

Health Highlights



Information for Schools & Childcare

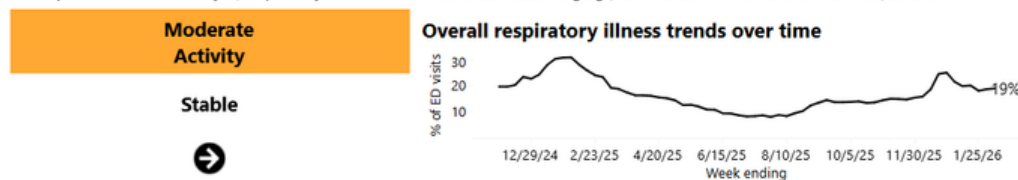
National Nutrition Month

National Nutrition Month takes place every March. This year's theme is 'Discover the Power of Nutrition'. Nutrition has the power to help individuals and communities thrive. The Academy of Nutrition and Dietetics has many resources available, including a social media toolkit, and well as resource handouts. To have access to all of the materials and full resource directory, 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 2/14/2026, the Western Wisconsin region virus-specific activity based on Emergency Department visits:

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

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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It's Not Luck! It's Preparedness.

The "It's Not Luck" campaign contains safety and preparedness messages you can share on your social media channels. You can either copy these messages directly or customize them to reach your audience.

To be used throughout March, in association with St. Patrick's Day, the campaign asserts that no one should rely on luck when it comes to being prepared for disasters and emergencies. Don't leave disaster prep to chance.

The first steps to being prepared:

- Know your risk for the area where you live and work.
- Make a plan to lessen the impact of those risks.
- Build a kit to be ready for disasters and emergencies.



National Poison Prevention Week

National Poison Prevention Week is observed March 15-21, 2026. The goal of National Poison Prevention Week is to teach about the risks of poisonings at any age and increase everyone's involvement in poison prevention.

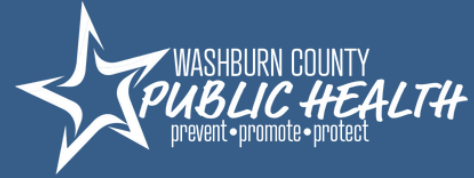
Please help us in spreading the word on poison prevention. America's Poison Centers has developed a comprehensive toolkit with graphics and captions, which can be accessed [here](#).

When the unexpected happens, Poison Help is here for you with fast, free treatment advice by calling the Poison Helpline **(1-800-222-1222)** or visiting PoisonHelp.org.

Whether it's a question or an emergency, the Poison Help line connects you to your local poison center for life-saving information when people need it most. Calling a poison center is faster and more accurate than an internet search.



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Tips for Safe Spring Cleaning

While the first official day of Spring isn't until March 20th, having spring cleaning tips in advance is a smart idea. Cleaning out the clutter in your home is a great way to start off the season and give yourself a fresh start. But before you dive in, consider the hazards that may be hiding in your home.

Traditional cleaning products can be irritating to the nose, throat, eyes and lungs, making them especially dangerous to anyone who has asthma, COPD, or a chronic lung condition.

Here are 4 simple tips from the American Lung Association:

- **Never combine chemical cleaners** - do not mix bleach or any bleach-containing product with any cleaner containing ammonia. The gasses created from this combination can lead to chronic breathing problems and even death.
- **Give natural products a try** - as a safer cleaning alternative, warm water and soap often will do the trick, especially at home. Baking soda is good for scrubbing. A mix of vinegar and water can clean glass.
- **Properly ventilate at all times** - Whenever you are using chemicals, open windows or doors or run a fan to help the air circulate. Never use cleaning products in a small, enclosed space.
- **Clear out the dust** - dust can contribute to allergic symptoms, such as itchy and runny nose and watery eyes, as well as to asthma symptoms. A damp cloth or a microfiber cloth can effectively remove dust stuck in little nooks and crannies in the home.



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.



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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.

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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.