



Serving the communities of Caledonia, Dover, Mount Pleasant, North Bay, Norway, Raymond, Rochester, Sturtevant, Union Grove, Yorkville, Town and Village of Waterford, Town and City of Burlington

Opioid and Heroin Awareness Guide

In 2019, CRCHD released an *Opioid and Heroin Awareness Guide* in response to the nationwide opioid epidemic. In 2017, Wisconsin ranked 20th for highest number of drug overdose deaths with 31% of those deaths relating to prescription opioids. Compared to the state and nation, Racine County has seen a more dramatic increase in the drug overdose mortality rate over the last several years.

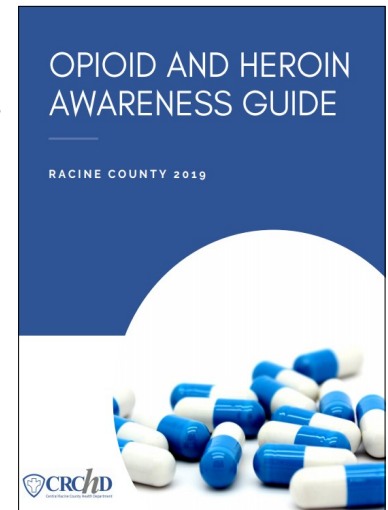
The goal of the guide is to prevent people from starting opioids, reduce addiction to opioids, and reverse opioid overdose through the use of naloxone (Narcan). The information is broken down by audience and includes specific resources for those seeking treatment, parents with children of any age, and employers looking to address opioid use in the workplace. Local and national resources are available for those seeking treatment as well as prevention tips and signs to look for in friends and loved ones who may be struggling with substance use.

The guide also provides information for those indirectly affected by the opioid epidemic with topics on reducing stigma, policy and advocacy information, and how to respond to an overdose. You can also find medication storage tips as well as alternatives to opioids for pain management.

This information is available online in both a PDF version and an interactive website version in both English and Spanish.



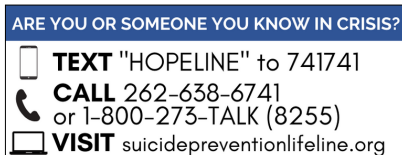
To view the *Opioid and Heroin Awareness Guide*, please visit www.crchd.com/opioid-and-heroin-awareness.



Racine County Suicide Prevention Work Group

As part of our Community Health Improvement Plan, CRCHD is working with local partner agencies to promote suicide prevention resources in the community. Suicide is the second leading cause of death in adolescents in Wisconsin. The highest suicide rates are seen among 45-54 year olds, part of our working population.

One strategy of the work group is to help companies and organizations promote existing suicide prevention resources by printing the information below on employee name badges. This approach is an easy, inexpensive, and sustainable way to get suicide prevention information into the hands of those who need it.



For more information visit www.crchd.com/suicide-prevention.

Radon Testing

You can't see it, smell it, or taste it, but radon may be a problem in your home. Radon is a naturally occurring, radioactive gas that may be present in the soil beneath your home and can build up to dangerous levels inside any home. Long term exposure to radon gas can cause lung cancer. Only smoking causes more lung cancer deaths. Testing is the only way to know if you and your family are at risk from radon. Testing is inexpensive, easy, and if your house has a radon problem, it can be fixed.



Radon test kits are available for \$7 at CRCHD or, to find the closest municipality with radon test kits, call 262-898-4460.

Burlington WIC

CRCHD offers Cribs for Kids and car seat inspection appointments at the Burlington WIC office located at 201 Crest St.

For more information on our programs & services visit www.crchd.com

Follow Us!



Lead Home Visit Program

CRCHD now offers a home visit for families with a child who has an elevated blood lead level. Lead can be toxic to everyone, but children under the age of six are at the greatest risk for health problems. Lead poisoning can cause damage to the nervous system, kidneys, and hearing. It can also cause learning difficulties, reduced intelligence, and behavioral disorders.

Children with an elevated blood lead level will be offered a home visit with a Public Health Nurse (PHN) and Registered Sanitarian (RS). During the visit, the PHN and RS will complete a visual inspection of the home, conduct a developmental screening, and provide education and recommendations to help reduce the child's blood lead level.



For more information visit
www.crchd.com/lead-prevention-poisoning.

Kenosha/Racine Lead-Free Communities Partnership

If you own a home built before 1979, you may qualify for this program which may cover 75% of the costs to reduce lead hazards in your home. This includes projects like window replacement, new siding, soffit, and fascia. Owner-occupied and rental home owners are welcome to apply.

Lead is oftentimes found in the paint and varnish of older homes. Lead paint and varnish found on high traffic or friction surfaces like floors, windows, stairs, and doors can be lead hazards which cause lead poisoning. Lead can also be found in other areas of older homes.

This program serves all the communities of Kenosha and Racine Counties. For more information about the Kenosha/Racine Lead-Free Partnership, please contact 262-605-6783 or visit www.legacyoflead.com.



For more information visit
www.crchd.com/lead-hazard-investigations.

WEAVR

Disasters in Wisconsin do not happen often, but when they do, it is important for your local health department to call upon health professionals who are interested in volunteering their time and talents to assist with a public health emergency response.

The Wisconsin Emergency Assistance Volunteer Registry (WEAVR) provides an easy way for you to indicate your interest in doing just that: volunteering in the event of a public health emergency in the community. One example of response may include a mass immunization clinic in the event of a pandemic influenza outbreak.

Registration can be completed online at weavrwi.org. Please select Central Racine County Health Department as your organization during the first step in your registration. Have your professional license information, emergency contact information, and Social Security Number available when you register. The process should take about 15 minutes of your time.

For more information and to register, visit the WEAVR website at weavrwi.org.



Food Facility Award of Excellence

On an annual basis, CRCHD acknowledges the food facilities that regularly meet a high standard of food safety by issuing an award of excellence. This award is supported by our local food industry committee members and the CRCHD Board of Health. Facilities receiving the Award of Excellence for the 2018-2019 license year are the following:

- **A&W All American Food**, Franksville
- **Arby's**, Franksville
- **Burlington High School**, Burlington
- **Cooper Elementary School**, Burlington
- **Evergreen Elementary School**, Waterford
- **Fox River Middle School**, Waterford
- **Java Jo's**, Waterford
- **Jellystone Park**, Caledonia
- **Kwik Trip**, Durand Ave, Mount Pleasant
- **McDonalds**, Douglas Ave, Caledonia
- **McKenzie Food Service #2**, Raymond
- **Noodles & Company**, Mount Pleasant
- **North Cape School**, Raymond
- **Olympia Brown Elementary**, Caledonia
- **Pilot Travel Center**, Franksville
- **Real School**, Mount Pleasant
- **Sil's Mini Donuts**, Raymond
- **Starbucks**, Mount Pleasant
- **Subway**, Waterford
- **Taco Bell**, Mount Pleasant
- **Woodfield Elementary School**, Waterford

Congratulations to these facilities. *Inspection reports are available at www.crchd.com/inspection-reports.*



Family Connects Racine County

Family Connects Racine County (FCRC) is a community-wide nurse visit program for all parents of newborns in Racine County. Supported by Racine County Human Services and the United Way of Racine County, our mission is to enhance health and well-being for children and families.

We believe that every family has needs following the birth of a child. FCRC provides between one and three nurse home visits to every family with a newborn beginning at about three weeks of age, regardless of income or demographics. Nurse visitors offer supportive guidance, respond to family questions about newborn care, and help bridge the gap between parent needs and community resources. Participation is voluntary, provided at no charge, and open to all Racine County families who have just given birth.



For more information visit www.crchd.com/prenatal-parenting-programs.

Food Facility Inspection Reports

Each year, CRCHD inspects approximately 600 food facilities including restaurants, gas stations, convenience/grocery stores, schools, and more. During routine inspections the inspector will follow the flow of food throughout the food facility and discuss food safety practices with the food service employees as well as observe and verify use of proper food safety practices and procedures. Inspections focus on identifying risk factors such as poor personal hygiene, food from unsafe sources, inadequate cooking, improper holding temperatures, and contaminated equipment. The inspector also provides education and information on proper food safety practices.

CRCHD performs inspections to reduce the risk of foodborne illness and regularly posts the results of these inspections to assist consumers in being well-informed. Please keep in mind that any inspection report is a “snapshot” of the day and time of the inspection. On any given day, a food facility could have fewer or more violations than noted in the report.



Inspection reports are available at www.crchd.com/inspection-reports.

Be Prepared for Winter Emergencies

Emergencies can happen anytime, but it is especially important to be prepared during the harsh winter months. Winter storms, power outages, and medical emergencies can leave you and your loved ones overwhelmed and endangered. Ensure you are ready for emergencies by following a few simple steps.

Make an Emergency Kit

Gather enough supplies to last at least three days. Include the following items:

- Water - 1 gallon per person, per day
- Food - non perishable items
- Battery-powered or hand crank radio and a NOAA Weather Radio
- Flashlight
- First aid kit
- Extra batteries
- Whistle to signal for help
- Dust mask, plastic sheeting, and duct tape to protect from contaminated air

- Moist towelettes, garbage bags, and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps
- Cell phone with chargers and backup battery

Additional Items to Consider

- Prescription medications and glasses
- Infant diapers and formula
- Pet food and extra water for pets
- Important documents (insurance policies, identification, bank account records) - place in a water proof container
- Cash
- Emergency reference material (i.e. first aid manuals or ready.gov references)
- Sleeping bag or warm blanket for each person, plus additional bedding for cold weather

- Complete change of clothes for each person, plus additional layers for cold weather (include long pants, long sleeves, and sturdy shoes)
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Paper cups/plates, plastic utensils, paper towels
- Books, games, activities for children

Kit Maintenance

Check your kit every year to replace expired items and make adjustments depending on your family’s needs. Keep canned food in a cool, dry place and keep boxed food in tightly sealed containers. Have kits for work, home, and in the car. You never know where you will be when an emergency happens.

Source: Ready.gov/kit

For information on emergency kits and planning, go to www.crchd.com/emergency-preparedness.





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For more information on our
programs & services visit
www.crchd.com

Using your phone's camera, scan the QR
codes in this newsletter to view online
resources.



We Want to Hear From You!

Do you have an idea for future newsletters or services you would like to see the health department offer? Send us your feedback! Visit www.crchd.com and use the "Contact Us" page to send us a message.

Vaping

Vaping may be marketed as a safe alternative to tobacco, but many are not aware of the harmful ingredients found in e-cigarette liquid. One common misconception is that vape clouds are just water vapor and don't carry any health risks. That "vapor" is actually a thick aerosol that contains harmful chemicals including nicotine, ultra-fine particles, volatile organic compounds, and other toxins.

While many individuals have used vaping to help them quit smoking cigarettes, vaping is not an approved method of smoking cessation and has not been proven safe or effective. Younger people who have never smoked cigarettes are starting to vape, taking on the health risks without any benefit of quitting tobacco. Both firsthand and secondhand aerosols pose serious health risks.

Marketing tactics such as sweet flavors, colorful packaging, and use of familiar children's brands and characters make vaping particularly appealing to children and teens. E-cigarette ads are not banned from television like tobacco ads. In fact, 4 in 5 students were exposed to e-cigarette ads in 2016.

If you need assistance to quit smoking or vaping, call the Wisconsin Tobacco Quit Line at 1-800-QUIT-NOW.

Health Risks of Vaping:

- Vaping can affect healthy growth and development of the brain in young people. The brain continues to develop until age 25, so it is especially important to prevent teens from experimenting with vaping.
- Nicotine also affects the parts of the brain responsible for control and learning.
- Heavy metals found in vaping aerosols can affect heart, lung, liver, and brain health.
- Diacetyl, a compound used to bind artificial flavors to the e-liquid, has been proven to cause damage to airways when heated.
- Ethylene glycol, a cheaper alternative that can be found in mass market e-cigarette liquids, is associated with markedly enhanced toxicological hazards when compared to conventionally used propylene glycol.
- Compounds in vaping aerosols, such as formaldehyde and benzene, are known carcinogens.
- The lithium batteries that power e-cigarettes are susceptible to explosions and fires, especially when charging.

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