



Public Health
Prevent. Promote. Protect.

**Fond du Lac County
Health Department**

Fond du Lac County Health Department Newsletter



Mission: Fond du Lac County Health Department improves lives by preventing disease, protecting the community, and promoting healthy living for all.

What's in the News?

JANUARY IS RADON ACTION MONTH

DO YOU KNOW YOUR NUMBER?

RADON BY THE NUMBERS

Radon is an invisible, odorless, natural radioactive gas that can build up to dangerous levels indoors. It is the leading cause of lung-cancer in non-smokers.

RADON IN THE U.S.

21,000

lung cancer deaths each year due to radon

4.0 pCi/L

acceptable level of radon

1 out of 15

homes have high radon levels

\$800-\$2,500

typical cost to fix a home with elevated radon levels

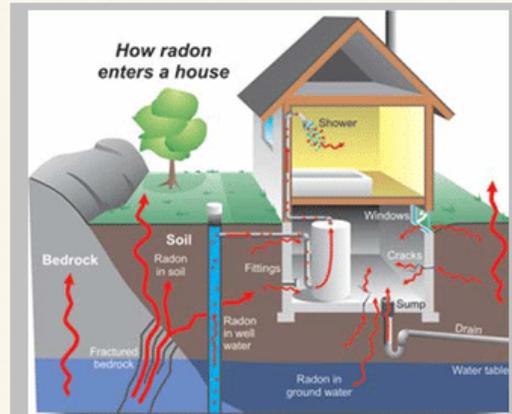


Image Provided with Permission Department of Natural Resources Canada. ©All rights reserved.

RADON IN WI

1 out of 10

homes have high radon levels

- Testing your home is the only way to know if you are at risk from radon.
- Testing is inexpensive and easy.

**January Special:
Short Term Test Kits for \$5.00**

Regular Cost:
\$10 cost of a short-term
\$25 long-term radon test kit

Call (920) 929-3085
for more radon information
& pick up test kit today!
Visit: lowradon.com



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Fond du Lac County Health Department | 160 S. Macy St., Fond du lac, WI 54935 | 920.929.3085

January-March 2020

Emergency Preparedness

Be Prepared for Cold Weather!

Enjoying the outdoors is not limited to the summer months. Getting fresh air during winter is just as important and beneficial for your health. However, outdoor activities during winter can expose you to several safety hazards. Here are a few simple steps everyone should follow to stay safe this winter.

Wear appropriate outdoor clothing:

Layer warm clothing, windproof coat, mittens, hats, scarves and waterproof boots

Sprinkle sand or cat litter on icy patches

Work slowly when doing outdoor chores

Have an emergency preparedness kit handy

If possible, always have a buddy with you when participating in outdoor activities

Carry a fully charged cell phone

For more information about winter safety, visit

<https://www.cdc.gov/features/winterweather/index.html>



Women, Infants, and Children (WIC)

Vitamin D:

The Sunshine Vitamin

Importance: builds strong bones, muscles, teeth and immune system.

Recommended Intake: Adults should have 600 IU daily

How we get vitamin D:

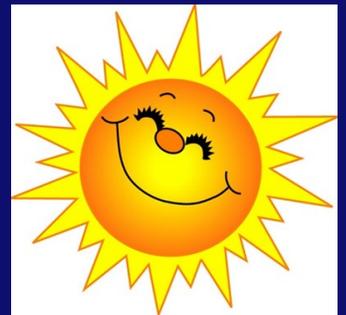
Fatty fish and eggs naturally contain Vitamin D

Milk, yogurt cereal and juice have Vitamin D added

Most people do not get enough Vitamin D from food alone.

Vitamin D is made naturally by our bodies when skin is exposed to the sun

In the winter months, it may be necessary to take a supplement to meet your vitamin D needs, as sun exposure is limited, especially in Wisconsin.



Supplements:

Check with your doctor or Registered Dietitian or WIC nutritionist to see if a supplement is right for you.

Multivitamins can be purchased over the counter and contain vitamin D

Tobacco Prevention

Must be 21 to Purchase Tobacco Products:

On December 20, 2019, President Trump signed legislation to amend the Federal Food, Drug and Cosmetic Act, which in result raised the federal minimum age of sale of tobacco products from 18 to 21 years of age. Therefore, it is now illegal for a retailer to sell any tobacco product - including cigarettes, cigars and e-cigarettes - to anyone under the age of 21.



Lung Injury Update:

According to the CDC, as of December 27, 2019, 2,561 Cases of e-cigarette, or vaping, product use associated lung injury have been reported to CDC from all 50 states, the District of Columbia, and 2 U.S. Territories. Fifty-five deaths have been confirmed in 27 states and the District of Columbia (as of December 27, 2019).

Wisconsin case counts as of January 2, 2020: confirmed and probable cases is 103. No deaths have been confirmed in Wisconsin.

Patients in this investigation have reported symptoms such as: cough, shortness of breath, or chest pain; nausea, vomiting, abdominal pain, or diarrhea; fever, chills or weight loss.

Some patients have reported that their symptoms developed over a few days, while others have reported that their symptoms developed over several weeks.

Anyone currently using any type of electronic smoking device who is experiencing any of the above symptoms, please talk to your healthcare provider immediately.

For more information and updates, visit: <https://www.dhs.wisconsin.gov/outbreaks/index.htm>

Maternal Child Health

Help! I'm pregnant and there is Influenza (Flu) all around.-that's the bad news.

The good news: Pregnant women can and SHOULD get a flu vaccine (shot only, no nasal spray)

Pregnant women can have the flu vaccine at ANY time during their pregnancy

The flu vaccine helps protect BOTH mom and baby

The flu vaccine is covered under all insurances and can be given at the prenatal visit

Hand washing and avoiding sick people are additional everyday prevention strategies

<https://www.cdc.gov/flu/highrisk/pregnant.htm>

In other infectious news- Our Sexual Health clinic is up and running! Call the Health Department for information on scheduling an appointment to be tested (and treated if needed) for Chlamydia and Gonorrhea. We offer testing and treatment as well as education, pregnancy testing and condom distribution.

February is American Heart Month!

Did you know that on average, U.S. adults have hearts that are 7 years older than they should be? Join us on February 7th by wearing red and pledging to be more active to protect your heart this Heart Month!

What are the risk factors for heart disease?

Risk factors are conditions or habits that make a person more likely to develop a disease. They can also increase the chances that an existing disease will get worse. Important risk factors for heart disease are:

- Having high blood pressure
- Having high blood cholesterol
- Unhealthy lifestyle
- Being overweight or obese
- Diabetes and prediabetes
- Smoking
- Being physically inactive
- Having a family history of early heart disease
- History of preeclampsia during pregnancy
- Unhealthy diet
- Age (55 or older for women)

About **half of all Americans** (47%) have at least 1 of 3 key risk factors for heart disease: high blood pressure, high cholesterol, and smoking.

Take control of your heart health and be heart healthy at any age.

Healthy habits like managing stress, getting enough quality sleep, and quitting smoking help keep our hearts healthy. Social support makes healthy habits easier. This #HeartMonth join forces and support your family and friends to be heart healthy together. **Get more tips to prevent heart disease:** <https://www.cdc.gov/heartdisease/prevention.htm>



National Wear Red Day
February 7

#WearRedDay
nhlbi.nih.gov

Heart disease is the leading cause of death in the U.S. Know your risk and protect your heart.

NIH National Heart, Lung, and Blood Institute THE HEART TRUTH



About
265,000
people in Wisconsin
have coronary heart disease.

This is the most common form of heart disease and can often be prevented. #OurHearts are healthier when we move more, eat healthier, get enough sleep, reduce stress, and quit smoking—together!

Learn more at hearttruth.gov. Source: CDC Behavioral Risk Factor Surveillance System (BRFSS) Survey Data, 2016.

DEPARTMENT OF HEALTH & HUMAN SERVICES NIH National Heart, Lung, and Blood Institute THE HEART TRUTH

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