

Keeping Up With...

Dodge County Public Health



July - Sept 2025

July 2025

Dear Dodge County Residents,

Summer wasted no time showing up this year—June came in hot, and it doesn't look like it plans on cooling off anytime soon! As we dive into the season, Dodge County Public Health is here to help you stay safe, healthy, and hopefully a little cooler.

This time of year brings us outdoors: swimming, grilling, attending fairs, and spending time with loved ones. But with all that fun comes a few health concerns to be mindful of—from beach safety and water quality to foodborne illness risks at backyard barbecues.

This summer, we're focusing on prevention. Whether it's keeping your family safe from waterborne bacteria at local beaches, avoiding foodborne illness at picnics, or staying protected during severe weather, our role is to make sure you have the tools and information you need to stay healthy. We're also continuing to promote accessible health education and resources through community outreach, local partnerships, and events like our annual Family Fest.

As always, thank you for allowing us to serve you. Wishing you and your family a safe, healthy, and joyful summer.

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

Meet Our Team!



July - Sept 2025

Roman Mullen

Public Health Officer

Public Health Services:

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Emergency Preparedness Coordinator

Cassie Fissell

Public Health Nurse

Bobbi Gehring

Public Health Nurse

Olivia Gerritson

Community Health Educator

Karen Greenwald

Public Health Nurse

Leah Neis

Public Health Nurse

Julie Schmidt

Fiscal Assistant

Women, Infants, & Children (WIC) Program:

Isabel Carbajal

WIC/Public Health Technician

Destiny Goldman

Breastfeeding Peer Counselor

Sara Gray

WIC Program Director

Marvella Puga

WIC/Public Health Technician

Maria Ramirez

Breastfeeding Peer Counselor

Ashley Young

WIC Nutritionist



We are hiring! Are you passionate about promoting health and serving your community? Dodge County is seeking a dedicated Public Health Nurse to join our team. Apply by scanning the QR code!



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Communicable Disease Highlight



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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... **Salmonella**



Salmonella infection (salmonellosis) is a common bacterial disease that affects the intestinal tract. Salmonella bacteria typically live in animal and human intestines and are shed through stool (feces). Humans become infected most frequently through contaminated water or food.

Causes of Salmonellosis:

Infected food and water:

- **Raw meat, poultry and seafood.** Feces may get onto raw meat and poultry during the butchering process. Seafood may be contaminated if harvested from contaminated water.
- **Raw or undercooked eggs.** Some eggs may contain salmonella inside the shell, passed from infected hens before the shell forms.
- **Unpasteurized dairy products.** Raw milk, cheese, and other unpasteurized dairy items can carry salmonella. Pasteurization is essential to kill harmful bacteria and make these products safe.
- **Fruits and vegetables.** Fresh produce can be contaminated by dirty irrigation water, unclean handling, or by coming into contact with raw meat juices in the kitchen.

Improperly handled food:

Food may be come contaminated when prepared by people who don't wash their hands thoroughly after using the toilet, changing a diaper, or handling contaminated food.

Infected surfaces:

Infection can occur if people touch something that is contaminated and then put their fingers in their mouth

Infected pets and other animals:

Animals and pets, especially birds and reptiles, may carry salmonella bacteria on their feathers, fur, skin or feces.

Salmonellosis Symptoms:

- Diarrhea
- Stomach (abdominal) cramps
- Fever
- Nausea
- Vomiting
- Chills
- Headache
- Blood in the stool

Salmonellosis Prevention:

Wash Hands: Use soap and water for 20 seconds after using the bathroom, handling raw meat, or touching animals - especially reptiles and birds.

Avoid Cross-Contamination: Keep raw meat separate, use different cutting boards, and wash surfaces and plates well.

Skip Raw Eggs: Avoid raw eggs in homemade dishes unless pasteurized.

Cook & Store Properly: Cook food fully and refrigerate leftovers right away.

Community Health



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Bather Safety This Summer

When summer heat rolls in, so does the fun at our lakes and beaches! But before you jump in, take a moment to check for posted advisories or closures.

Why Do Beaches Close?

Public health officials regularly test beach water for bacteria like E. coli and other coliforms. High levels can make people sick, especially young children, older adults, and anyone with a weakened immune system. If levels are too high, the beach may be temporarily closed for swimming. Always obey posted signs and warnings.

Watch for Algal Blooms

Warm, stagnant water can lead to harmful algal blooms, which may look like thick, green paint or scummy water. These blooms can release toxins that affect humans and animals. Never swim in or let pets drink water that looks suspicious. Blooms may also produce a strong, unpleasant odor. When in doubt, stay out!

Health Risks Associated with Algal Blooms:

Algal Blooms can produce toxins, exposure to these toxins can occur through direct skin contact, ingestion, or inhalation of water droplets. Symptoms of exposure may include:

- Skin rashes and irritation
- Stomach cramps, diarrhea, and vomiting
- Headaches, fever, and muscle weakness
- In severe cases, liver and kidney damage, neurological issues, or even death

Tips for a Safe Swim

- Check local beach reports before heading out - <https://apps.dnr.wi.gov/beachhealth/healthmap.aspx>
- Follow all posted signs or advisories.
- Shower after swimming.
- Keep pets out of unsafe water.
- Don't swallow lake water.



Stay safe, stay cool, and enjoy Wisconsin's natural beauty—just be smart about where and when you swim!

Emergency Preparedness



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Heat Related Illness



As we welcome the warm and sunny days of summer, it's important to recognize the potential health risks that come with the season's rising temperatures. Extreme heat can pose serious threats, especially to vulnerable populations such as the elderly, children, and those with pre-existing health conditions.

Understanding the Dangers of Heat:

Prolonged exposure to high temperatures can lead to several heat-related illnesses, including:

1. *Heat Exhaustion*: Symptoms include heavy sweating, weakness, cold, pale and clammy skin, fast, weak pulse, nausea or vomiting, and fainting. If you or someone else is experiencing these symptoms, move to a cooler place, drink water, and apply cool, wet cloths to the body.
2. *Heat Stroke*: This is a severe medical emergency. Symptoms include high body temperature (above 103°F), hot, red, dry, or damp skin, rapid and strong pulse, and possible unconsciousness. If heat stroke is suspected, call 911 immediately. Move the person to a cooler environment and try to lower their body temperature with cool cloths or a bath. Do not give fluids.
3. *Heat Cramps*: These are muscle spasms that typically occur in the legs or abdomen, often due to heavy exertion in the heat. Rest in a cool place and drink water or a sports drink. Stretch and gently massage the affected muscles.

Prevention Tips:

Preventing heat-related illnesses is crucial during the hot summer months. Here are some tips to stay safe:

- **Stay Hydrated**: Drink plenty of fluids, especially water, even if you don't feel thirsty. Avoid beverages containing alcohol or caffeine, as they can dehydrate you.
- **Dress Appropriately**: Wear lightweight, light-colored, and loose-fitting clothing.
- **Limit Outdoor Activities**: Schedule strenuous activities during the cooler parts of the day, such as early morning or late evening.
- **Use Sunscreen**: Protect your skin from sunburn, which can affect your body's ability to cool down.
- **Stay Cool Indoors**: Spend time in air-conditioned places. If your home does not have air conditioning, consider visiting one of the cooling shelters on the next page.

Community Action:

- We encourage everyone to check on neighbors, friends, and family members, especially those who are elderly or have health conditions that make them more susceptible to heat-related illnesses. Share this information to raise awareness and help our community stay safe and healthy.

Public Health Nursing



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Backyard Cookout Safety

Backyard barbecues are a summer favorite—but no one wants a side of *E. coli* or *Salmonella* with their burger. Warm temperatures and raw meat can create the perfect environment for foodborne illness if we're not careful. Here are a few quick safety tips to keep your cookouts fun and food-safe:

1. Clean Hands & Surfaces

Always wash your hands before and after handling raw meat. Clean cutting boards, utensils, and countertops with hot, soapy water.

2. Keep It Cold

Keep raw meats in a cooler until you're ready to cook. Bacteria grow quickly at room temperature!

3. Don't Cross-Contaminate

Never use the same plate or utensils for raw and cooked foods. Designate separate tools for each.

4. Cook to Safe Temps

Use a food thermometer! Grilling "by color" isn't enough.

- Beef, Pork, Veal and Lamb Steaks, Chops and Roasts: 145°F
- Ground meats: 160°F
- All poultry: 165°F
- Fish & Shellfish: 145°F
- Leftovers & Casseroles: 165°F

<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>

5. Refrigerate Leftovers

Don't let cooked food sit out more than 1-2 hours (1 hour if it's above 90°F). Store leftovers in shallow containers for quick cooling.



By following a few easy rules, you can protect your guests from foodborne illness and focus on what really matters—great food, cold drinks, and good company.



Women, Infants, & Children (WIC)



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Farmers Market Nutrition Program



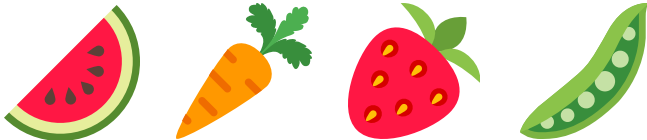
The Farmers Market Nutrition Program (FMNP) connects members of WIC (Special Supplemental Program for Women, Infants, and Children) with Wisconsin farmers.

WIC members get a check to spend at farmers markets. About 1,000 farmers are part of the program. To apply for WIC FMNP, call 920-386-3680.

Who can join WIC FMNP?

To join WIC FMNP, you must be WIC eligible and one of the following:

1. Pregnant
2. Postpartum (just had a baby)
3. A child at least 9 months old



What do WIC members get through FMNP?

1. Five \$5.00 checks that total \$25 for each growing season to buy fresh fruits, vegetables, and herbs grown in Wisconsin.
2. Education and tips for using fresh, local produce.
3. A list of farmers markets and farmstands where you can use your checks.

FAMILY FEST SUCCESS!



Wow—thank you, Dodge County!

We had an incredible turnout at our 3rd annual Family Fest, with 303 attendees in just three hours—our biggest crowd yet! We're so grateful to everyone who came out to connect with local resources, enjoy activities, and spend time together as a community. Family Fest is all about bringing people together and showing how powerful public health can be when we work hand-in-hand. Thank you to all the families, vendors, and partners who helped make this event such a success. We loved seeing so many familiar faces and meeting new ones too. Already looking forward to next year!

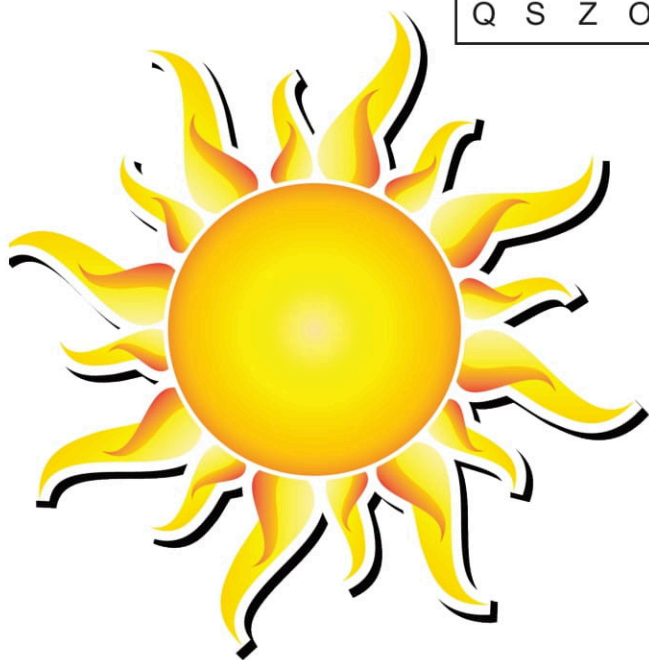


DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

SUMMER FUN

AUGUST
BASEBALL
BEACH
CAMPING
FRISBEE
GAMES
GARDEN
GRASS
ICE CREAM
JULY

X	J	B	Z	X	H	U	F	D	M	M	Z	N	F	L	K	Q	Q	F
R	H	C	J	W	M	Q	L	E	O	U	T	D	O	O	R	S	Q	L
X	G	I	J	N	O	L	E	M	R	E	T	A	W	X	N	A	Q	E
F	W	N	E	U	H	B	M	S	W	H	I	T	V	W	E	T	I	F
L	R	C	K	S	A	N	A	W	M	S	Y	Q	V	D	D	X	J	Z
M	G	I	V	E	N	I	H	S	N	U	S	S	H	C	R	Y	X	I
B	X	P	S	Z	J	R	Y	E	E	S	L	A	D	N	A	S	J	R
Y	S	Z	U	B	P	L	A	Y	D	B	V	K	R	M	G	B	U	A
T	N	T	B	I	E	B	E	A	C	H	A	F	V	G	K	F	L	O
Y	Y	N	R	K	G	E	H	Z	U	M	T	L	Z	U	J	W	Y	T
J	Z	B	R	O	S	E	N	T	G	I	O	M	L	Q	P	U	S	T
C	B	A	C	X	H	C	A	A	C	W	U	G	V	E	N	U	J	H
P	P	Y	E	X	A	S	M	N	S	S	P	P	A	K	G	I	F	U
Q	Q	C	I	M	L	E	P	B	E	J	U	M	C	U	I	J	U	N
K	P	T	P	U	S	L	X	O	I	J	L	J	A	N	F	S	P	D
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G	O	R	M	Z	Y	G	V	H	K	X	S	T	O	C	Y	R	Q	B
Q	S	Z	O	D	S	Q	N	B	V	I	E	S	N	O	R	K	E	L



JUNE	SHORTS
OCEAN	SNORKEL
OUTDOORS	SUNSHINE
PARK	SWIM
PICNIC	THUNDER
PLAY	VACATION
SANDALS	WATERMELON