



Fond du Lac County Health Department Newsletter



Mission: Fond du Lac County Health Department prevents disease, protects the community, and promotes healthy living for all.

What's in the News?



Make one to be more physically active!

Physical activity can make daily life better. So get more active – and start feeling better right away.

- Boost your mood
- Sharpen your focus
- Reduce your stress
- Improve your sleep

Physical activity recommendations for adults:

How much activity do I need?

Moderate-intensity aerobic activity
Anything that gets your heart beating faster counts.

at least
150
minutes
a week

AND

Muscle-strengthening activity
Do activities that make your muscles work harder than usual.

at least
2
days
a week

Tight on time this week? **Start with just 5 minutes.** It all adds up!

Everyone needs physical activity to stay healthy. **What's your move?**

Move Your Way is the new campaign to promote the [updated Physical Activity Guidelines for Americans](#). Visit the [Move Your Way website](#) to learn more.

Maternal Child Health

The MCH section would like to introduce our newest team member. Welcome to Krystal Sisel!

Krystal is a Registered Nurse, coming to us from long term care. She has taken on the lead role as a School Nurse consultant in two rural school districts in Fond du Lac County, serves as a Maternal Child Health Nurse in our home visiting program area and will be an active participant in community coalitions that impact our young families.

We are so happy to have her in the Health Department!



Environmental Health

Radon Tests Urged For All County Homes

January is national radon action month. The U.S. Environmental Protection Agency (EPA) has recommended that all residents test their home at least once for the presence of radon gas. If high levels of radon gas are detected, simple steps can be taken to correct the problem and make your home safe.

Radon is an invisible, odorless, tasteless gas, which can enter your home through cracks in the foundation, openings around joints and pipes, and dirty floors. Radon can build to high levels inside your home, and long-term exposure to these high levels of radon is a risk for lung cancer. The Surgeon General advises that, after cigarette smoke, exposure to radon is the second leading cause of lung cancer. Radon combined with cigarette smoke poses an increased risk for lung cancer.

The only way to know if you have safe level of radon inside your home is to conduct a radon test. The test is simple, quick, and inexpensive. The Fond du Lac County Health Department is currently offering a limited supply of test kits for a reduced fee of \$5.00, which includes radon information and lab fees. The kits can be purchased at the reduced cost until the supply is gone or until January 31, 2019. The kits may be picked up at Health Department at 160 S. Macy St, Fond du Lac, WI 54935, Monday through Friday between the hours of 8:00 a.m. ad 4:30 p.m. If you have any questions, or want more information on radon, please contact the Fond du Lac County Health Department at 920-929-3085 or visit www.lowradon.org.

Public Health Nursing

Protecting your family from Carbon Monoxide Poisoning

Every fall & winter, emergency departments in Wisconsin see an increase of patients with carbon monoxide poisoning. Keep your family safe by following these safety steps:

Know the warning signs of carbon monoxide exposure. Symptoms include headache, fatigue, dizziness, shortness of breath, nausea, and confusion. If someone in your household shows these symptoms, or your carbon monoxide alarm sounds: Get outside! Call 911 and stay outdoors until your home has been tested & declared safe.

Focus on Prevention:

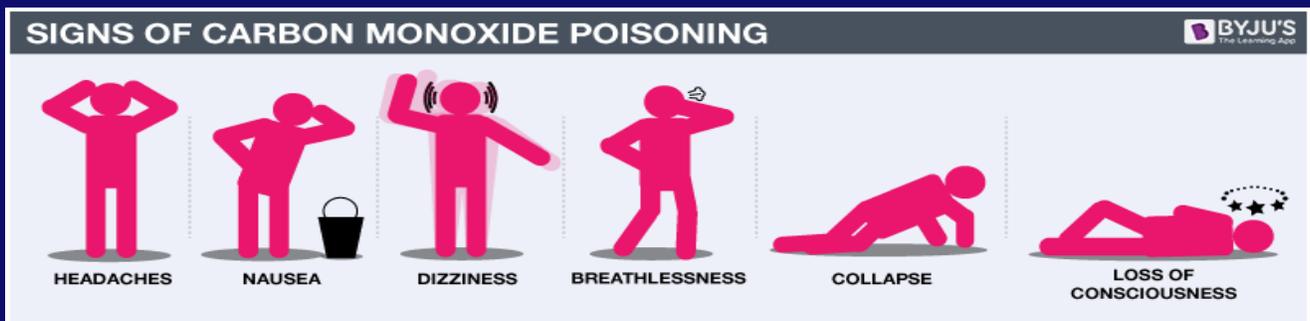
Make sure you have a working CO detector on every level of your home, including the basement. Replace the batteries twice a year (ex. At the same time you change your clocks for Daylight Savings Time). Replace the entire detector every 5 years, or according to the manufacturer's recommendations.



Have a professional inspect your furnace, or any wood burners every year.

Never use a gas or propane heater or grill inside your home. Anything that burns fuel produces carbon monoxide. If you use a heater in a camper or ice shanty, use a battery operated CO detector.

Never run a vehicle in an enclosed space. Even with a window or door open, CO levels can still build up to an unsafe level.



Emergency Preparedness

The threat of winter fires is real. People are at greater risk of home fires in the winter season when they cook holiday meals, display decorations, and use unsafe heat sources.

- 890 people die in winter home fires each year.
- \$2 billion in property loss occurs each year from winter home fires.
- Winter home fires account for only 8 percent of the total number of fires in the U.S., but result in 30 percent of all fire deaths.
- Cooking is the leading cause of all winter home fires.
- A heat source too close to combustibles is the leading factor contributing to the start of a winter home fire (15 percent).
- 5 p.m. to 8 p.m. is the most common time for winter home fires.



Home fires occur more in winter than in any other season. As you stay cozy and warm this winter season, be fire smart!

 <p>Half of all home heating fires occur in the months of December, January and February.</p>	 <p>Heating equipment is involved in 1 in every 7 reported home fires and 1 in every 5 home fire deaths.</p>	 <p>Keep anything that can burn at least 3 feet from any heat source like fireplaces, wood stoves, radiators or space heaters.</p>
 <p>Keep portable generators outside, away from windows, and as far away as possible from your home.</p>	 <p>Install and test carbon monoxide alarms at least once a month.</p>	 <p>Plug only 1 heat-producing appliance (such as a space heater) into an electrical outlet at a time.</p>
 <p>Have a qualified professional clean and inspect your chimney and vents every year.</p>	 <p>Store cooled ashes in a tightly covered metal container, and keep it outside at least 10 feet from your home and any nearby buildings.</p>	



For more information on how to prevent winter fires, visit www.usfa.fema.gov/winter and www.nfpa.org/winter.

For more information on winter safety tips please visit, <https://www.usfa.fema.gov/prevention/outreach/winter.html>

Women, Infants, and Children (WIC)

12 Reminders for Maximizing Nutrients during the Holidays

1. Make foods look more appetizing. We eat with our eyes first.
2. Fill your plate with at least 50% vegetables and fruits!
3. Plan on what you would like to indulge in before you arrive.
4. Take the focus off food; offer an activity that helps guests move away from the buffet table.
5. Know the menu before you go. Eat a salad before leaving to help fill you up and prevent overindulging in high calorie foods.
6. Kids gravitate towards fruits and vegetables when you serve options they enjoy.
7. After the holidays, keep vegetables and fruits visible so that children think of these rather than leftover cookies or treats as a snack.
8. Eat slowly and savor every bite. Before you go back for seconds wait 10 minutes and see if you are hungry.
9. Use a smaller plate for meals. This may help you from overeating. When we are hungry, we have the tendency to take more than we actually need or want.
10. Drink a big glass of water prior to the meal to help quench your thirst. Half of the time we think we are hungry we are actually thirsty!
11. Get kids involved! Have them use cookie cutters to make shapes out of melons, create their own star, wreath or tree out of vegetables.
12. When driving long distances pack a nutritious meal or snack so that you are less tempted to visit a fast food restaurant.

****** Reminder that one mistake does not have to mean that it is “game over”. Try again the next party, the next day, or even the next hour!

