1. Put the coat on your child.
2. Sit them in the car seat. Buckle and tighten the harness.
3. Without loosening the harness, unbuckle it, and remove your child from the car seat.
4. Take the coat off.
5. Strap your child back into the car seat without adjusting the straps. If the harness is too loose, the coat is too thick to wear under the harness.



Four inches matters

A puffy coat adds four inches of slack to car seat harness straps. Imagine how loose your pants would be if you added four inches to the waist. A loose car-seat harness greatly increases the risk of injury to your child.

Tips for bundling up:

- Put your child in thin, warm layers like fleece.
- After the child is snug in the car seat harness, layer blankets over the top of the harness, or put the coat on backward over the arms and shoulders.
- For older children in booster seats, buckle the seatbelt, then put the coat on backward over the arms and shoulders.



Emergency Preparedness



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Protect Your Home: How to Handle Mold After Frozen Pipes

Mold growth from frozen pipes in a home can occur when pipes burst and release water into the environment, creating a moist environment conducive to mold. Here's what you should know:

How Mold Develops from Frozen Pipes: When pipes freeze, the water inside them expands, causing cracks or bursts. Once the ice melts, the resulting water can leak into walls, floors, or ceilings, creating damp conditions ideal for mold growth. Mold thrives in moisture-rich environments, typically within 24-48 hours of water exposure. Areas with poor ventilation, such as basements or behind walls, are especially susceptible. Common locations for mold include inside walls, under carpets, ceilings and insulation, as well as on wooden floors or furniture.

Signs of Mold After Frozen Pipes: include a musty odor in affected areas, visible black, green, or white spots, discoloration on walls, ceilings, or floors, and increased allergy symptoms or respiratory issues.

Health Risks: Mold exposure can lead to health problems, particularly for individuals with asthma, allergies, weakened immune systems, or respiratory conditions. Symptoms may include sneezing, coughing, nasal congestion, eye, throat, or skin irritation, and breathing difficulties.

Prevention and Mitigation:

1. Immediate Action

- Turn off water to stop leaks
- Remove standing water with wet/dry vacuum or mop
- Use dehumidifiers and fans to dry the area

2. Inspection

- Check for hidden moisture behind walls and under floors using a moisture meter
- Consider hiring a professional for a thorough inspection

3. Cleaning

- Small mold patches: Clean with soap and water or a mix of water and white vinegar. Wear gloves and a mask
- Larger infestations: Call mold remediation specialists

4. Preventive Repairs:

- Insulate pipes to prevent future freezing
- Seal gaps where cold air may enter near pipes



It is also recommended that you ensure your home or renters insurance covers damage from mold caused by mechanical failures in your home.

Public Health Nursing



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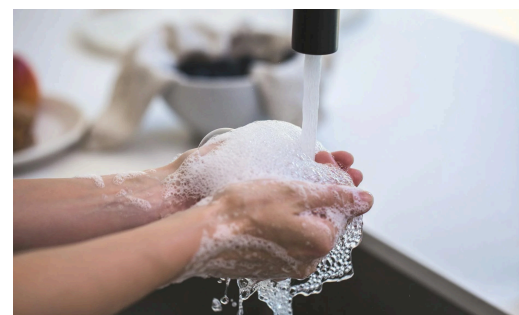
The Importance of Washing Your Hands

Washing hands is a fundamental practice for maintaining good health and preventing the spread of infectious diseases. Here's why it's so important:

Prevents the Spread of Germs: Hands come into contact with various surfaces throughout the day, picking up bacteria, viruses, and other pathogens. Washing hands removes these germs, reducing the likelihood of spreading them to yourself and others.

Reduces Illness and Protects Vulnerable Populations:

Washing hands helps prevent a wide range of conditions, including common colds, flu, foodborne illnesses, respiratory infections, and diarrheal diseases. This is particularly important for vulnerable groups such as children, the elderly, and individuals with weakened immune systems, who are at greater risk of severe outcomes from these illnesses.



Supports Overall Hygiene: Clean hands contribute to personal hygiene and prevent unpleasant conditions like skin infections or eye irritations caused by transferring germs to the face.

Keeps Antibiotics Working: Handwashing helps fight antibiotic resistance. When you wash your hands, you can stop infections before they start. This means fewer people need antibiotics, and when we use fewer antibiotics, they keep working when we really need them.

Steps for Effective Handwashing

1. Wet hands with clean, warm, running water.
2. Apply soap and lather well.
3. Scrub all parts of the hands (back of hands, between fingers, under nails) for at least 20 seconds.
4. Rinse thoroughly under warm, running water.
5. Dry with a clean towel or air dry.

By practicing good hand hygiene, you actively contribute to a healthier and safer environment.



Women, Infants, & Children (WIC)



Jan - March 2025

National Nutrition Month

National Nutrition Month, observed each March, provides an excellent opportunity to spotlight the WIC program, which plays a crucial role in promoting health and nutrition for low-income families.

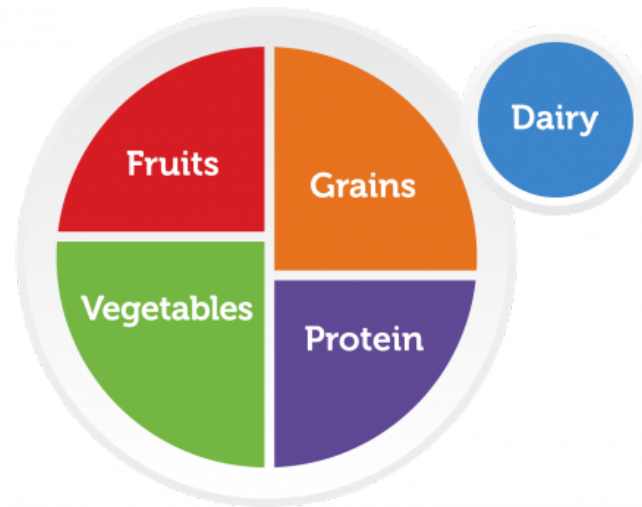


MyPlate is a visual guide created by the U.S. Department of Agriculture (USDA) to help people eat healthily.

What Does MyPlate Represent?

MyPlate is a plate divided into five sections, each representing a different food group:

- **Fruits:**
 - Takes up a smaller portion of the plate
 - Encourages eating a variety of fruits, focusing on whole fruits rather than juices
 - Examples: apples, berries, oranges, bananas
- **Vegetables:**
 - Occupies a larger portion of the plate than fruits
 - Recommends choosing a variety of colorful vegetables
 - Examples: leafy greens, carrots, bell peppers
- **Grains:**
 - About one-quarter of the plate
 - Encourages to make at least half of your grains whole grains
 - Examples: brown rice, whole wheat bread, oatmeal
- **Protein:**
 - Also about one-quarter of the plate
 - Includes lean meats, poultry, fish, beans, nuts, and seeds
 - Examples: chicken, lentils, eggs, tofu
- **Dairy:**
 - Represented as a small circle next to the plate, symbolizing a cup or glass
 - Recommends low-fat or fat-free dairy products or fortified dairy alternatives
 - Examples: milk, yogurt, soy milk



Key Principles of MyPlate

- **Portion Control:** Helps visualize balanced portions for different food groups.
- **Variety:** Encourages a mix of food types to get all essential nutrients.
- **Moderation:** Highlights limiting added sugars, saturated fats, and sodium.
- **Customization:** Recognizes individual calorie needs, preferences, and cultural food choices.