

Public Health Update

OCTOBER 20, 2023, VOLUME 7, ISSUE 10



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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



Staying Healthy this Fall

The leaves are falling, the air is cooling, and we all know that snow is around the corner here in Northern Wisconsin! As we enjoy the remaining few weeks of fall, we are also reminded to protect our family's health heading into the months ahead with these helpful tips:

- Wash your hands for at least 20 seconds. [Handwashing | CDC](#)
- Cover your mouth and nose when coughing or sneezing.
- Disinfect objects and surfaces regularly (like door knobs and light switches).
- Stay up to date with recommended vaccinations.
- Stay up to date with routine medical and dental checkups.
- Get enough sleep. [How Much Sleep Do I Need? | CDC](#)
- Stay active. [Physical Activity Basics | CDC](#)
- Connect with your favorite people.
- Eat healthy meals.
- Take time for yourself.
- Prepare your home and vehicle for the winter weather ahead. [Winter Weather Health and Safety Tips | WI DHS](#)

Price County Public Health
wishes everyone a fun
and safe Halloween!



Fall 2023 Vaccine Recommendations for RSV, COVID, and FLU

There are three vaccinations available this fall – flu, RSV, and COVID. You may be wondering which ones you should get. Below we have provided the recommendations for each vaccine and where they may be available in our area. **Please note that vaccine availability is subject to change at each of the listed service providers due to limited availability and shipment delays for some of the vaccines.**

The CDC recommends **everyone 6 months and older** should get a yearly [flu vaccine](#).

The CDC recommends that **everyone 5 years and older** should get **1 updated COVID-19 vaccine**, at least two months after getting the last dose of any COVID-19 vaccine.

[RSV vaccines](#) are available for individuals 60 years and older AND for eligible infants and pregnant women.

Talk to your medical provider to see if you should receive the RSV vaccine

| Service Provider & Location | Hours | FLU | COVID-19 | RSV |
|---|---|---|--------------------------|------------------------------------|
| Price County Public Health 104 S Eyder Ave (Main office) Phillips, WI 54552 698 5 th Ave S (Outreach office) Park Falls, WI 54552 715-339-3054 | Phillips Location W-Th 8:00am-4:30pm Park Falls Location T 8:00am-4:30pm | High Dose (65+) Standard (6mo+) | Shipment delayed* | |
| Pick n Save Pharmacy 256 S Lake Ave Phillips, WI 54555 715-260-7020 | M-F 9:00am-6:00pm Sat 9:00am- 3:00pm (new temporary hours) | High Dose (65+) Standard (6mo+) FluBlok | Pfizer (12+) | RSV |
| Park Pharmacy 138 N 2 nd Ave Park Falls, WI 54552 715-762-3283 | M-F 8:00am-6:00pm Sat 8:00am-3:00pm *Call to schedule an appointment | Flud Quad (65+) Afluria Quad (6mo+) | Moderna (6mo-11y) (12+) | RSV (limited supply by appt. only) |
| Marshfield Medical Center 50 Sherry Ave Park Falls, WI 54552 715-762-7311 | M-F 8:00am- 5:00pm *Call to schedule an appointment/No walk-ins accepted | High Dose (65+) Standard (6mo+) | Moderna (6mo-11y) (12+) | |
| Aspirus Clinic Phillips 625 Peterson Avenue Phillips, WI 54555 715-339-4035 | M-F 8:00am- 5:00pm *Call to schedule an appointment/No walk-ins accepted | High Dose (65+) Standard (6mo+) | | |
| Aspirus Clinic Prentice 1511 Railroad Ave Prentice, WI 54556 715-428-2521 | M-F 8:00am- 5:00pm *Call to schedule an appointment/No walk-ins accepted | High Dose (65+) Standard (6mo+) | | |

*Price County Public Health is experiencing a shipment delay of the Moderna COVID-19 vaccine. We will provide a notification on the Price County Public Health [Facebook Page](#) and [website](#) when the vaccine is available at our location.

Dates and Locations of the Community Flu Clinics and School Flu Clinics are listed on Page 4.

October is Breast Cancer Awareness Month

Each year in the United States, about 240,000 cases of breast cancer are diagnosed in women and about 2,100 cases are diagnosed in men (Centers for Disease Control and Prevention). It is the second most common cancer among women in the United States and the second leading cause of death in the United States (CDC).

Breast Cancer Awareness Month aims to promote screening and prevention. It reminds us all to take a moment to learn more about the disease, the risk factors we may have, and the importance of screening for early detection.

What symptoms should I look for?

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or shape of the breast.
- Pain in the breast.

How do I reduce my risk?

- Keep a healthy weight and be physically active.
- Limit alcohol consumption or choose not to drink alcohol.
- Breastfeeding your infants, if possible.
- Meet with your doctor if you have a family history of breast cancer.

Check out these short video clips from the CDC:

[Reduce Risk](#) | [Alcohol & Breast Cancer](#)

To learn more about breast cancer, please check out these reliable resources:

[Environmental Public Health Tracking: Breast Cancer Data](#) | WI Department of Health Services (WI DHS)

[Breast Cancer Awareness](#) | Centers for Disease Control and Prevention (CDC)

[About Breast Cancer](#) | National Breast Cancer Foundation

[Breast Cancer](#) | National Cancer Institute

The Wisconsin Well Woman Program (WWWP) helps women who have little or no health insurance get screening for breast cancer.

As of July 1st, women aged 40 years or older now qualify for the program. WWWP offers support to women whose incomes are 250% below the federal poverty level, and do not have adequate health insurance coverage. The service provides access to mammograms for breast cancer screening and Pap tests for cervical cancer screenings at no cost to the client.

If you are 40 years and older with a high deductible or no health insurance, and meet the income guidelines, you may qualify for the program. Income guidelines are updated annually.

Oneida County Health Department assists women in multiple counties to access WWWP benefits including; Ashland, Bayfield, Florence, Forest, Iron, Oneida, Price, Sawyer and Vilas counties. It is anticipated that this change could make hundreds of women eligible for these life-saving services. Local healthcare providers and public health agencies also have information on how to refer women to the Wisconsin Well Woman Program.

CURRENT INCOME GUIDELINES:

| Family Size | Household Income |
|-------------|--|
| 1 | Up to \$36,450 |
| 2 | Up to \$49,300 |
| 3 | Up to \$62,150 |
| 4 | Up to \$75,000 |
| 5+ | Add \$12,850 for each additional family member |

FOR MORE INFORMATION:

<https://www.dhs.wisconsin.gov/wwwwp>

or

Oneida County Health Department
715-369-6119

In 2020, 48% of Price County female Medicare enrollees (ages 65-74) received an annual mammography screening as compared to 43% at the state and 37% at the national level. ([2023 County Health Rankings](#))

REMINDERS & RESOURCES

Positive Parenting Help for Parents of Teens

Free of charge, including workbook.

Held at Price County Health & Human Services; 104 South Eyder, Phillips

Coping with Teenagers' Emotions

October 23, 2023

6pm – 8pm

Registration Link:

<https://forms.gle/XDU93Kh9Ay1i5Rub6>

Getting Teenagers to Cooperate

November 30, 2023

6pm – 8pm

Registration Link:

<https://forms.gle/H7BnrotyYQpTS2TG7>

All attendees, who participate & complete a training survey, will receive a \$10 gas card.

Get Flu Shot

Schedule Mammogram

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 below or by clicking on this link:

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



Flu Clinics Offered by Price County Public Health

Walk-In Community Flu Clinics:

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

School Flu Clinic for Staff and Students:

| | |
|---|-----------------------------|
| Monday, October 30th | Phillips School District |
| Tuesday, October 31st | Prentice School District |
| Wednesday, November 1st | Chequamegon School District |

Appointments for the flu vaccine can also be scheduled during our regular clinic hours in Phillips or Park Falls by calling 715-339-3054.

PUBLIC HEALTH MAIN OFFICE

104 S. 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