

# Keeping Up With...

# Dodge County Public Health



April - June 2025

**APRIL 2025**

Dear Dodge County Residents,

As we welcome spring, Dodge County Public Health remains committed to keeping our community informed and prepared. In this edition of our quarterly newsletter, we are focusing on critical public health topics that impact our residents and highlighting valuable resources available to you.

Measles cases are on the rise nationwide, and with only 82% of kindergartners in Dodge County fully vaccinated against measles, mumps, and rubella (MMR), we urge families to ensure their children are up to date on their immunizations. Measles is highly contagious and can lead to severe complications, but vaccination provides safe and effective protection. If you have questions about vaccines, our team is here to help.

Another emerging concern is avian influenza. While primarily affecting poultry, there are potential risks to human health, and we continue to monitor the situation closely. Our Public Health Emergency Preparedness team is working to provide accurate information and resources to ensure our community stays informed and protected.

We are also excited to introduce Hypertension Hubs at select libraries and the Dodge County Public Health office. Residents will soon be able to check out a blood pressure monitor for a two-week period—just like a library book! This free resource empowers individuals to monitor their blood pressure at home, promoting heart health and early detection of hypertension-related risks.

Lastly, we invite you to our third annual Family Fest—a community resource fair designed to connect families with essential services, programs, and fun activities. Join us for this exciting event and discover ways to support your family's health and well-being.

Sincerely,

*Roman Mullen*

Roman Mullen, MS, REHS  
Public Health Officer



**DODGE COUNTY**  
WISCONSIN

## Newsletter Highlights



### MEET OUR TEAM

### COMMUNICABLE DISEASE

### COMMUNITY HEALTH

### EMERGENCY PREPAREDNESS

### PUBLIC HEALTH NURSING

### WOMEN, INFANTS & CHILDREN



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@DODGECOUNTYPUBLICHEALTH

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

# Meet Our Team!



April - June 2025

Roman Mullen

Public Health Officer

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

# Communicable Disease Highlight



April - June 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...*

## Measles



**Measles is a contagious disease caused by the measles virus. It begins with symptoms such as fever, runny nose, cough, red eyes, and a sore throat. This is followed by a rash that spreads across the body. Measles can lead to complications such as ear infections and diarrhea. In severe cases, it may cause lung infections (pneumonia) or brain swelling (encephalitis), which can sometimes be life-threatening.**

### How Measles Spreads:

- Measles is a virus that can easily spread from person to person.
- The virus is one of the most easily spread diseases. It travels through the air on droplets of saliva. It is spread by a sick person coughing or sneezing.
- Measles virus can stay in the air for up to two hours after a sick person has been in the room.
- Infected people can spread measles to others four days before through four days after the rash appears.

### Prevent Measles:

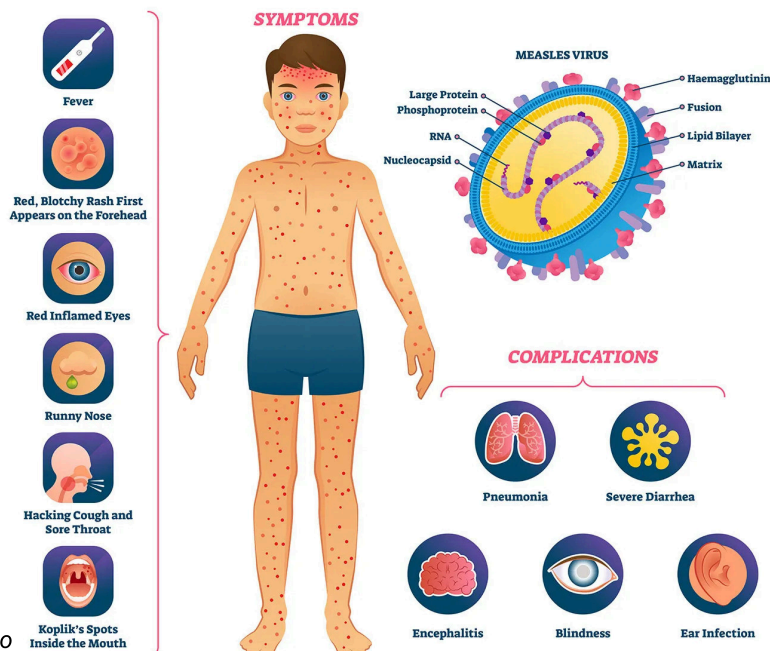
*The best way to avoid getting sick from measles is to get vaccinated!*

- The MMR vaccine protects against measles, mumps, and rubella.
- Two doses of MMR are needed for full protection. The first dose should be given at 12 through 15 months of age, and the second dose at 4 through 6 years of age.
- Children 12 months through 12 years of age may get the MMRV combination vaccine, which also protects against varicella (chickenpox)

*Teens and adults should also be up to date on their vaccinations. Be sure to talk with your health care provider about being vaccinated against measles.*

### Measles Symptoms:

- Runny nose
- High fever (may be greater than 104°F)
- Tiredness
- Cough
- Red, watery eyes, or conjunctivitis (pink eye)
- A red rash with raised bumps that starts at the hairline and moves to the arms and legs three to five days after symptoms begin



[dhs.wisconsin.gov/immunization/measles](https://dhs.wisconsin.gov/immunization/measles)



## 10 Common Car Seat Mistakes

Car seats are one of the most important pieces of baby gear we buy for our little ones. With all the time our families spend in the car, it's important to make sure everyone is safe and secure in their seats. Here are the top 10 most common car seat mistakes:

### 1 Front-Face Too Early

Many states allow children to front-face at 2 years old, leading parents to assume it's time to switch. However, rear-facing seats are safer and reduce the risk of serious injury or death in a crash. Keep your child rear-facing as long as possible until they reach the seat's max height or weight limit.



### 2 Low Chest Clip

The chest clip keeps harness straps in place to protect your child in a crash. If it's too low, the straps may slip off, allowing excessive movement or even ejection. Position the chest clip at armpit level to keep the harness secure.

### 3 No Top Tether

When switching from rear-facing to forward-facing, many parents forget to attach the top tether, which prevents the seat from tipping forward in a crash. Without it, the seat can fly forward, increasing the risk of head injuries. Always use the top tether to keep your child safer during the forward-facing stage.

### 4 One Inch Rule

Height and weight limits aren't the only factors for outgrowing a car seat—torso height matters too. In rear-facing seats, your child's head should be at least one inch below the seat shell or headrest for proper protection. This one-inch rule applies only to rear-facing seats. For forward-facing seats or boosters, the head can extend past the headrest as long as the ears stay below the top.

### 5 Shoulder Strap Placement

Improper shoulder strap placement is a common mistake as your child grows. For rear-facing seats, straps should be at or just below the shoulders—never above. For forward-facing, they should come from just above. If your child has switched positions, double-check the strap placement before the next ride.

# Community Health



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## 10 Common Car Seat Mistakes (cont.)

### 6 Latch Install Past Limit

When installing a car seat, you can use either the latch system or the seat belt. Many parents prefer the latch, but it's not safer and has a weight limit—usually 65 lbs, including the seat. Car seat manufacturers calculate this for you, so the latch weight limit applies only to your child's weight. (Infant seats don't have latch limits since they're outgrown first.) For a hassle-free option, use the seat belt from the start.

### 7 Too Much Seat Movement

A properly installed car seat shouldn't move more than one inch when checked at the belt path. Even safety-conscious parents sometimes allow too much movement. Installation can be tricky, so consider seeing a certified child passenger safety technician for help.

### 8 Puffy Coats

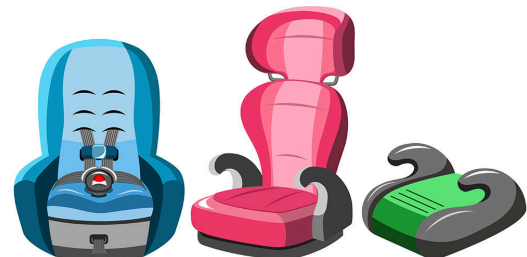
Puffy winter coats compress in a crash, leaving extra space between your child and the harness, allowing too much movement. This increases the risk of injury or death in a crash.

### 9 Aftermarket Products

Only use items that came with your car seat or from the manufacturer. Aftermarket products like seat covers, toys, strap pads, seat protectors, and headrests are not approved and are unsafe.

### 10 No Booster

How long should your child be in a booster seat? Longer than many people think! Normally, they're not ready until about 12.



## Car Seat Check Event

**Learn how to install your child's car seat or booster seat. Find out if it's time for a change! Certified Child Passenger Safety Technicians will be on-site to help caregivers properly install car seats!**

Tuesday, April 22nd. 3pm-6pm  
Beaver Dam Fire Station  
205 S Lincoln Ave.  
Beaver Dam, WI 53916

**APPOINTMENT REQUIRED!**

Call: 920-386-4174

Email: [publichealth@co.dodge.wi.us](mailto:publichealth@co.dodge.wi.us)



# Emergency Preparedness



April - June 2025



## Protect Yourself from Avian Flu



Avian influenza (bird flu) is a serious concern for farmers, affecting both livestock and human health. Recent data underscores the importance of proactive measures to protect your farm and well-being. Here are some ways to protect your farm and your health:



### Strengthen biosecurity measures

- Restrict entry to poultry areas to essential personnel only.
- Secure your facilities to keep wild birds and other animals away from your flock.
- Regularly disinfect equipment, vehicles, and footwear to minimize contamination risks.



### Practice rigorous hygiene

- Thoroughly wash hands with soap and water after handling birds or equipment.
- Refrain from touching your face, especially eyes, nose, and mouth, during farm activities.



### Stay informed and prepared

- Be aware of any flu-like symptoms in yourself or workers and seek medical attention if necessary.



### Use personal protective equipment (PPE)

- Utilize gloves, masks, and protective clothing when handling birds or cleaning enclosures.
- Follow correct procedures when removing PPE to avoid self-contamination.



### Monitor animal health

- Be vigilant for signs of illness in birds, such as sudden death, respiratory distress, or decreased egg production.
- Contact the Wisconsin Department of Agriculture, Trade and Consumer Protection (DATCP) promptly if you suspect an outbreak.
  - Phone: (608) 224-4872 (business hours) or (800) 943-0003 (after hours and weekends)
  - Email: [datcpanimalimports@wisconsin.gov](mailto:datcpanimalimports@wisconsin.gov)

# Emergency Preparedness



April - June 2025



## Severe Wisconsin Weather



Dodge County has experienced its fair share of severe weather events in the past, reminding us of the importance of being prepared. Thunderstorms can bring heavy rainfall, lightning, strong winds, and even hail, leading to power outages and property damage. Additionally, tornadoes can strike with little warning, causing widespread destruction in their path. Moreover, melting snow and rainfall can increase the risk of flooding, posing threats to homes, roads, and bridges.



JOIN US FOR FREE  
**STORM SPOTTER  
TRAINING**  
Monday, April 21, 2025  
6:30-8:30pm  
Dodge County Administration Building  
Auditorium 1<sup>st</sup> Floor  
127 E. Oak St, Juneau, WI

A solid emergency plan is key during severe weather. Consider these essential steps:

- Stay informed through local news, weather apps, or NOAA radio to monitor potential risks.
- Establish a family communication plan with a meeting place in case of separation.
- Prepare an emergency kit with essentials like food, water, medications, first aid, and pet supplies.
- Reinforce your home by trimming trees, securing outdoor items, and installing storm shutters.
- Identify safe shelter areas, such as basements or interior rooms on the lowest level.

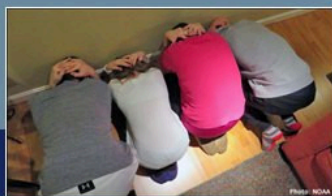
### Come Learn About:

- Severe Weather & Weather Safety
- How to be severe weather aware
- Severe Weather Watches and Warnings
- How you can help the National Weather Service as a Trained Spotter

### OPEN TO THE PUBLIC

No pre-registration  
required.

Check out this free  
**Storm Spotter  
Training** coming up  
on April 21st!



Sponsored by Dodge County  
Emergency Management

# Public Health Nursing



April - June 2025

## Libraries with Heart: Hypertension Hubs

Coming to a library near you!

Dodge County Public Health and The American Heart Association are proud to work with rural libraries to be a catalyst for community health by improving access to blood pressure monitoring.

Check out a blood pressure monitor  
for a two-week period—  
just like a library book!



Cuff Sizes:  
-Small  
-Regular  
-Extra Large

### Coming Soon to:

- Beaver Dam Community Library
- Brownsville Public Library
- Fox Lake Public Library
- Horicon Public Library
- Iron Ridge Public Library
- Juneau Public Library
- Lomira Village Public Library
- Mayville Public Library
- Reeseville Public Library

### Monitoring blood pressure is important because it helps:

- Detect high blood pressure early, which often has no symptoms.
- Reduce the risk of heart disease, stroke, and kidney problems.
- Track how well lifestyle changes or medications are working.
- Prevent complications by identifying dangerous spikes or drops.
- Provide valuable information to your healthcare provider for better treatment decisions.



### American Heart Association recommended blood pressure levels:

| BLOOD PRESSURE CATEGORY                                  | SYSTOLIC mm Hg<br>(upper number) |        | DIASTOLIC mm Hg<br>(lower number) |
|----------------------------------------------------------|----------------------------------|--------|-----------------------------------|
| NORMAL                                                   | LESS THAN 120                    | and    | LESS THAN 80                      |
| ELEVATED                                                 | 120 – 129                        | and    | LESS THAN 80                      |
| HIGH BLOOD PRESSURE<br>(HYPERTENSION) STAGE 1            | 130 – 139                        | or     | 80 – 89                           |
| HIGH BLOOD PRESSURE<br>(HYPERTENSION) STAGE 2            | 140 OR HIGHER                    | or     | 90 OR HIGHER                      |
| HYPERTENSIVE CRISIS<br>(consult your doctor immediately) | HIGHER THAN 180                  | and/or | HIGHER THAN 120                   |

The Electronic Blood  
Pressure Monitors are  
currently available to  
check out at our office  
in Juneau while we  
work to get our local  
libraries ready!



# Women, Infants, & Children (WIC)



April - June 2025



WEDNESDAY, JUNE 25  
1:00PM TO 4:00PM

JOIN US FOR OUR 2025

## FAMILY FEST!

PRESENTED BY DODGE COUNTY WIC  
AND PUBLIC HEALTH

### WAYLAND ACADEMY FIELD HOUSE

199 S. UNIVERSITY AVE.  
BEAVER DAM, WI 53916

FUN FOR THE WHOLE FAMILY  
ACTIVITIES • DIAPER EXCHANGE •  
COMMUNITY RESOURCES



SCAN QR CODE TO RSVP!  
WALK-INS WELCOME



This institution is an equal opportunity provider





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FLOWERS

BREEZE

RAINBOW

BEE

BLOSSOM

SUNNY

LADYBUG

RAIN

BUTTERFLY

PICNIC

SPROUTS

GROW