

Health Highlights



Information for Schools & Childcare

Mental Health Awareness Month

Mental health is part of everyday life. It shapes how we think, feel, connect with others, and move through the world. Mental health touches every part of life – from housing and work to relationships and community. When mental health challenges arise, they often intersect with substance use, and whole person care that addresses both is essential to lasting recovery and well-being.

Please join us in spreading awareness during this month by sharing the [SAMHSA](#) toolkit. The weekly themes are:

- **Week 1 (May 1 – 8):** Understanding Mental Illness, Including Serious Mental Illness: Awareness Leads to Compassion
- **Week 2 (May 11 – 15):** Early Support Matters: Recognizing Signs in Children and Youth
- **Week 3 (May 18 – 22):** Words Matter and Words Can Heal
- **Week 4 (May 25 – 29):** Supporting Loved Ones: Connection Is a Powerful Form of Care

The full toolkit can be accessed [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

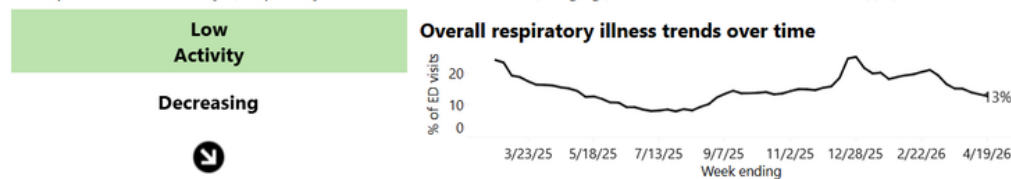


Information for Schools & Childcare

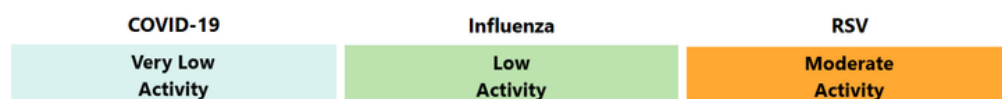
Respiratory Illnesses Snapshot

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 04/25/2026, the Western Wisconsin region virus-specific activity based on Emergency Department visits:

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

Healthy Vision Month

Healthy Vision Month in May 2026 focuses on "Healthy Lives, Healthy Eyes," encouraging proactive eye care to prevent vision loss. Led by the [National Eye Institute](#), this initiative highlights that lifestyle choices—like eating well, staying active, and wearing sunglasses—directly impact eye health.



Health Highlights



Information for Schools & Childcare

World Asthma Day

World Asthma Day will be recognized on Tuesday May 5th.

Asthma is a disease that affects a person's breathing and can reduce the body's ability to get oxygen to the lungs. With asthma, the inner lining of the airways can swell or become irritated and inflamed. When this happens, the person may cough or wheeze. There isn't a cure for asthma, but it can be managed.

If you care for a child with asthma, here are some tips to keep them safe at school:

- Make sure your child takes their medicine as prescribed every day.
- Give a copy of your child's asthma action plan to their teachers and school nurse.
- Give the school nurse or teachers their labeled medicine with instructions on how and when to give it.
- Fill out school health forms, including emergency contacts. If your child can self-administer medications, fill out a school permission form stating they can take their asthma meds as needed without supervision.
- Review the asthma action plan and the school's emergency treatment process with your child.
- Make sure your child gets a flu shot every fall.

 Asthma Action Plan for Home & School	
Name:	Birthdate:
Asthma Severity: ☐ Intermittent ☐ Mild Persistent ☐ Moderate Persistent ☐ Severe Persistent ☐ He/she has had many or severe asthma attacks/exacerbations	
Green Zone Have the child take these medicines every day, even when the child feels well. Always use a spacer with inhalers as directed. Controller Medicine(s): _____ Controller Medicine(s) Given in School: _____ Rescue Medicine: Albuterol/Levalbuterol _____ puffs every four hours as needed Exercise Medicine: Albuterol/Levalbuterol _____ puffs 15 minutes before activity as needed	
Yellow Zone Begin the sick treatment plan if the child has a cough, wheeze, shortness of breath, or tight chest. Have the child take all of these medicines when sick. Rescue Medicine: Albuterol/Levalbuterol _____ puffs every 4 hours as needed Controller Medicine(s): _____ ☐ Continue Green Zone medicines: _____ ☐ Add: _____ ☐ Change: _____ If the child is in the yellow zone more than 24 hours or is getting worse, follow red zone and call the doctor right away!	
Red Zone If breathing is hard and fast, ribs sticking out, trouble walking, talking, or sleeping. Get Help Now Take rescue medicine(s) now Rescue Medicine: Albuterol/Levalbuterol _____ puffs every _____ Take: _____ If the child is not better right away, call 911 Please call the doctor any time the child is in the red zone.	
Asthma Triggers: (List) _____	
School Staff: Follow the Yellow and Red Zone plans for rescue medicines according to asthma symptoms. Unless otherwise noted, the only controllers to be administered in school are those listed as "given in school" in the green zone. ☐ Both the asthma provider and the parent feel that the child may carry and self-administer their inhalers ☐ School nurse agrees with student self-administering the inhalers	
Asthma Provider Printed Name and Contact Information: _____ Date: _____	Asthma Provider Signature: _____ Date: _____
Parent/Guardian: I give written authorization for the medications listed in the action plan to be administered in school by the nurse or other school members as appropriate. I consent to communication between the prescribing health care provider/clinic, the school nurse, the school medical advisor and school-based health clinic providers necessary for asthma management and administration of this medication. Parent/guardian signature: _____ Date: _____	
School Nurse Reviewed: _____ Date: _____	
Please send a signed copy back to the provider listed above.	

To access a template asthma action plan, [visit Wisconsin Department of Health Services.](#)

Health Highlights



Information for Schools & Childcare

Fight the Bite!

As any Wisconsin resident knows, ticks and mosquitoes are quite the nuisance. But more than just an annoyance, they can also spread many illnesses to people. Preventing bites from ticks and mosquitoes is the key step in avoiding these illnesses.

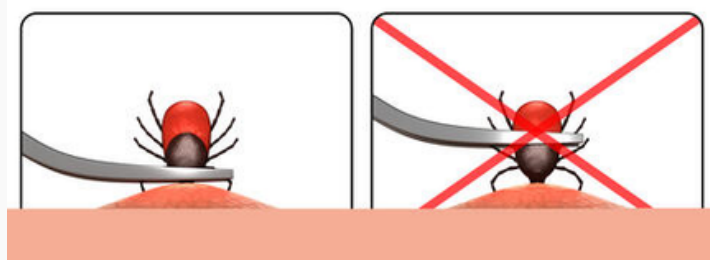
Here are a few simple steps, and additional information can be found on the [Wisconsin Department of Health Services](#) website -

- Use insect repellents on exposed skin and clothes to prevent tick bites
- Wear long sleeves, long pants, and tall socks. This helps keep ticks on the outside of clothing rather than on your skin.
- Wear light-colored clothing to make ticks easier to spot.
- Walk in the center of trails
- Don't brush up against plants on the edge of trails.
- Avoid wooded and brushy areas with tall grass and leaf litter.
- Perform full-body tick checks after being outdoors in areas where ticks may be present. This could include your own yard. Check yourself and family members every day after being outdoors where ticks may be present.

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

Do:

- Grasp tick with a narrow-bladed tweezers as close as possible to the skin.
- If tweezers are not available, use fingers shielded with tissue paper or rubber gloves.
- Pull upward and out with a firm and steady tension.



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.

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.