

Public Health

Debbie Siegenthaler, RN MSN - Director/Health Officer

SPECIAL INTEREST ARTICLES:

Public Health

- ❖ Tips for Preventing the Spread of Flu
- ❖ Seasonal Flu Clinics
- ❖ About H1N1

Home Care

- ❖ November is Home Care Month!

YOU CAN HELP PREVENT THE SPREAD OF THE FLU!!!

The **single best way to prevent seasonal flu is to get vaccinated** each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu.

1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

4. Clean your hands.

Washing your hands often will help protect you from germs.

5. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Information provided by Center for Disease Control
www.cdc.gov

ANNOUNCEMENTS:

- **Schedule for H1N1 flu clinics will be posted soon!**
- **211* Wisconsin is Now Available in Our Area!**
Simply dial 2-1-1 on your phone for resources regarding community information and government programs
- **Questions about the flu?**

Visit www.cdc.gov or www.flu.gov or www.pandemic.wisconsin.gov for more information

This Year, the Lafayette County Health Department, is offering a large group of scheduled times to receive your seasonal flu shot. NOTE: Flu shots are only available from the Health Department during the times listed on the next page. Walk-ins are not accepted. The groups that are urged to receive a seasonal flu vaccine are as follows:

- Children aged 6 months up to their 19th birthday
- Pregnant women
- People 50 years of age and older
- People of any age with certain chronic medical conditions
- People who live in nursing homes and other long-term care facilities
- People who live with or care for those at high risk for complications from flu, including:
 - a. Health care workers
 - b. Household contacts of persons at high risk for complications from the flu
 - c. Household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated)



LAFAYETTE COUNTY HEALTH DEPARTMENT



REMAINING 2009 CLINIC SCHEDULE

Tues Nov 10	Argyle & Blanchardville Flu Clinic	Argyle EMS Building Blanchardville Senior Apartments	10-Noon 1-2 PM
Tues Nov 17	Benton & Belmont Flu Clinic	Benton Senior Apartments Belmont Comm. Building	9-10 am 10:30- Noon
Tues Nov 24	Woodford Flu Clinic	Woodford Bank	9:30-10:30 AM
Tues Nov 24	South Wayne Flu Clinic	SW Senior Center Meal Site	11-Noon
Tues Nov 24	Gratiot Flu Clinic	Gratiot Bank	1:15-2:15 PM
Tues Dec 1	Shullsburg Health Day	Senior Apartments	9-11 AM
Tues Dec 8	Argyle & Blanchardville Health Day	Argyle EMS Building Blanchardville Senior Apartments	10-Noon 1-2 PM
Tues Dec 15	Benton & Belmont Health Day	Benton Senior Apartments Belmont Comm. Building	9-10 AM 10:30- Noon
Tues Dec 22	Darlington Health Day	Health Department-Darlington	9-Noon

THE COST IS \$30 FOR SEASONAL INFLUENZA VACCINE. PLEASE BRING ALONG YOUR MEDICARE CARD AND/OR SUPPLEMENTAL INSURANCE CARD.

KIDS VACCINE IS FREE OF CHARGE (KIDS 6MONTHS THROUGH 18 YEARS OLD)

*AT TIME OF PRINTING ABOVE**SCHEDULE IS FOR SEASONAL VACCINE ADMINISTRATION
(NOT H1N1 VACCINE)**



From our Director: FRIENDLY REMINDERS RE STAYING WELL.....

Southern Wisconsin is experiencing widespread influenza-like illness activity for this time of year and the predominant virus causing it is the H1N1 virus, reports Debbie Siegenthaler, Director of the Lafayette County Health Department. “The important thing to remember is that if people follow the recommendations by the Centers for Disease Control (CDC), the chances of spreading this virus (as well as any illness) are greatly decreased.”

What should you do if you begin to feel ill?

If you become ill with influenza-like symptoms:

You should stay home and avoid contact with others. The CDC recommends you stay home until you are free of fever for at least 24 hours without the use of a fever-reducing medicine. This means avoiding normal activities, including work, school, travel, shopping, social events and public gatherings.

Most of the flu cases are mild to moderate in nature, so a hospital or clinic visit isn’t usually necessary. However, if you are experiencing severe symptoms, you should contact your healthcare provider or seek medical care.


What are severe health problems?

In children, severe health problems include:

- ❖ Fast breathing or trouble breathing
- ❖ Bluish or gray skin color
- ❖ Severe or persistent vomiting
- ❖ Being so irritable that the child does not want to be held
- ❖ Flu-like symptoms that improve but then return with a fever and a worsened cough

In adults, severe health problems include:

- ❖ Difficulty breathing or shortness of breath
- ❖ Pain or pressure in the chest or abdomen
- ❖ Sudden dizziness
- ❖ Confusion
- ❖ Severe or persistent vomiting



TENTATIVELY, FIRST ROUND NOVEMBER CLINICS ARE FOR VACCINATING PRIORITY GROUPS WITH THE H1N1 VACCINE. THE PRIORITY GROUPS ARE LISTED ON THE NEXT PAGE.



H1N1 Flu Update

2009 H1N1 Influenza is caused by a new strain of influenza virus. Symptoms include:

*-Fatigue -Fever -Sore Throat
-Muscle Aches -Chills -Coughing -Sneezing*

Some people also experience diarrhea & vomiting

**Most people feel better within a week, but some people get pneumonia or other serious illnesses.*

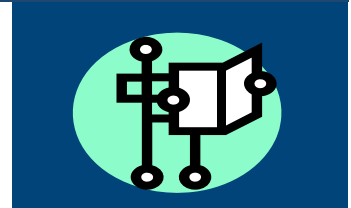
About the H1N1 Vaccine:

- *The vaccine is made just like the seasonal flu vaccine*
- *The H1N1 vaccine is expected to be as safe and effective as seasonal flu vaccines*
- *It will not prevent "influenza-like" illnesses caused by other viruses.*
- *It will not prevent seasonal flu. **YOU SHOULD ALSO GET A SEASONAL FLU SHOT IF YOU WANT TO BE PROTECTED FROM THE SEASONAL FLU***

*The schedule and additional information will also be posted on the web at
www.lafayettecountyhealthdepartment.org*

Who should get the H1N1 Vaccine?

- *Pregnant Women*
- *People who live with or care for infants younger than 6 months of age*
- *Health Care & emergency medical personnel*
- *Anyone from 6 months through 24 years of age*
- *Anyone from 25 through 64 years of age with certain chronic medical conditions or a weakened immune system*



Home Care

Kristie Lueck RN, BSN

NOVEMBER IS NATIONAL HOME CARE MONTH

Each November, the Lafayette County Health Department joins the Home Care Community to celebrate National Home Care Month. The mission of our Home Care program is to provide high-quality, compassionate and comprehensive in-home care to our county residents.

Home Care allows patients to receive vital health and social services in their first-choice setting – their home. In their home, our patients are most comfortable and experience the greatest sense of security, stability and belonging which often contributes to a quicker recovery. Home Care enables patients to shorten their stay in medical facilities by providing post-acute care that would otherwise occur in the hospital.

Lafayette County's Home Care Agency was founded in 1973 with the mission of providing comprehensive in-home health and supportive services for Lafayette County's disabled and chronically ill patients. Our Home Care team offers services ranging from basic personal needs and assistance with daily living to nursing and therapy intervention and advanced medical treatment. In 2008 our Home Care nurses served 162 patients for skilled nursing services and 64 patients for personal care such as baths. In one year we conducted a total of 3,543 visits to Lafayette County Residents!

As part of National Home Care Month, we also reserve special recognition for Home Care Aide Week on November 16-20. We would like to thank Kristie Lueck, Sonja Wiegel, Marian Olson, Danielle Steger, Teresa Robelia, and Erin Hastert for their continued dedication to providing in-home assistance. Your compassion and fortitude are an inspiration to all.

In addition to recognizing the work of home care providers, National Home Care Month serves to educate the public about issues affecting home care and the services available in their local communities. It is important that people let their elected officials know how important home health care and hospice providers are to their community.



For more information about home services through Lafayette County Home Health, please call the Lafayette County Health Department at 608-776-4895.



FELLOW COUNTY RESIDENTS:

As you are probably aware, Lafayette County is currently facing very difficult budgetary decisions. The County Board members are considering many possible options that might save the county money. One of the options being discussed is to close the home care program.

If you feel it is important to keep this valuable local service available to our county residents, we would ask you to contact your County Board Supervisor. Our Board Members DO respond to comments from their peers, so it is important to offer input and feedback on these important decisions.

*Thank you for your support!!
Debbie Siegenthaler, Kristie Luecke & the rest of us at the Health Department!!*

COUNTY BOARD SUPERVISORS

Dist. 1-Town of Belmont (ward 1) & Elk Grove	Patrick Shea	778-5657
Dist. 2-Town of Belmont (ward 2) & Vill. Of Belmont	Bill Moody	762-5609
Dist. 3-Towns of Kendall, Seymour & Darlington (W1)	Jack S. Sauer	776-2626
Dist. 4-Town of Darlington (ward 2), Lamont, City of Darlington (W3)	Leon Wolfe	776-4774
Dist. 5-Towns of Willow Springs & Fayette	Dwayne Larson	776-2612
Dist. 6-City of Darlington (Wards 4 & 5)	Connie Hull	776-2270
Dist. 7-City of Darlington (Wards 1, 2, 6 & 7)	Bob Helm	776-4398
Dist. 8-Village of Blanchardville, Town of Blanchard, Town of Argyle (Ward 1)	Jed Gant	523-4036
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Dist. 10-Town of Wiota	Jack Wiegel	465-3471
Dist. 11-Town of Wayne, Village of South Wayne	John Bartels	439-1541
Dist. 12-Town of Gratiot & Village of Gratiot	Gerald Heimann	574-9799
Dist. 13-Town of Monticello, White Oak Springs, Town of Shullsburg, City of Shullsburg (Ward 1)	Ted Wiegel	965-3273
Dist. 14-City of Shullsburg (W2 & W3)	Rick Moyer	965-4994
Dist. 15-Town of New Diggings, Town of Benton (Ward 1), Cuba City (that resides in Lafayette County)	David Hammer	759-4304
Dist. 16-Town of Benton (W2), Village of Benton, Hazel Green (that resides in Lafayette County)	David Halloran	759-5591