Keeping Up With...

Dodge County Public Health

Oct - Dec 2025

October 2025

Dear Dodge County Residents,

Fall is here! The leaves are turning, the air is crisp, and Halloween costumes are starting to appear! With the change in seasons, it's a good time to check in on a few things that keep us healthy and safe.

In this newsletter, we've included some quick tips for a fun and safe Halloween, reminders to freshen up your emergency kits before winter, and info on breast cancer awareness this October. You'll also find a tasty pumpkin pudding recipe from our WIC program and a spotlight on Hand, Foot, and Mouth Disease, a common illness families may run into this time of year.

As you enjoy the season, whether it's trick-or-treating, raking leaves, or just settling in with something warm, remember that small steps can make a big difference for your health and your family's well-being.

Wishing you a safe, cozy, and healthy fall.

Sincerely,

Roman Mullen

Roman Mullen, MS, REHS
Public Health Officer

DODGE COUNTY
WISCONSIN

Newsletter Highlights

MEET OUR TEAM

COMMUNICABLE DISEASE

COMMUNITY HEALTH

EMERGENCY PREPARDNESS

PUBLIC HEALTH NURSING

WOMEN, INFANTS & CHILDREN



Scan QR code to receive our newsletters via email!

Meet Our Team!

Oct - Dec 2025

Roman Mullen	Public Health Officer

Public Health Services:

Matthew Bartol	Emergency Preparedness Coordinator
Cassie Fissell	Public Health Nurse
Olivia Gerritson	Community Health Educator
Karen Greenwald	Public Health Nurse
Leah Neis	Public Health Nurse
Julie Schmidt	Fiscal Assistant
Kaitlyn Seibel	Public Health Nurse

Women, Infants, & Children (WIC) Program:

Isabel Carbajal	WIC/Public Health Technician
Destiny Goldman	Breastfeeding Peer Counselor
Sara Gray	WIC Program Director
Marvella Puga	WIC/Public Health Technician
Maria Ramirez	Breastfeeding Peer Counselor
Ashley Young	WIC Nutritionist



Communicable Disease Highlight

Oct - Dec 2025

What are Communicable Diseases?

Communicable diseases are illnesses that spread from one person to another, from an animal to a person, or from a surface or a food. Diseases can commonly be transmitted through: **direct contact with a sick person, respiratory droplets spread from a sick person sneezing or coughing, and contact with blood or other body fluids.**

This quarter's highlighted Communicable Disease is...

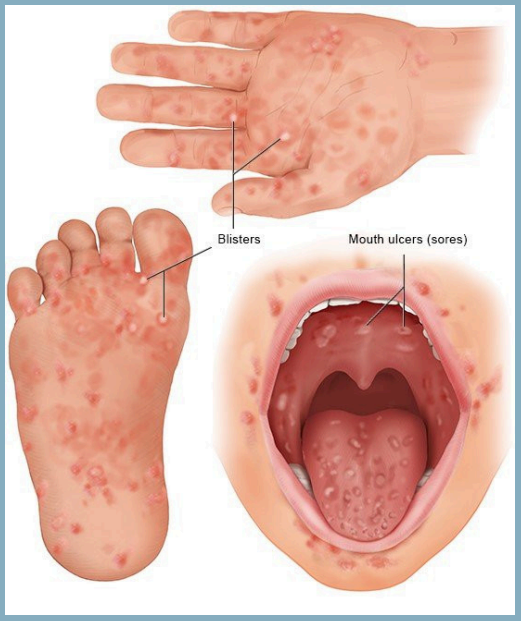
Hand, Foot and Mouth Disease

Hand, Foot and Mouth Disease (HFMD) is a mild illness caused by viruses. Most often, a virus called coxsackievirus A16 causes it. HFMD is common in young children, it can spread quickly at schools and day care centers, however, people of any age can get it. Most people get better on their own in 7 to 10 days.

How HFMD Spreads:

HDMD is caused by a virus. A person infected with one of these viruses is contagious, meaning it can spread through contact with:

- Germs in the air when a sick person coughs, sneezes or talks
- Touching items or surfaces with the virus on them (like toys, tables or doorknobs)
- Contact with fluid from blisters
- Contact with poop (for example, during diaper changes)



Symptoms of HFMD:

- Fever
- Sore throat
- Painful mouth sores that blister
- Rash commonly found on the hands and feet

HFMD Prevention:

- **Wash your hands often** with soap and water for at least 20 seconds, especially after changing diapers, using the toilet, and coughing, sneezing or blowing your nose
- **Help children wash their hands** and keep blisters clean
- **Avoid touching your face** with unwashed hands, especially your eyes, nose and mouth
- **Clean and disinfect** frequently touched surfaces and shared items, including toys and doorknobs
- **Avoid close contact** with an infected person, such as hugging or kissing them

There is no vaccine in the United States to protect against the viruses that cause HFMD. There is no specific treatment for HFMD, symptoms usually clear up in 7 to 10 days.

https://www.cdc.gov/hand-foot-mouth/about/index.html

Community Health

Oct - Dec 2025



Halloween Safety



Safety should always come first during Halloween festivities. While Halloween is a wonderful time to enjoy the outdoors, keeping a few simple safety tips in mind can help ensure a fun and safe experience for everyone. Here are some tips to keep in mind while trick-or-treating:

Costume Safety:

- **Choose bright costumes:** Light-colored costumes are easier for drivers to see
- **Add reflectors:** Use reflective tape on costumes and candy bags to help children stay visible
- **Skip the mask:** Opt for face paint instead. If a mask is worn, be sure it fits well and has large eye openings for clear vision
- **Wear safe shoes:** Children should wear sturdy, well-fitting shoes for walking



Halloween Home Safety:

- Clear porches, steps, and lawns of obstacles that could cause trips or falls
- Keep your porch well-lit for visitors
- Avoid open-flame decorations
- Keep pets in a separate room when trick-or-treaters are expected

Treat Safety:

- Remind children not to eat treats until they return home
- Inspect candy and small toys for choking hazards
- Check that packaging is sealed and hasn't been tampered with
- Discard anything that looks unsafe or suspicious

Motorist Safety:

- Drive slowly in residential neighborhoods
- Watch for children running out from between parked cars
- Always use seat belts or car seats when driving children, and to have them exit the vehicle on the curb side, away from traffic



Pedestrian Safety:

- Trick-or-treat during daylight hours if possible
- Never enter a home without adult supervision
- Remind children to walk, not run, and to cross only at sidewalks

Putting safety first ensures Halloween remains a fun and enjoyable tradition for all!
Happy Halloween!

Emergency Preparedness

Oct - Dec 2025

Set Your Clocks, Check Your Stocks

When it is time to change your clocks, take the time to prioritize your safety by checking your preparedness kit as well as the batteries in your carbon monoxide and smoke detectors. Daylight Saving Time ends on Sunday, November 2, 2025, at 2am., clocks will fall back an hour.

Emergency Preparedness Kits:

There are many items you should have in your emergency preparedness stockpile. But if you don't have time, room or money to get them all, which items are most essential?

Here are 10 essential items you should have in your emergency safety kit:

1. Three-day supply of water, with one gallon of water per person per day
2. Three-day supply of non-perishable foods
3. Manual can opener
4. First-Aid kit
5. Radio and blankets
6. Flashlight and lanterns
7. Batteries
8. Whistle to signal for help
9. Prescription medications
10. Battery-operated or solar cellphone charger

You should also check, test, and change the batteries in your carbon monoxide and smoke detectors during the spring and fall time changes to form a reliable habit for home fire safety!

Have pets? Assemble an emergency kit for them as well!

Your kit should include:

- Sturdy leashes, harnesses and/or carriers to transport pets safely and ensure they can't escape
- Food, drinking water, bowls, cat litter/pan and a manual can opener
- Medications and copies of medical records stored in a waterproof container
- Current photos of you with your pet(s) in case they get lost

Have all your supplies in a backpack or duffel bag for easy transporting if you need to leave your home.



Public Health Nursing

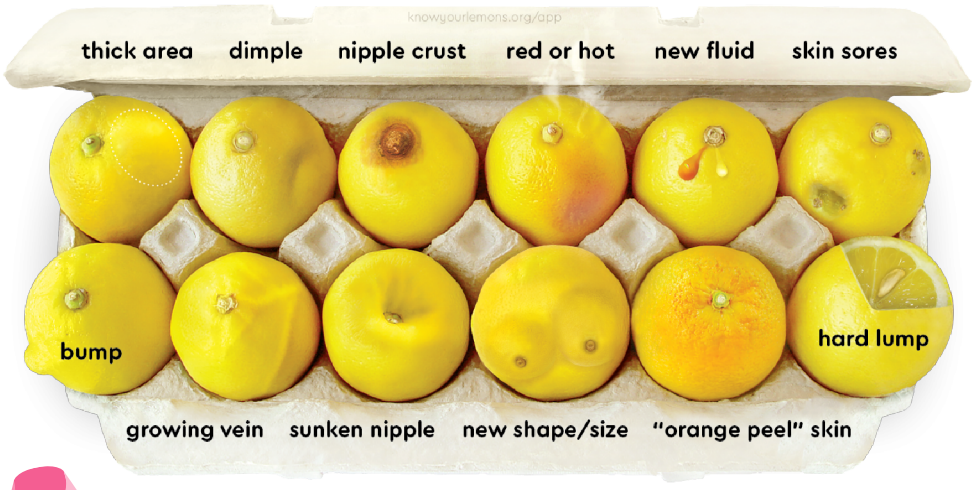
Oct - Dec 2025

Breast Cancer Awareness Month

October is Breast Cancer Awareness Month, a time to raise awareness, honor survivors, and encourage early detection. Breast cancer is the most common cancer among women, with 1 in 8 women diagnosed in their lifetime. Men can also be affected, though it is rare.

What you can do:

- **Schedule screenings:** Mammograms are recommended starting at age 40–50, or earlier if you're high-risk.
- **Know your body:** Perform regular self-exams and watch for changes such as lumps, skin dimpling, or nipple discharge.
- **Choose healthy habits:** Staying active, eating a balanced diet, limiting alcohol, and not smoking can help lower risk.
- **Spread the word:** Wear pink, support survivors, and encourage friends and family to get screened.
- **Download the app "Know Your Lemons":** Know Your Lemons is a global breast cancer awareness campaign created by the nonprofit organization Worldwide Breast Cancer. The campaign uses lemons as a visual metaphor to help people understand the signs and symptoms of breast cancer in a simple and memorable way.



KNOW YOUR LEMONS®

Named the best women's breast health app in the world, Know Your Lemons is a period tracker, lists risk factors, recommends mammograms, offers a custom screening plan and self-exam guide, and more. Available to download for FREE on App Store & Google Play.

App Store Google Play

Breast cancer is the most prevalent cancer in the world. But, the earlier it is found, the better the chance for survival.

Women, Infants, & Children (WIC)

Oct - Dec 2025

What is WIC?

WIC is a special supplemental food program for women, infants, and children to help keep families healthy and strong. Foster parents and relatives may also apply on behalf of an infant or child in their care. For more information, call 920-386-3680.

Who is eligible for WIC?

WIC serves lower-income pregnant, postpartum, breastfeeding women, infants, and children under age 5. You must meet criteria listed below to be eligible for WIC:

1. Live in Wisconsin
2. Be a pregnant, breastfeeding or new mother, be an infant up to age 1, or be a child up to age 5.
3. Be income eligible.

What services does WIC offer?

- Breastfeeding support
- Nutrition education
- Monthly food assistance for access to healthy foods
- Referrals to health & community services

To see if you and your family qualify for WIC, visit: WIWICSTRONG.COM or scan QR code below

WIC WOMEN, INFANTS, & CHILDREN

PUMPKIN PUDDING



Use your WIC benefits to try out this delicious and easy fall snack!

Ingredients:

- 1 can (15 ounces) pure pumpkin
- ½ teaspoon cinnamon or pumpkin pie spice
- 1 ½ cups nonfat milk
- 1 package (1 ounce) instant sugar free vanilla pudding

Instructions:

1. Mix pumpkin and cinnamon together with a wooden spoon in a large mixing bowl.
2. Slowly stir in milk and mix well.
3. Add instant pudding mix and stir slowly for about 1 minute, until it thickens.
4. Refrigerate until serving time.



Harvest Festival

Word Search

DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

W	L	Z	W	A	I	D	R	E	B	M	E	T	P	E	S	U	T	P
K	F	P	Q	E	M	P	D	B	E	V	O	S	Q	U	A	S	H	A
M	A	K	A	F	M	T	H	R	W	O	R	C	E	R	A	C	S	T
N	R	T	Y	H	A	Y	R	I	D	E	D	R	M	K	V	Z	I	U
W	M	E	U	F	G	I	H	D	M	P	Z	W	N	I	W	R	Q	B
D	E	U	X	H	M	C	H	N	D	S	N	I	K	P	M	U	P	I
Y	R	T	T	E	F	V	A	O	W	Z	I	E	E	L	A	I	L	B
A	H	W	N	U	E	G	F	I	E	L	D	S	Y	B	G	U	Y	S
I	R	T	Y	L	A	V	I	T	S	E	F	G	U	U	W	H	O	X
P	Q	P	Y	L	S	A	S	A	E	R	H	M	C	O	R	N	M	Z
O	X	W	H	W	T	H	A	R	V	E	S	T	E	A	Y	Y	U	N
C	H	L	J	X	I	C	H	B	A	R	B	Y	S	Z	S	W	S	F
U	H	A	O	K	N	F	W	E	E	E	F	V	D	T	Z	U	I	S
N	C	N	Z	C	G	E	S	L	L	G	W	L	S	G	J	B	C	A
R	P	N	Y	Y	T	P	H	E	K	I	U	E	A	Y	H	G	G	P
O	Y	U	S	V	O	O	F	C	H	O	T	A	E	F	T	A	G	P
C	M	A	H	R	X	E	B	D	Y	N	E	F	G	U	M	N	M	L
X	J	L	C	G	U	S	G	E	O	A	J	Y	N	E	T	U	I	E
T	L	V	B	M	C	K	S	C	R	L	G	W	S	P	F	N	Q	S

ANNUAL
APPLES
AUTUMN
CELEBRATION
CONTESTS
CORN
CORNUCOPIA
CROPS
FARMER
FEASTING
FESTIVAL
FIELDS
GAMES
HARVEST
HAYRIDE
LEAVES
MERRIMENT
MUSIC
OCTOBER
PUMPKINS
REGIONAL
SCARECROW
SEPTEMBER
SQUASH

