

# Public Health Update

SEPTEMBER 12, 2023, VOLUME 7, ISSUE 9



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## Public Health Clinic Days & Hours:

### Tuesday

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

### Wednesday & Thursday

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



## Preparing for Flu Season

The change in seasons is upon us – the leaves are turning colors, the air is getting cooler, and flu vaccines are being prepped for clinics. Like any year, the CDC and WI DHS recommend that **all persons aged 6 months and older receive a seasonal flu vaccination with rare exceptions**. Vaccination is especially important for individuals who are at risk of serious complications from influenza. Please help us keep you and your family healthy.

Looking to get your flu vaccination? Price County Public Health will be offering community walk-in flu clinics at the dates listed below. Appointments for vaccination can also be scheduled at the Phillips or Park Falls clinic by calling 715-339-3054.

### Price County Public Health walk-in community flu clinics:

	9:30am – 10:30am	Kennan Fire Hall
<b>Monday, October 23<sup>rd</sup></b>	11:30am – 12:30pm	Ogema Public Library
	3:30pm – 4:30pm	Park Falls Public Health Office
<b>Tuesday, October 24<sup>th</sup></b>	10:00am – 11:00am	Brantwood Community Center
	12:00pm – 1:00pm	Prentice Railroad Rec Center
<b>Wednesday, October 25<sup>th</sup></b>	1:00pm – 3:30pm	Phillips Public Health Office

For more information on this year's flu vaccine, visit the WI Department of Health Services (WI DHS) [flu prevention webpage](#) or the Centers for Disease Control (CDC) [website](#).



## TOBACCO IS CHANGING

The **Northwoods Tobacco Free Coalition (NWTCF)** would like to remind school staff, parents, and guardians to take a moment to learn about today's new tobacco products that are targeted toward youth. Tobacco companies continue to make products cheaper, more accessible, and easier to hide. The more we know, the easier it is to have conversations with youth on the dangers of tobacco.

New educational ads released by the **Tobacco is Changing** campaign shed light on the ways that the tobacco industry targets certain populations. Many of the new e-cigarettes do not look like traditional tobacco products (like the newest e-cigarettes posing as highlighters), so it is important to take a step back and question unfamiliar things. This tip sheet from the Wisconsin Department of Health Services has great tips to help parents watch for nicotine in disguise: **Learn the Products**. More valuable resources are available for you to download from the **NWTCF Tobacco Free School Resource Folder**.

***Tobacco is changing, the Northwoods Tobacco Free Coalition is here to help!***

*For questions or additional resources, please contact Susie Daniels RN BSN from the Northwoods Tobacco Free Coalition/Price County Public Health at 715-339-3054.*

Teens can text **VAPEFREE** to **873373** for free help to quit e-cigarettes.

### Packaging that Hides in Plain Sight

Bright colors, slick packaging, look-alike designs. Today, deceptive packaging makes the average tobacco product look more like candy, or a fun toy, than a dangerous addiction—if you can spot it at all.

#### What to Look For:

- Vaping devices concealed in hoodies, backpacks, smartwatches, and other wearables
- Shiny cigar packaging that looks like candy
- Colorful dip and snus tins that look like mints or gum
- Disposable e-cigarettes that look like highlighters or USB drives
- Vapes disguised as everyday objects, like a makeup compact
- Mysterious packages or new clothing and accessories you don't remember purchasing.



**Learn more about the manipulative tobacco tactics affecting your community at [TobaccoisChanging.com](http://TobaccoisChanging.com).**

# September is Suicide Prevention Month

In August, members of the AODA/Mental Health Coalition put together a three day Lifelines training at North Central Technical College in Phillips. A total of 28 individuals were in attendance from the following organizations: Phillips School, Chequamegon School, Prentice School, City Law Enforcement, Marshfield Clinic, Aspirus Clinic, Price County Health and Human Services, Embrace, and Soar Services.

Lifelines, a program that promotes suicide prevention, provides resources necessary to equip individuals when responding to a situation. The program aims to increase the likelihood that school staff and students will be able and willing to identify at-risk youth when they encounter them, provide an appropriate initial response, and obtain help.

Going forward, the AODA/Mental Health Coalition plans to meet with those who attended this training to provide continuous crisis plan updates. Furthermore, the Coalition plans to provide an update from this training to independent mental health providers in our area.

If you have any questions or are interested in joining the AODA/Mental Health Coalition, please contact them at the methods listed on the right.

You may also access the the Price County AODA/Mental Health Coalition's [2022 Annual Report](#) on their [facebook](#) page.

## Price County AODA/MH Coalition

**Phone:**  
715-339-3054

**Email:**  
[pricecountycoalition@gmail.com](mailto:pricecountycoalition@gmail.com)

**Website:**  
[www.pricecountyadoa-mhcoalition.org](http://www.pricecountyadoa-mhcoalition.org)



## In 2021, 905 Wisconsin residents died by suicide.

Data for 2022 is not yet complete. Records show at least 912 Wisconsin residents died by suicide last year.

Source: WI DHS Suicide Prevention webpage

## Follow these five steps to help someone thinking about suicide.

**Ask:** Asking the question "Are you thinking about suicide?" communicates that you're open to speaking about suicide in a non-judgmental and supportive way.

**Be there:** This could mean being physically present for someone, speaking with them on the phone when you can, or any other way that shows support for the person at risk. Listen carefully and learn what the individual is thinking and feeling.

**Keep them safe:** Reducing a suicidal person's access to highly lethal items or places is an important part of suicide prevention. While this is not always easy, asking if the at-risk person has a plan and removing or disabling the lethal means can make a difference.

**Help them connect:** Helping someone with thoughts of suicide connect with ongoing supports can help them establish a safety net for those moments they find themselves in a crisis. These supports could be a family member, friend, spiritual advisor, or mental health professional.

**Follow-up:** After your initial contact with a person experiencing thoughts of suicide, and after you've connected them with the immediate support systems they need, make sure to follow-up with them to see how they're doing.

Source: WI Department of Health Services (WI DHS)

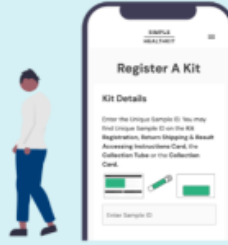




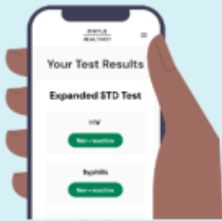
# Order Your Free At-Home HIV and STI Tests While Supplies Last!



**Step 1:** Get tests delivered to you in discreet packaging.



**Step 2:** Collect & ship back the samples easily.



**Step 3:** Get results within 24 hours of sample receipt.



**Step 4:** Get linked to free treatment.



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**SIMPLE**  
**HEALTHKIT**

## *Curious about your #HIV or #STI status?*

For a limited time, Wisconsin residents 18 years or older can order free test kits for HIV, syphilis, chlamydia, gonorrhea, and trichomoniasis.

Go to [www.simplehealthkit.com/partnerships/Wisconsin](http://www.simplehealthkit.com/partnerships/Wisconsin) to learn more and to order yours today!

**#KnowYourStatus**

*Well Badger Resource Center is your one-stop connection to community, social, health, and government programs.*

Call: 1-800-642-7837

Text: 608-360-9328

Email:  
[help@wellbadger.org](mailto:help@wellbadger.org)

Live chat:  
[www.wellbadger.org](http://www.wellbadger.org)

Facebook Messenger:  
[@wellbadger](https://www.facebook.com/wellbadger)



## **PUBLIC HEALTH MAIN OFFICE**

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

## **PARK FALLS OFFICE**

698 4<sup>th</sup> 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](http://www.co.price.wi.us)

## **COMMUNITY HEALTH SURVEY**

Please take a few minutes to complete the 2023 Community Health Survey. Your input will help us identify top health issues and create the next community health improvement plan for Price County. The survey can be accessed at the QR code shown on the right or by clicking on this link:

<https://www.surveymonkey.com/r/6VBJ588>.

