

Public Health Update

MARCH 15, 2023, VOLUME 7, ISSUE 3



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MARCH IS NATIONAL NUTRITION MONTH

Healthy eating and physical activity are important through every phase of life. That's why the Academy of Nutrition and Dietetics have selected the theme for this year's National Nutrition Month as ***Fuel for the Future***.

Here are some ways we can *Fuel for the Future*:

- **Eat with the environment in mind.** Enjoy more foods that come from plants, purchase foods with minimal packaging, or grow food at home.
- **Stay nourished and save money.** Planning your meals and snacks can save you money and reduce wasted food.
- **Eat a variety of foods from all food groups.** Choosing a variety of healthful foods is important, since foods can differ in the nutrients they provide. Follow [MyPlate](#)'s daily recommendations for each food group to get the nutrients you need at each life stage.
- **Make tasty foods at home.** Try learning cooking and meal preparation skills. You may even find creative ways to use your leftovers, saving you money.
- **See a Registered Dietitian Nutritionist (RDN).** RDNs are nutrition experts and can help you with personalized nutrition advice to meet your health goals. Ask your doctor for a referral to a RDN who specializes in your unique needs.

Source: [eatright.org](#) | Academy of Nutrition and Dietetics | March 2023

Public Health Clinic Days & Hours:

Tuesday

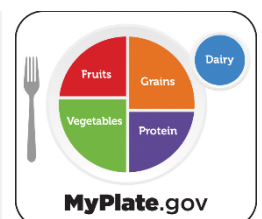
Park Falls Office
8am - 12pm
1pm - 4:30pm

Wednesday & Thursday

Phillips Office
8am - 12pm
1pm - 4:30pm



More information on healthy eating:
[National Nutrition Month® \(eatright.org\)](#)
[MyPlate | \(myplate.gov\)](#)
[Nutrition | CDC \(cdc.gov/nutrition\)](#)



Nutrition Programs within Price County

Price County offers nutrition programs for infants, children, and pregnant women as well as for senior members of our community. More information on these programs is included below. Please contact us at Price County Health and Human Services if you have further questions or if you would like to apply.

WIC – Women, Infants, and Children

Want to keep your family healthy and strong? The Women, Infants and Children Nutrition Program helps you do just that!

You may qualify for WIC if:

- You live in Wisconsin.
- You're pregnant, breastfeeding or have had a baby in the past six months.
- You have an infant or children under 5.
- You meet the income guidelines found at dhs.wisconsin.gov/wic/incomeguidelines.htm.
- **You may automatically qualify if a member of your family receives BadgerCare Plus, FoodShare, or W-2 benefits.**



Everyone wins with WIC. Better nutrition leads to healthier moms, babies, and children. It's easy to apply.

With the WIC food benefits card and shopping app, WIC is easier to use than ever! Give us a call at **715-339-3054**.

SENIOR NUTRITION SITES:

Senior dining provides well-balanced, nutritious meals; promotes better health; and reduces isolation through opportunities for socialization. Dining sites are located in five communities throughout Price County offering meals four days per week. Home delivered meals are also available for qualifying individuals within Price County.

Senior Dining is available to individuals 60 or older and their spouse/domestic partner regardless of their age; and adults with disabilities who live with and are accompanied by an eligible older adult to the site.

For further information, view the [Senior Dining Services Brochure](#) or call Senior Services at **715-339-2158**.

Fish Tacos - Tilapia and Bell Peppers Tacos Recipe

Ingredients

- | | |
|--|---|
| 6 5-ounce tilapia fillets or other firm white fish | ½ large yellow bell pepper, cut in ¼-inch strips |
| ½ teaspoon ground cumin | 1 jalapeño pepper, cut in thin strips |
| ¼ teaspoon salt | 1 small onion, thinly sliced |
| 2 limes, divided | 2 cloves garlic, chopped |
| ¼ cup olive oil | 6 8-inch whole-wheat tortillas |
| ½ large red bell pepper, cut in ¼-inch strips | 6 tablespoons fresh cilantro or parsley, coarsely chopped |

Directions:

1. Place tilapia in a medium bowl. Toss with cumin, salt and juice of 1 lime. Set aside.
2. Heat olive oil over medium-high heat in a large nonstick skillet. Add red and yellow peppers, jalapeño, onion and garlic. Cook and stir for about 1 minute, until peppers and onion are slightly softened.
3. Add tilapia and cook for about 3 minutes on each side or until white and opaque. Fish will flake easily and may break apart.
4. Warm tortillas according to package instructions.
5. Divide the tilapia-pepper mixture and cilantro evenly over tortillas. Roll to shape the taco. To serve, garnish each taco with a wedge of the remaining lime.





Public Health to offer Tdap, HPV & Meningococcal Vaccines in School

Price County Public Health will be providing school vaccine clinics in the Chequamegon, Phillips and Prentice Schools in April. Parents and guardians will have the opportunity to sign their middle and/or high school student up for Tdap, HPV, and/or Meningococcal vaccinations in the upcoming weeks. Here is more information on each of these vaccines:

Tdap vaccine can prevent **tetanus, diphtheria, and pertussis**.

Diphtheria and pertussis spread from person to person. Tetanus enters the body through cuts or wounds.

- **TETANUS (T)** causes painful stiffening of the muscles. Tetanus can lead to serious health problems, including being unable to open the mouth, having trouble swallowing and breathing, or death.
- **DIPHTHERIA (D)** can lead to difficulty breathing, heart failure, paralysis, or death.
- **PERTUSSIS (aP)**, also known as “whooping cough,” can cause uncontrollable, violent coughing that makes it hard to breathe, eat, or drink. Pertussis can be extremely serious especially in babies and young children, causing pneumonia, convulsions, brain damage, or death. In teens and adults, it can cause weight loss, loss of bladder control, passing out, and rib fractures from severe coughing.

For more information on the Tdap vaccine, check out this [Vaccine Information Statement](#).

HPV (human papillomavirus) vaccine can prevent infection with some types of **human papillomavirus**.

HPV infections can cause certain types of cancers, including:

- cervical, vaginal, and vulvar cancers in women
- penile cancer in men
- anal cancers in both men and women
- cancers of tonsils, base of tongue, and back of throat (oropharyngeal cancer) in both men and women

HPV infections can also cause anogenital warts.

HPV vaccine can prevent over 90% of cancers caused by HPV.

HPV is spread through intimate skin-to-skin or sexual contact. HPV infections are so common that nearly all people will get at least one type of HPV at some time in their lives. Most HPV infections go away on their own within 2 years. But sometimes HPV infections will last longer and can cause cancers later in life.

For more information on the HPV vaccine, check out this [Vaccine Information Statement](#).

Meningococcal ACWY vaccine can help protect against **meningococcal disease** caused by serogroups A, C, W, and Y. A different meningococcal vaccine is available that can help protect against serogroup B.

Meningococcal disease can cause meningitis (infection of the lining of the brain and spinal cord) and infections of the blood. Even when it is treated, meningococcal disease kills 10 to 15 infected people out of 100. And of those who survive, about 10 to 20 out of every 100 will suffer disabilities such as hearing loss, brain damage, kidney damage, loss of limbs, nervous system problems, or severe scars from skin grafts.

For more information on the Meningococcal vaccine, check out this [Vaccine Information Statement](#).

Phillips
April 17, 2023

Prentice
April 18, 2023

Chequamegon
April 19, 2023

PRICE COUNTY COVID-19 UPDATE

Price County Public Health has seen a slight uptick in COVID-19 cases in recent weeks. Cases have been reported by both medical providers and individuals following a positive at-home COVID-19 test. Public Health encourages everyone to stay home, separate yourself from others, and get tested if you experience symptoms of COVID-19.

Symptoms of COVID-19 may include:

- Cough
- Shortness of breath
- Sore throat
- Fever or chills
- Muscle or body aches
- Congestion or runny nose
- New loss of smell
- Headache
- New loss of taste
- Fatigue
- Abominal pain
- Vomiting or diarrhea

When to Take an At-Home COVID-19 Test



- 1 You have symptoms of COVID-19
- 2 You had close contact with someone who has COVID-19
- 3 You will be with someone who is at high risk for severe COVID-19
- 4 You plan to attend an event or gathering

Free at-home test kits are available at these locations:

- Price County Public Health Offices
- SAY YES! Covid Test [Website](#)

IF YOU TEST POSITIVE: Stay home for at least five full days and isolate from other people in your home. Day 0 is the first day symptoms began or the day that your positive COVID-19 test was taken (if you do not have symptoms).

PRICE COUNTY COVID-19 SUMMARY STATISTICS

CONFIRMED AND PROBABLE CASES | Previous 8 Weeks



Totals Since 2020



- **3.1%**
New Cases | 7-day average of new confirmed and probable cases reported per day.
- **20.4%**
Percent Positive by Test | percentages of all positive tests, averaged over the previous 7-day period

7-day average data: 3/4/23 - 3/10/23



PUBLIC HEALTH MAIN OFFICE

104S. Eyder Avenue
Phillips, WI 54555
715-339-3054

PARK FALLS OFFICE

698 4th Avenue South
Park Falls, WI 54552
715-762-3125

MAILING ADDRESS

P.O. Box 88
Phillips, WI 54555

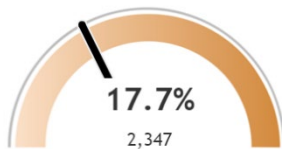
FAX NUMBER

715-339-4018

WEBSITE

www.co.price.wi.us

Percent of Price County residents who have received the updated COVID-19 booster



Age	Percent	Race	Percent
0-4	0.2%	American Indian	7.2%
5-11	0.8%	Asian	4.7%
12-17	2.8%	Black	0.8%
18-24	4.9%	White	17.2%
25-34	4.7%	*6.8% of records reported a race of "Other"	
35-44	6.7%	*2.0% of records reported an unknown race	
45-54	9.9%		
55-64	17.6%		
65+	42.0%		
Sex		Ethnicity	
Female	19.4%	Hispanic	8.8%
Male	16.0%	Non-Hispanic	17.7%

*0.2% of records were reported without sex.
*1.8% of records were reported without ethnicity.

COVID-19 Boosters are Still Available:

Price County Public Health has COVID-19 vaccines available for individuals 6 months and older.

If it has been 2 months since your last primary or booster dose, you may be eligible for the **Bivalent** Booster Dose.

Call us at **715-339-3054** to schedule an appointment for your COVID vaccination.