

Health Highlights

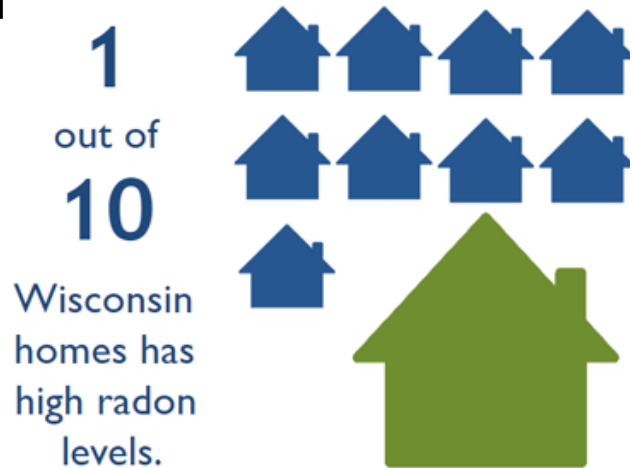


Information for Schools & Childcare

Radon Action Month

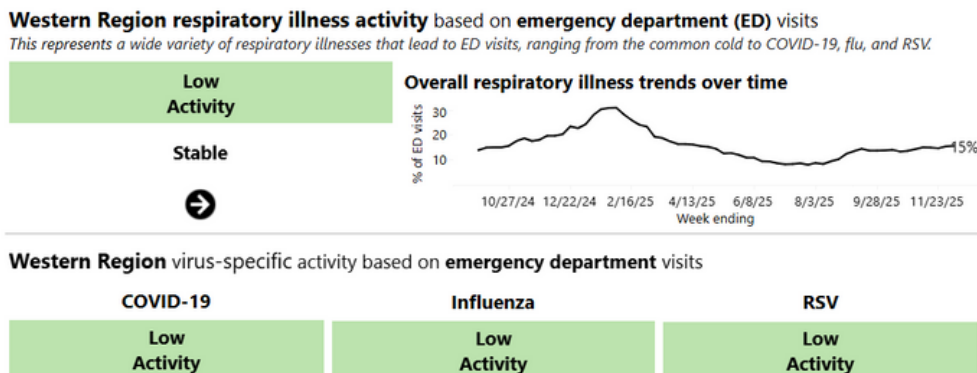
Radon Action Month takes place every January. Radon is a cancer-causing, radioactive gas. You can't see or smell it. Radon can leak into your home from the ground and soil beneath your home, and it is common throughout Wisconsin.

Radon can cause lung cancer. It is the second leading cause of lung cancer overall, and the leading cause of lung cancer among non-smokers.



Public Health has Radon Test Kits available to the public for \$8 per kit during the month of January. For more information regarding Radon in schools, click [here](#).

Respiratory Illnesses Snapshot



As of 12/13/2025, the Western Wisconsin region virus-specific activity based on Emergency Department visits:

- COVID-19 activity is **LOW** and **increasing**
- Influenza activity is **LOW** and **increasing**
- RSV activity is **LOW** and **stable**

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.

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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.



Understanding Hypothermia

Hypothermia is a condition of abnormally low body temperature. Exposed to cold temperatures, your body begins to lose heat faster than it can be produced. Prolonged exposure to cold will eventually use up your body's stored energy. Hypothermia is most likely at very cold temperatures, but can occur at temperatures above 40° F if a person becomes chilled from rain, sweat, or submersion in cold water.

Victims of hypothermia are most often:

- Older adults with inadequate food, clothing or heating.
- Babies sleeping in cold bedrooms.
- People who remain outdoors for long periods - unhoused, outdoor workers, hikers, hunters, etc.

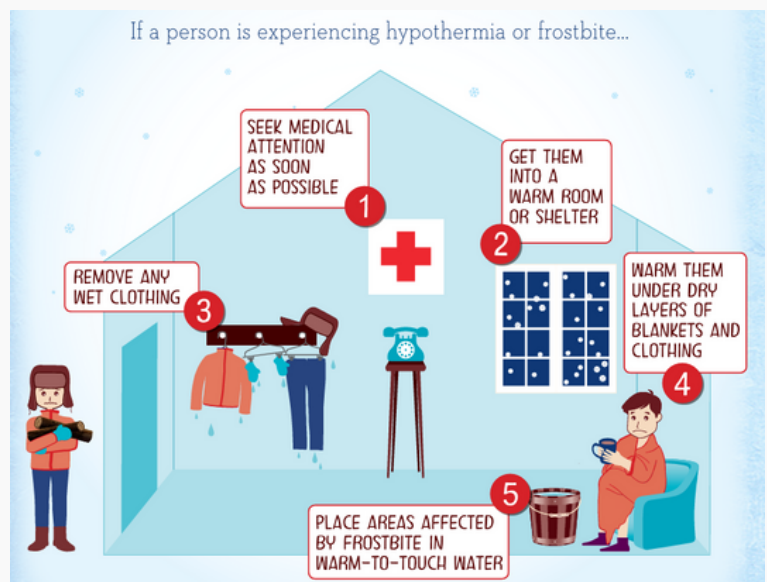
Warning signs of hypothermia:

Adults and Children:

- Shivering
- Exhaustion
- Confusion
- Fumbling hands
- Memory loss
- Slurred speech
- Drowsiness.

Infants:

- Bright red or cold skin
- Very low energy.



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Preparing for Power Outages

Winter storms may bring power outages that can disrupt things like communications, utilities, transportation, stores, gas stations and ATMs, and prevent your ability to use electrically powered medical devices. It's important to be prepared for power outages.

A power outage is when the electrical power is lost unexpectedly. Power outages . . .	 may disrupt communications, water utilities, and transportation for a long time.	 may cause businesses, stores, gas stations, ATMs, banks, schools and other services to close.	 may cause food spoilage and water contamination.	 may cause injuries, disease or death, or prevent use of medical devices.
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- Keep freezers and refrigerators closed. Throw away any food that has been exposed to temperatures 40 degrees or higher for two hours or more, or that has an unusual odor, color or texture.
- If you use a generator, **ONLY** use it outdoors and away from windows.
- Do not use a gas stove or oven to heat your home.
- Disconnect appliances and electronics to avoid damage from electrical surges.
- Have alternate plans for refrigerating medicines or using power-dependent medical devices.
- Go to a community location with power if cold is extreme and you can't heat your home.

For more safety information regarding power outages, click [here](#).

Nutrition & Physical Activity Program

Wisconsin Department of Health Services' [Nutrition and Physical Activity Program](#) is part of their larger effort to prevent chronic diseases. They coordinate with other partners to make a greater impact. Partners include other state agencies, key statewide organizations, and local coalitions.

Resources for **childcare providers** can be found [here](#).

Resources for **schools** can be found [here](#).



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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.

PHONE

715-635-4400

EMAIL

health@co.washburn.wi.us

WEBSITE

<https://co.washburn.wi.us/departments/health-human-services/public-health/>

OUR MISSION

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

OUR VISION

Healthy People. Healthy Places.