

## Alzheimer's & Brain Awareness Month

**Dementia** is not a single disease; it's an overall term — like heart disease — that covers a wide range of specific medical conditions, including Alzheimer's disease. Disorders grouped under the general term "dementia" are caused by abnormal brain changes. These changes trigger a decline in thinking skills, also known as cognitive abilities, severe enough to impair daily life and independent function. They also affect behavior, feelings and relationships.

### Causes

Dementia is caused by damage to brain cells. This damage interferes with the ability of brain cells to communicate with each other. When brain cells cannot communicate normally, thinking, behavior and feelings can be affected.

### Understanding Alzheimer's

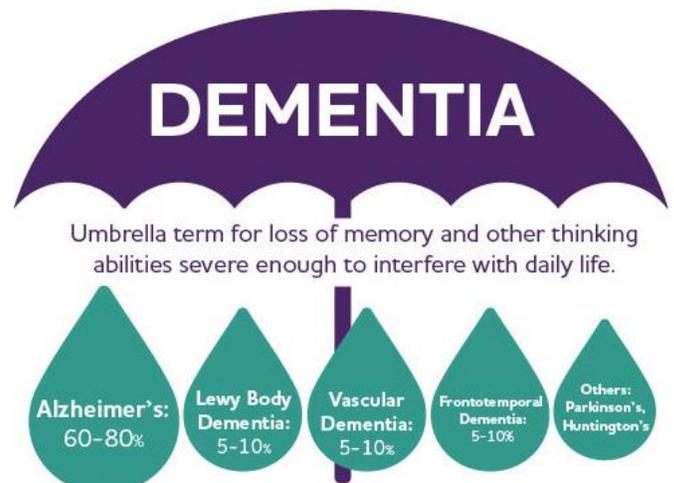
**Alzheimer's is not a normal part of aging.** The greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older.

**Alzheimer's worsens over time.** Alzheimer's is a progressive disease, where dementia symptoms gradually worsen over a number of years.

**Alzheimer's has no cure**, but one treatment — aducanumab (Aduhelm™) — may potentially delay clinical decline.

### What you can do

**The Longest Day** is the day with the most light — the summer solstice. On June 20, thousands of participants from across the world come together to fight the darkness of Alzheimer's through an activity of their choice.



**1 IN 3** seniors dies with Alzheimer's or another dementia.

More than **6 MILLION** Americans are living with Alzheimer's.

In 2020, caregivers of people living with Alzheimer's disease or other dementias provided an estimated **15.3 BILLION HOURS** of unpaid care, a contribution to the nation valued at more than \$256.7 billion.

Alzheimer's kills more than breast cancer and prostate cancer **COMBINED**.

## Inside This Issue:

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## Special News:

Hello and Welcome Back! It has been over a year since we have sent out an "official" public health update to our partners.

We are hopeful that we, as a nation, as a state and as locals, are on the right track to get back to our new normal. Therefore, we will start to slowly scale up to our "pre" COVID-19 capacity.

Also, back by popular demand, is the next edition of the Public Health Centennial Gazette!

# Tick Bite Prevention

When enjoying time outdoors, it is important to be aware of ticks and take steps to protect yourself. You can take several steps to "fight the bite" and prevent illnesses spread by ticks, including using personal protection, removing ticks as soon as possible, and getting rid of ticks in your yard.

There are many diseases that can be spread by ticks in Wisconsin. Anaplasmosis, babesiosis, ehrlichiosis, Lyme disease, Powassan virus infection, and Rocky mountain spotted fever are among the diseases that can be spread by ticks. Most tickborne diseases in Wisconsin are spread by the black-legged tick (also known as the deer tick). Ticks are typically most active in Wisconsin from May to September, but it is still important to use caution year-round.

## Tick Bite Prevention

**PROTECT YOURSELF FROM BITES.** Wear insect repellent with 20% or more DEET. Wear a long-sleeve shirt and pants while outdoors.

**AVOID TICK-HEAVY AREAS.** Ticks like to live in tall bushes and other vegetation. When walking on trails, stay in the center and do not go off into the brush.

**PERFORM DAILY TICK CHECKS.** Check your entire body after being outside, even if you were only in your yard. Shower as soon as possible after coming in from the outdoors.

**TUMBLE DRY CLOTHES AFTER BEING OUTDOORS.** Tumble dry your clothes on high heat for 10 minutes to kill any ticks that may have come in on your clothes.

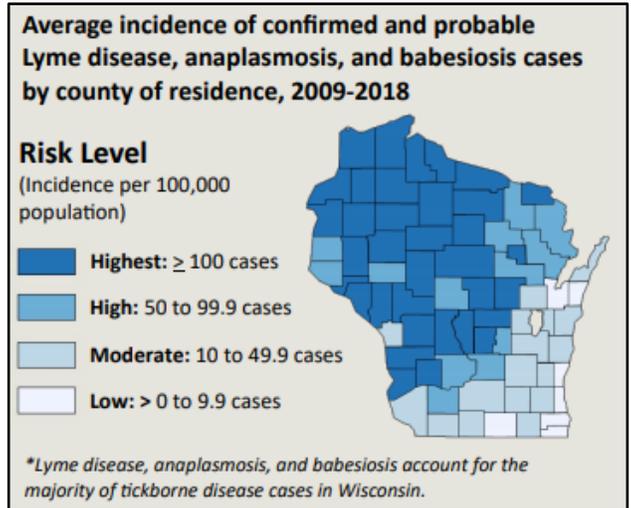
**PREVENT TICKS ON ANIMALS.** Try to prevent pets from bringing ticks into your home by not allowing them in tick-infested areas, and by using veterinarian-prescribed tick collars or spot treatment.

## Tick Removal: Dos and Don'ts

Don't panic if you find a tick embedded on your body. Simply remove it as soon as possible following these recommendations:

| Do   | Don't   |
|--|---|
| <ul style="list-style-type: none"> <li>Grasp tick with a narrow-bladed tweezers as close as possible to the skin.</li> <li>If tweezers are not available, use fingers shielded with tissue paper or rubber gloves.</li> <li>Pull upward and out with a firm and steady tension.</li> </ul> | <ul style="list-style-type: none"> <li>Don't use petroleum jelly, a hot match, nail polish, or other products.</li> <li>Don't handle tick with bare hands.</li> <li>Don't squeeze, crush, or puncture the body of the tick, which may contain infectious fluids. Do not twist, as this can cause the mouthparts to break off and stay in the skin.</li> </ul> |

After removing the tick, use rubbing alcohol to clean the bite site and wash hands. It is important that a tick be properly removed as soon as it is discovered. **Visit your doctor if you have a rash or fever within 30 days of removing a tick or after possible tick exposure.** It is important to tell them when and where you may have come into contact with the tick.



If you spend time outdoors often, download the [Tick App](#), a free smartphone app from our partners at the [Midwest Center of Excellence for Vector-Borne Disease](#) that allows people living in areas with a high risk of Lyme disease to report ticks, learn tick bite prevention tips, and help researchers understand ticks and the illnesses they spread.



## National Pet Preparedness Month

Your pets are important member of your family! This is why they should be included in your family's emergency plan. To prepare for the unexpected, keep your pets in mind as you follow these tips:

1. Make a plan.
2. Build an emergency kit.
3. Stay informed.

### Make a Plan

If you have a plan in place for you and your pets, you will likely encounter less difficulty, stress and worry when you need to make a decision during an emergency.

- **Know what to do with your pet during an evacuation.** Many public shelters and hotels do not allow pets inside. Know a safe place where you can take your pets before disasters and emergencies happen.
- **Develop a buddy system.** Plan with neighbors, friends, or relatives to make sure that someone is available to care for or evacuate your pets if you are unable to do so.
- **Have copies of your pet's vaccination record, and make sure your pet is microchipped.** Keep your address and phone number up-to-date and include an emergency contact outside of your immediate area.
- **Keep contact information for your local emergency management office or animal control office and shelters on hand** in case you become separated from your pet.

### Build a Kit for your Pet

Just as you do with your family's emergency supply kit, think first about the basics for survival. Review your kit regularly to ensure that their contents are fresh.

- **Food and Water.** Keep several days' supply of both. Keep food in an airtight, waterproof container, and have a water bowl to use.
- **Medicine.** Keep an extra supply of the medicine your pet takes on a regular basis in a waterproof container.
- **First aid kit.** Include items appropriate for your pet's emergency medical needs.
- **Backup collar with ID tag and a harness or leash.** Have copies of your pet's registration information in a waterproof container and available electronically.
- **Traveling bag, crate or sturdy carrier** for each pet.
- **Grooming items.** Pet shampoo and other items, in case your pet needs some cleaning up.
- **A picture of you and your pet together.** If you become separated from your pet, a picture will help you document ownership and allow others to assist you in identifying your pet.
- **Sanitation needs.** Include pet litter and litter box, trash bags and other items to provide for your pet's sanitation needs.
- **Familiar items.** Put favorite toys, treats or bedding in your kit to reduce stress for your pets.

### Stay Informed

- Stay informed of current conditions and know how you will receive emergency alerts and warnings.
- Download the FEMA app to get weather alerts for up to five different locations anywhere in the United States.
- Always bring your pets indoors at the first sign or warning of a storm. For more information about how to prepare your pets, visit <https://www.ready.gov/pets>.



## Staff

After 37 years of nursing, 35 which have been public health, Susie Daniels, RN, BSN decided to retire. We wish her the best and will miss her and her passion for public health.



August 2017 – Practicing Intradermal Vaccinations



July 2019 – Go Live Date for our EHR



May 2021 – Last Day of Work



May 2020 – COVID-19 Testing Event – Prentice

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