WAUPACA COUNTY DEPARTMENT OF PUBLIC HEALTH NEWSLETTER

October 2026

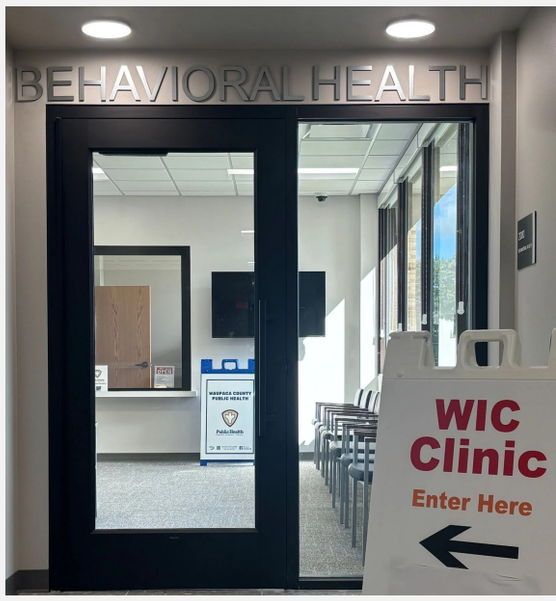


WELCOME!

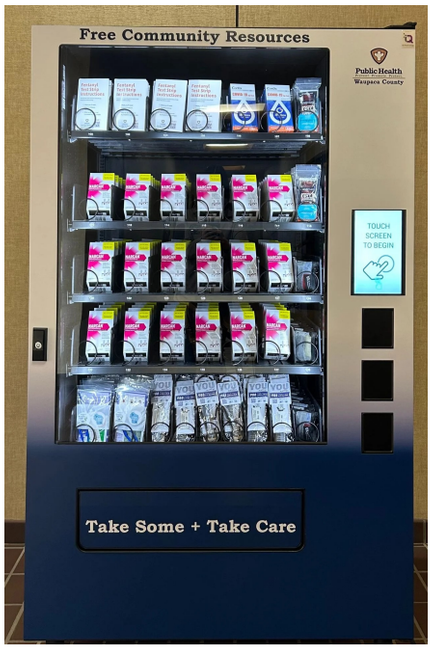
We are thrilled to present the debut edition of the Waupaca County Department of Public Health Newsletter! This newsletter is a way to share the work being done in the department as we work in partnership with the community to promote, protect, and improve health and well-being. This biannual newsletter is designed to provide important updates for our department, resources available, and insights to ongoing efforts. One thing we want to inform you of is, with the courthouse remodel, we have moved to the East side on the 2nd floor, temporarily relocated with the Behavioral Health Unit. We look forward to connecting with you and working together to strengthen the health of our community.

Enjoy!

Jed Wohlt
Health Officer



Entrance to public health reception area



PUBLIC HEALTH VENDING MACHINE

(Click On Picture To Learn More!)

The Public Health Vending Machine (PHVM) is a free community resource stocked with prevention items such as gun locks, condoms, naloxone, and more! It is meant to give people access to items that will help create a stronger and healthier community for all.

The Wisconsin Department of Health Services awarded $50,000 in grant funds to Waupaca County Department of Public Health in 2024 to implement the PHVMs. The money comes from the state's $400 million opioid settlement funds.

Please take some free items from our machines and take care of yourself and others! Locations at Waupaca County Courthouse and Compassionate Connections Center in Clintonville: 143 S Main St, Clintonville, WI 54929.

Download CDC's free *Milestone Tracker* app

App Store | Google Play

DEVELOPMENTAL MONITORING & SCREENING

(Available in English and Spanish)

All children need monitoring and screening to ensure their development is on track. Developmental monitoring and screening processes can help to identify delays and connect children and families to needed services. The CDC's *Milestone Tracker* app *(shown top left, click on icon for info)* help track milestones from two months to five years.

A useful tool for tracking child development from one month to age five is the Ages and Stages Questionnaire (ASQ). There are two types of ASQ screenings: ASQ®-3, which looks at key areas of early development, and ASQ®:SE-2, which focuses on social-emotional development. All children participating in Healthy Beginnings, DPH's birth to five home visitation program, receive ASQ screenings. These screenings are also available to the community by following the links below. After you complete a questionnaire, staff will contact you with results and may provide resources based on your child's needs.

Getting Ready for Screening

- Be ready to interact with your child during the screening. Some questions may ask you to observe how your child responds.
- Gather small toys like stacking blocks, balls, books, paper, pencils, a favorite doll, or a wagon to push and pull. The items needed will depend on the child's age.
- Take your time during the screening. A screening typically takes about 10-15 minutes.
  - It is highly recommended that you complete both questionnaires (ASQ-3 and ASQ:SE-2).

ASQ-3

Consists of questions tailored to developmental milestones specific to each age.
Covers five areas of child development:

- Communication
- Gross motor
- Fine motor
- Problem solving
- Personal social

→Click here to start a screening
→Haga clic aquí para comenzar un cuestionario

ASQ:SE-2

Consists of age-specific questionnaires that cover elements of social-emotional development.
Evaluates various aspects of social-emotional development, including:

- Self-regulation
- Adaptive functioning
- Social communication
- Interaction with people

→Click here to start a social-emotional screening
→Haga clic aquí para comenzar un cuestionario socioemocional

BREASTFEEDING SUPPORT



Brittany *(Left)*, Kristina *(Middle)*, Sarah *(Right)*

The Women, Infants, and Children (WIC) Program offers many breastfeeding resources to families. Breastfeeding provides health, nutritional, economical, and emotional benefits to mother and baby. A major goal of the WIC Program is to improve the nutritional status of mothers and infants, through education, encouragement and support in their breastfeeding journeys.

Here are a few benefits families will receive when accessing breastfeeding support:

- Individual breastfeeding counseling, follow-up, and support by professionally trained lactation specialists
- Assistance with getting a breast pump and/or supplies through insurance.
- Education on current law and policies in place, especially as it relates to supporting your return to work or school
- Support with navigating challenges/questions that arise throughout the breastfeeding journey during pregnancy and beyond.



Shayla (*Right)* and family

The Waupaca WIC Program is excited to introduce Shayla *(pictured to the left)*, our new Breastfeeding Peer Counselor! Her unique role allows her to support mothers with breastfeeding goals through phone calls, texts, emails, and in-person visits. Shayla states, "Breastfeeding builds a beautiful bond between mother and baby. Obstacles may come about during an individual's breastfeeding journey and my goal at WIC is to offer support in whatever phase families are in with breastfeeding their baby."

Contact WIC to get connected with support today!
Call the main WIC number at (715) 258-6391
Want to learn more about WIC, click HERE!

WIC WAUPACA COUNTY

(Click WIC icon for WIC application)

WHAT DOES A PUBLIC HEALTH NURSE (PHN) DO?

A public health nurse (PHN) is a registered nurse who focuses on, not only individual patients, but also population health. Their work blends clinical nursing skills with community outreach, education, prevention, and response to communicable diseases.

Programs that PHNs provide to our community include:

- Prenatal Care Coordination (PNCC): Provides expectant parents with the support they need for a healthy pregnancy and healthy baby (available for Medicaid-eligible pregnant women).
- Lead follow-up and intervention: Follow-up with children with high blood lead levels
- Communicable disease prevention and follow-up: Screens for diseases and provides follow-up to provide care, support, collect data, and ensure they have access to needed resources.
- Postpartum follow-up: Supports maternal postpartum needs and infant concerns.
- Reproductive Health Clinic: Offers a variety of evidence-based, confidential, and client-centered reproductive health services such as:
  - Sexually Transmitted Infection (STI) testing, counseling, and treatment
  - Contraceptive services and supplies
  - HIV and Hepatitis C referrals and guidance
  - Pregnancy testing, counseling, and referral
  - Assistance with community resources
  - Plus more
- Injury prevention: Education and guidance with car seat safety and safe sleep practices (car seats and pack-n-plays are available based on eligibility).
- Immunizations: Provides free or low-cost vaccines for those interested and are uninsured or underinsured.



DPH PHNs: Madalyn *(Left)*, *Kera (Middle Left)*, Kristy *(Middle Right)*, Sarah *(Right)*



IMMUNIZATIONS

Vaccines can minimize the worst effects of illnesses and prevent the spread of diseases, providing protection to those at the highest risk. Experiences with vaccine preventable illnesses can be more serious than one might expect, with symptoms and outcomes that vary for everyone. The Vaccines for Adults (VFA) and Vaccines for Children (VFC) programs provide vaccines for those who might not otherwise be vaccinated due to being uninsured or underinsured.

Vaccination records can be accessed by health care providers and local health departments or online through the Wisconsin Immunization Registry (WIR). Visit the CDC's website for vaccine & immunization schedules.

SEASONAL SAFETY TIPS AND PREPAREDNESS INFORMATION

(Click On The Titles For More Information!)

01 Cold Weather Safety

- Dress in layers: base layer, insulating layer, and windproof/waterproof outer layer
- Keep a winter emergency kit in your vehicle including: blankets, water, snacks, shovel, traction sand, jumper cables, and phone charger
- Watch for signs of frostbite:
  - numbness
  - pale/grayish skin
  - firm/waxy skin
- Watch for signs of hypothermia:
  - shivering
  - confusion
  - slurred speech
- Seek help immediately if symptoms appear

02 Carbon Monoxide Safety

- Have your furnace and chimney inspected every fall.
- Test smoke alarms and carbon monoxide detectors regularly.
- Never use generators, grills, or fuel-burning heaters indoors or in attached garages.
- Keep space heaters at least three feet away from anything that can burn.

03 Winter Storm Preparedness

- Stock essential items: food, water, medications, pet supplies, flashlights, and batteries.
- Prepare for power outages: charge devices, have extra blankets, plan for medical equipment that needs electricity.
- Sign up for local emergency alerts and weather notifications with Smart911 (RAVE). You will receive time-sensitive messages providing you with critical information.
  - *Smart911* app is available for download, click on the icon below to get signed up today!

POWERED BY: Smart911 RAVE MOBILE SAFETY

04 Respiratory Illness Prevention

- Stay up to date on flu, COVID-19, and RSV vaccines.
- Wash hands often with soap and water for at least 20 seconds.
- Stay home if you're sick; avoid close contact with others when ill.
- Improve indoor air quality: use HEPA filters or increase ventilation when possible.
- Higher-risk individuals may choose to wear a mask in crowded indoor places during peak illness season.

05 Mental Health & Wellbeing

- Short daylight hours can affect mood: stay active, get outside when possible, and connect with others.
- Contact 988 for mental health support: call, text 988, or chat online if you or someone you know is in crisis or need help.

06 Food Safety during the Holidays

- Wash hands and clean surfaces often: Clean hands, utensils, cutting boards, and counters before and after handling food to prevent the spread of germs.
- Avoid cross contamination: Keep raw meat (especially poultry and seafood) and eggs separate from ready-to-eat foods. Use separate cutting boards for raw meats and produce.
- Cook foods to safe temperatures: Use a food thermometer.
  - Poultry should reach 165°F
  - Ground meats 160°F
  - Most other meats 145°F with a 3-minute rest time
- Refrigerate: Keep your refrigerator at 40°F or below and refrigerate perishable foods within 2 hours (or 1 hour if above 90°F).
- Thaw foods safely: Always thaw food in the refrigerator, in cold running water, or in the microwave - never on the counter at room temperature.

COMMUNITY RESOURCES & IMPORTANT DATES

Resources

(Click on resource for link)

- First 5 Fox Valley
- Well Badger Resource Center
- 988 Lifeline
- WI Well Women Program
- WellTAP
- Wisconsin Wayfinder Children's Resource Network
- American Academy of Pediatrics - Parenting Website
- 211 - United Way Fox Cities

Important Dates & National Months (Not all national months are listed)

- **11/26/2026-11/27/2026**- Closed (Thanksgiving Holiday)
- **12/24/2026-12/25/2026** - Closed (Christmas Holiday)
- **12/31/2026-01/01/2027** - Closed (New Year's Holiday)
- **October**: Breast Cancer, Dental Hygiene, Domestic Violence Awareness, Fire Prevention, Health Literacy, RSV Awareness, Halloween Safety
- **November**: AIDS Awareness, Alzheimer's Disease Awareness, COPD Awareness, Diabetes, Lung Cancer, Pet Cancer, Lead Poisoning Prevention
- **December:** Fire Safety, Winter Ready, Winter Weather Safety, Sharps Injury Prevention Awareness
- **January:** Blood Donor, Cervical Cancer, Human Trafficking Prevention, Maternal Health Awareness, Radon
- **February:** American Heart, Cancer Prevention, Children's Dental Health, Dating Violence Awareness

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Prevent. Promote. Protect.

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