

# Lakeshore Health Notes

Manitowoc County Health Department

May/June 2019



## Swimming Safety

Swimming is a fun way to stay cool and be active. Before diving in, make sure you know these tips for staying safe while swimming.

- ☀️ Check if there is a lifeguard on duty
- ☀️ Check the pools latest inspection results
- ☀️ Avoid swallowing pool water or even getting it in your mouth
- ☀️ Shower before swimming and wash your hands after using the toilet or changing diapers
- ☀️ Take children on bathroom breaks and check diapers often
- ☀️ Keep an eye on children at all times. Kids can drown in silence in seconds
- ☀️ Don't use air-filled swimming aids (such as "arm floaties") in place of life jackets or life preservers

## Look Out for Lead During Home Improvement Season

Was your house or apartment built before 1978? Do you have children under the age of 6? Are you remodeling? Many homes and apartments built before 1978 have lead paint or varnish on the walls, woodwork, windows and floors. Children under 6 can easily be poisoned by dust or chips from lead paint. It only takes a small amount of lead to poison a child. Poisonous lead dust from old paint is stirred up during remodeling which can cause health problems for families. Although lead based paints are a common source of lead, there are other sources including: some children's toys, spices, dirt, and imported candy.

When lead enters the body it can affect brain development, cause kidney damage, affect fertility, lodge in the bones, increase risk of heart attacks and stroke, and impact iron levels.

If your house was built before 1978, even if there has been repairs or improvements, you should buy a lead test found at most hardware stores. Lead levels are recommended to be under 5. If you have a reading over 5 call the health department and a free evaluation of your home's risks can be completed.

It only takes this much lead to poison a child →





# CDC'S NATIONAL TOBACCO EDUCATION CAMPAIGN 2019 Tips® Campaign Overview

The *Tips* campaign profiles real people—not actors—who are living with serious long-term health effects due to smoking cigarettes and secondhand smoke exposure. Ads have featured people living with stomas, various forms of cancers, amputations, and other serious health conditions as a result of their smoking. Ads also feature stories of family members impacted by their loved one’s smoking-related illness.

Free resources to help you quit, include:

- 1-800-QUIT-NOW (English)
- 1-855-DÉJELO-YA (Spanish)
- 1-800-838-8917 (Mandarin and Cantonese)
- 1-800-556-5564 (Korean)
- 1-800-778-8440 (Vietnamese)

Be on the lookout for this campaign! It began on April 1st, 2019 and will run until October 6th, 2019.



### **Newsletter Mailing Change Request Form**

► If there is a change in your information or if you would like to receive the newsletter by mail or electronically please complete the information and send it to:

*Manitowoc County Health Department  
1028 S 9<sup>th</sup> Street  
Manitowoc, WI 54220*

or

*lexiotis@co.manitowoc.wi.us*

**Please include your current information in your request.**

First Name: \_\_\_\_\_ Middle Initial: \_\_\_\_\_ Last Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Email Address: \_\_\_\_\_

- Please email my newsletter instead of postal mailing it to me.**
- My name, address and/or email has changed.
- I would like to see the following topic covered in the newsletter: \_\_\_\_\_

**COMMENTS?** \_\_\_\_\_

LAKESHORE HEALTH NOTES  
MCHD  
1028 S. 9<sup>th</sup> STREET  
MANITOWOC WI 54220



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