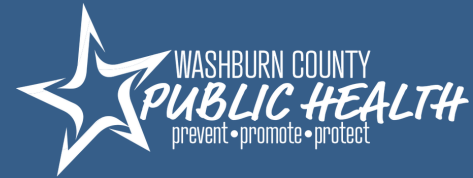


April 2026

Health Highlights



Information for Schools & Childcare

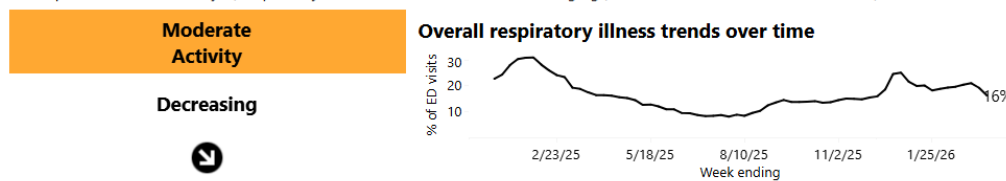
Every Kid Healthy Week

Every Kid Healthy Week is an annual celebration of school health and wellness achievements. It takes place during the last full week of April – each day shines a spotlight on the actions schools and families are taking to improve the health and wellness of their kids. We also highlight the link between nutrition, physical activity, mental health and learning – because healthy kids are better prepared to learn and thrive! For more information on how to get involved, click [here](#).

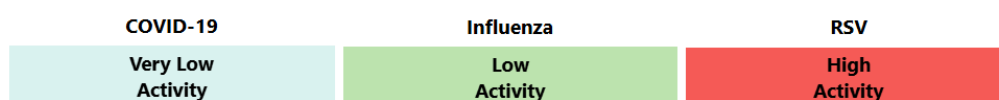


Respiratory Illnesses Snapshot

Western Region respiratory illness activity based on **emergency department (ED)** visits
This represents a wide variety of respiratory illnesses that lead to ED visits, ranging from the common cold to COVID-19, flu, and RSV.



Western Region virus-specific activity based on **emergency department** visits



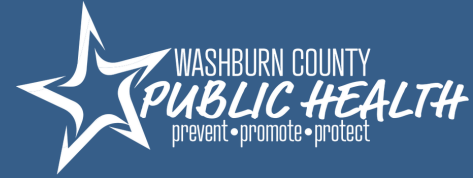
As of 3/21/2026, the Western Wisconsin region virus-specific activity based on Emergency Department visits:

- COVID-19 activity is **VERY LOW** and **decreasing**
- Influenza activity is **LOW** and **decreasing**
- RSV activity is **HIGH** and **decreasing**

Even when respiratory illness levels are very low or low, it is important to keep up with prevention strategies. Follow these [tips](#) to help keep you and your loved ones healthy:

- Stay home if you are sick.
- Cover coughs and sneezes.
- Stay up-to-date with vaccines.
- Wash your hands and practice good hygiene.

Health Highlights



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Prescription Drug Take Back Day

Prescription Drug Take Back Day will be held on **April 25th (Saturday) from 10AM - 2PM.**

There will be two locations:

- **Spooner Police Department** (221 Elm St, Spooner, WI 54801)
- **Birchwood Four Corners Emergency Services District** (280 Edenharter Rd, Birchwood, WI 54817)

Too often, unused and expired medications find their way into the wrong hands. That's dangerous and often tragic. Bringing unused and expired medications to a Drug Take Back Day collection site protects you, your family, and your community.

It's easy to participate in Drug Take Back Day. Just stop by and drop your items into a bin. That's it. No questions are asked. You can be in and out of a collection event in minutes.

Prescription and over-the-counter medications may be disposed of at Drug Take Back Day collection events. For additional information, click [here](#).

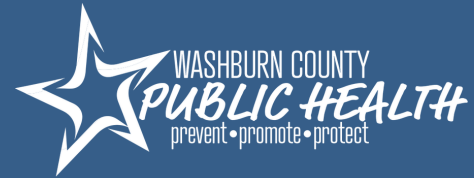
If you can't make it to the event, there are permanent medication disposal locations throughout Washburn County.

- **Spooner**
 - Spooner Police Department
 - Available 24/7
- **Shell Lake**
 - Washburn County Sheriff's Department
 - Monday - Friday: 8AM - 4:30 PM
- **Birchwood**
 - Village Hall
 - Tuesday-Thursday: 9AM - 2PM
- **Minong**
 - Minong Police Department
 - Available 24/7

To see the full list of permanent disposal boxes in Wisconsin, click [here](#).



Health Highlights



Information for Schools & Childcare

Tick Season is Quickly Approaching

With warmer weather, comes ticks. When enjoying time outdoors, be aware of ticks and learn how 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.

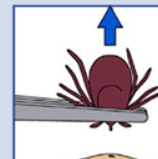
Ticks are typically most active in Wisconsin from May to November, but you should use caution throughout the year. If you spend a lot of time outdoors, download [The Tick App](#). It's a free app from our partners at the Midwest Center of Excellence for Vector-Borne Disease. The app allows people living in areas with a high risk of Lyme disease to report ticks and learn tick bite prevention tips. The app also helps researchers understand ticks and the illnesses they spread.

TICK BITE PREVENTION

- Use repellents with DEET, Picaridin, or another EPA-registered product on uncovered skin.
- Wear light-colored clothing to help you spot ticks more easily.
- Treat clothing and gear with permethrin; do not apply directly to skin.
- Do a full body tick check and shower after being outside in areas with tall grass or woods. Showering can help wash off unattached ticks.

TICK REMOVAL

- Using tweezers, grab the tick close to the skin and pull upwards (away from the skin).
- Do not twist, yank, or burn the tick during removal.
- Clean the bite site and your hands with rubbing alcohol or soap and water after removing the tick.



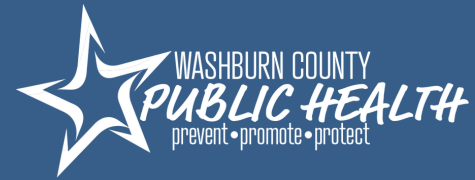
For more information from the Wisconsin Department of Health Services, click [here](#).

Too Sick for School?

DPI has a [one-page infographic](#) that can quickly help parents, along with school and child care staff, determine when a child/student needs to stay home. The recommendations are based on guidelines provided by the CDC and state public health professionals. The [Wisconsin Childhood Communicable Diseases chart](#) can also provide guidance.



Health Highlights



911 - 211 - 988

Help is 3 numbers away. 911 for emergencies, 988 for suicide and crisis support, and 211 for information and community resources.



For more information on 211, visit <https://211wisconsin.communityos.org/>

For more information on 988, visit <https://988lifeline.org/>

Additional Resources

- [Forward Health](#) - Health care and nutritional assistance benefit programs with the goal of improving health outcomes for members and creating efficiencies for providers.
- [Prevent Blindness Wisconsin](#) - Vision resources for children and adults.
- [Wisconsin Wayfinder](#) - Free and confidential supports for families of children with delays, disabilities, special health care needs, and mental health conditions.
- [Well Badger Resource Center](#) - Wisconsin's health information and referral service, connecting you to the social, health, and government programs available in your community.
- [Children's Health Alliance of WI](#) - Children's Health Alliance of Wisconsin advocates for families and actively works to create programs to build healthier communities.
- [Healthy WashCo](#) - The mission of the Healthy WashCo collective is to help create a happier, healthier and safer Washburn County.

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OUR MISSION

Promoting, protecting, and improving the lifelong health of individuals and communities in Washburn County.

OUR VISION

Healthy People. Healthy Places.