Keeping Up With...

Dodge County Public Health

April - June 2026

APRIL 2026

As we welcome spring, it's a great time to refocus on the small steps that help keep our families and communities healthy. In this issue, you'll find information on a variety of topics, from preventing communicable diseases like hepatitis A, to preparing your household for storm season, to simple habits that support brain health as we age. We're also highlighting the importance of cancer prevention and early detection, along with updates to WIC food options that continue to support growing families.

As you read through this newsletter, I encourage you to think about how these topics apply to your own life, whether it's checking your insurance coverage, scheduling a screening, or making time for healthier routines. Public health is strongest when we all take part.

Finally, we hope you'll join us for one of our favorite events of the year, our 4th Annual Family Fest. This year's event will take place on Wednesday, June 24, 2026, at the Wayland Academy Field House. Family Fest is a fun, free opportunity to connect with local resources, enjoy activities for all ages, and celebrate the strength of our community. We look forward to seeing you there.

Wishing you a safe, healthy, and enjoyable spring season.

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!

April - June 2026

Roman Mullen	Public Health Officer

Public Health Services:

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

Women, Infants, & Children (WIC) Program:

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



We are hiring! Are you passionate about promoting health and serving your community? Dodge County is seeking a dedicated Public Health Nurse to join our team. Apply by scanning the QR code!

Communicable Disease Highlight

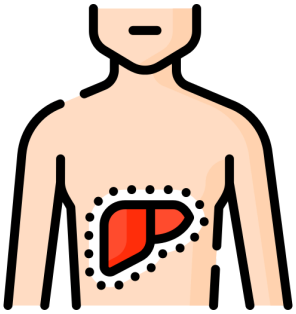
April - June 2026

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... **Hepatitis A**

Hepatitis A is a highly contagious, short-term liver infection caused by the hepatitis A virus.



Who is at risk for Hepatitis A?

- People who use injection and non-injection drugs
- People experiencing homelessness or with unstable housing
- People who are or were recently incarcerated
- Men who have sex with men
- People with direct contact with someone who has hepatitis A
- Travelers

www.mayoclinic.org

How is Hepatitis A Spread?

- Eating or drinking
- Sharing syringes and drug use equipment
- Unwashed hands
- Sex with people who have hepatitis A

How can Hepatitis A be prevented?

- Get vaccinated. It's the best way to prevent hepatitis A
- Wash hands with soap and water

What are the symptoms?

- Yellowing of the skin or eyes (jaundice)
- Fever
- Nausea, vomiting, diarrhea

Other symptoms include: stomach pain, dark pee, pale poop, tiredness, and lack of appetite.

Community Health

April - June 2026

June is Alzheimer's & Brain Awareness Month

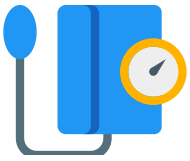
More than 55 million people worldwide are living with dementia. June highlights the importance of early detection, understanding risk factors, & supporting brain health. Simple, everyday habits can help protect your brain & may lower the risk of cognitive decline, including Alzheimer's & dementia.

Try incorporating some of these 10 healthy habits into your daily routine:

Challenge your mind



Be curious. Put your brain to work and do something that is new or hard for you. Learn a new skill!



Control your blood pressure

Medications can help lower high blood pressure as well as healthy eating habits and exercise.

Manage diabetes



Type 2 diabetes can be prevented or controlled by healthier eating, exercise and medication, if needed.



Maintain a healthy weight

Talk with your doctor about the weight that is healthy for you.



Protect your head

Help prevent an injury to your head by wearing a helmet while biking and similar activities.

Be smoke-free



Quitting smoking can lower your risk of cognitive decline back to levels similar to those who have not smoked. It's never too late to stop.



Get moving

Engage in regular exercise. This includes activities that raise your heart rate and increase blood flow to your brain and body.



Sleep well

Good quality sleep is important for brain health. Stay off screens before bed and make your sleep space as comfortable as possible.

Stay in school



Education reduces your risk of cognitive decline. Encourage youth to stay in school for as long as possible.



Eat right

Eating healthier foods can help reduce your risk of cognitive decline. This includes more veggies and leaner meats/proteins.

DODGE COUNTY HEALTHY BRAINS

Follow our Dodge County Healthy Brains Facebook Page by scanning the QR code!

www.alz.org

Emergency Preparedness

April - June 2026

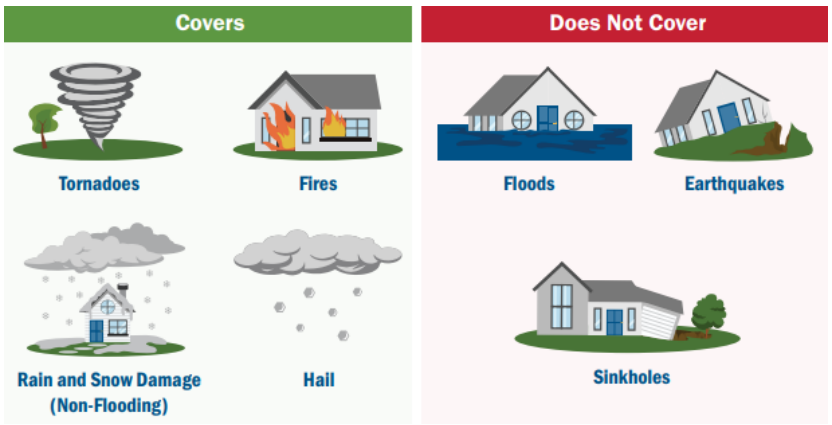
Importance of Renters & Homeowners Insurance

As storm season approaches, it's important to make sure you're prepared for the unexpected. Renters and homeowners insurance can help protect your home, belongings, and overall well-being if a disaster occurs. Taking time now to understand your coverage can help you recover more quickly and safely.

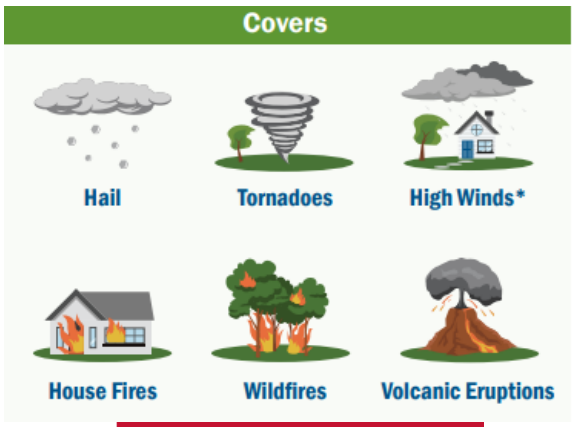
Key Points to Remember:

- **Insurance helps you recover faster**
  - It can pay for damage to your home and belongings
- **Know your coverage**
  - Check what your policy includes and what it doesn't
- **Document damage**
  - Take photos and list damaged items when it's safe
- **File claims quickly**
  - Contact your insurance company as soon as possible
- **Keep Records**
  - Save receipts and all claim-related information
- **Renters need insurance too**
  - It protects belongings and may cover temporary housing
- **Safe housing supports health**
  - Repairs and replacements help your family get back to a safe living space

Renters' Insurance Typically:



Homeowners' Insurance Typically:





REMINDER!

Having a solid emergency plan is key during storm season. Consider these essential steps:

- Stay informed through local news, weather apps, or NOAA radio to monitor potential risks.
- Establish a family communication plan with a meeting place in case of separation.
- Prepare an emergency kit with essentials like food, water, medications, first aid, and pet supplies.
- Reinforce your home by trimming trees, securing outdoor items, and installing storm shutters.
- Identify safe shelter areas, such as basements or interior rooms on the lowest level.

www.fema.gov

Public Health Nursing

April - June 2026

April is Cancer Prevention and Early Detection Month

Heart disease causes about 2,200 deaths each day in the U.S.—nearly one every 40 seconds—and claims more lives than all cancers combined.

Talk with your health care provider about any personal or family history of cancer to determine if you should begin any cancer screenings at an earlier age or be tested more frequently. Having one or more family members with a history of certain cancers, including breast, colorectal and prostate cancers, may place you at higher risk for the development of cancer.

Find your age & match screenings		20s	30s	40s	50s	60s	70s	80s
Breast cancer screening & check *If transgender, talk with health care provider.*	*Clinical breast exam*	●	●	●	●	●	●	●
	Mammogram			●	●	●	●	●
Cervical cancer screening *Ages 21-65. After age 65, talk with health care provider.*		●	●	●	●	●	Talk to provider	Talk to provider
Colorectal cancer screening *Ages 45-75. After age 75, talk with health care provider.*				●	●	●	●	Talk to provider
Dental oral cancer exam		●	●	●	●	●	●	●
Hepatitis B vaccination *Up to age 60 if not previously vaccinated. After age 60, talk with health care provider.*		●	●	●	●	●	Talk to provider	Talk to provider
Hepatitis C testing *At least once between ages 18-79.*		●	●	●	●	●	●	
HPV vaccination *Up to age 26 if not previously vaccinated.*		●						
Lung cancer screening *Active or past smokers who smoked a pack a day for at least 20 years. Talk to health care provider after age 80.*					●	●	●	●
Prostate cancer screening *Shared decision making beginning at age 50. If Black or if a close relative was diagnosed before age 65, start talks at 45. If more than one close relative diagnosed, start talks at age 40.*				●	●	●	●	●
Skin check		●	●	●	●	●	●	●
Testicular check		●	●	●	●	●	●	●

https://preventcancer.org/

Women, Infants, & Children (WIC)

April - June 2026

New WIC Approved Foods!

Get excited for new whole grain options coming to WIC food packages on April 19, 2026! Choose from a variety of whole grain options.

Some of the new items include:

- Whole Wheat English Muffins
- Wild Rice and Quinoa
- Corn Masa Flour
- Additional plant-based milks such as Ripple, Ripple Kids, and Silk Kids
- Some cereals and yogurts were removed but others were added. Check the New WIC Shopping Guide on 4/19/26 for these updates!

MILK • PLANT-BASED MILK

PLANT-BASED MILK

BUY:

- 48-64 oz, refrigerated container
- Only the brands and flavors listed
- Only if specified on your WIC Shopping List



8th Continent: Original Only

Silk: Original, Vanilla, Unsweet

Better Goods Original only





Ripple: Original

Ripple: Unsweetened

Silk Kids Original only

Ripple Kids: Original

Ripple Kids: Unsweetened



COLD CEREALS

BUY:

- Combination of cold and hot
- Only the brands and flavors listed
- 8 ounce package or larger
- Boxes or bags

KEY:

WG 51% or more whole grain

FA 100% of daily folic acid per serving

GF Gluten free

DO NOT BUY:

Organic

Honey Bunches of Oats
Honey Roasted ..... FA
Maple and Pecans .... FA
Vanilla ..... FA
Almond ..... FA
Cinnamon Bunches ..... FA
Strawberry ..... FA

Chex
Blueberry .... WG GF
Cinnamon .... WG GF
Strawberry Vanilla ..... WG GF
Corn ..... WG GF
Rice ..... WG GF
Wheat ..... WG

Frosted Mini Wheats
Original ..... WG FA
Bite Size Strawberry ..... WG FA
Blueberry Muffin ..... WG FA
Cocoa ..... WG FA
Little Bites ..... WG FA

Cheerios
Original ..... WG GF
Multi-Grain .. WG FA GF
Hearty Nut Medley ..... WG FA

Great Grains
Banana Nut Crunch .. WG
Crunchy Pecan ..... WG
Raisins, Dates, & Pecans ..... WG FA
Cranberry Almond ..... WG FA
Red Berry Almond ..... WG FA

Special K
Original ..... FA
Cinnamon & Pecan ..... WG
Protein ..... WG

Crispix

Rice Krispies

Life
Original ..... WG
Mixed Berry .. WG
Very Vanilla ... WG

Corn Flakes

Oatmeal Squares
Brown Sugar .. WG
Honey Nut ..... WG

Kix WG

Motts
Apple Cinnamon ..... WG
Very Berry ..... WG

Bluey WG

Fiber One
Honey Clusters ..... WG

Wheaties WG

Grape Nuts
Original ..... WG
Flakes ..... WG

Frosted Mini Spooners WG

Bran Flakes WG FA

Total WG FA

Kellogg's
Raisin Bran .. WG

Post
Raisin Bran ... WG FA

Malt-O-Meal
Raisin Bran ..... WG FA

CEREALS



YOGURT

BUY:

- 32 oz container, 4 oz 4-pack, 4 oz 8-pack
- Regular or Greek
- Only the type listed on your WIC shopping list. For example; non fat, low-fat or whole milk yogurt
- Only the brands and flavors listed

DO NOT BUY:

Organic; with artificial sweetener or stevia; with added cream; with mix-in ingredients like granola, candy, or nuts; drinkable yogurts; bottles or pouches; dairy free

WHOLE MILK YOGURT

Best Choice Greek (plain)	bettergoods Greek (plain)	Brown Cow Plain, Vanilla, Maple
Chobani Greek (plain)	Dannon Plain, Vanilla	Essential Everyday Greek (plain)
Fage 5% Greek (plain)	Good & Gather Greek (plain)	Hy-Vee Plain, Greek (plain)
Kroger Plain, Greek (plain)	La Yogurt Plain	Meijer Plain, Greek (plain, vanilla)
Mountain High Plain, Vanilla, Strawberry	Old Home Plain, Greek (plain, vanilla)	Our Family Greek (plain)

LOW FAT YOGURT

Activia All flavors	Essential Everyday Plain	Meijer Plain
Cabot Greek (plain)	Fage 2% Greek (plain)	Mountain High Plain, Vanilla
Chobani Greek (plain, vanilla and cinnamon)	Kroger Plain	Yoplait All flavors
Cabot Plain	La Yogurt Plain, Vanilla	
Dannon Plain, Vanilla	Lala Plain, Vanilla, Strawberry, Mango	

NONFAT YOGURT

Best Choice Plain, Greek (plain)	Chobani Greek (plain, vanilla, strawberry)	Cabot Greek (plain, vanilla)
Dannon Plain	Essential Everyday Plain, Greek (plain, vanilla)	Fage 0% Greek (plain)
Food Club Plain, Greek (plain)	Good & Gather Greek (plain, vanilla)	Great Value Plain, Greek (plain)
Hy-Vee Plain, Greek (plain, vanilla, strawberry)	Kroger Greek (plain)	La Yogurt Plain
Meijer Greek (vanilla, strawberry)	Mountain High Plain	Old Home Plain
Our Family Plain, Greek (plain)	Yoplait Plain	

KOSHER YOGURT

Only if specified on your WIC shopping list.

Mehadrin Low fat (plain), Nonfat, Greek (plain)	Norman's Reduced fat Greek (plain), Nonfat Greek (plain)

YOGURT

FREE ENTRY

WEDNESDAY, JUNE 24
12:00PM TO 6:00PM

JOIN US FOR OUR 2026

FAMILY FEST!

PRESENTED BY DODGE COUNTY WIC AND PUBLIC HEALTH

WAYLAND ACADEMY FIELD HOUSE

199 S. UNIVERSITY AVE.
BEAVER DAM, WI 53916

FUN FOR THE WHOLE FAMILY • ACTIVITIES • RAFFLE PRIZES • COMMUNITY RESOURCES







WIC

This institution is an equal opportunity provider

SPRING GARDEN

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

WORD LIST

BIRDS
BLOOMING
BLUEBELL
BOUQUET
CHERRY BLOSSOM
CROCUS
DAFFODIL
DAISY
FLOWERS
FORGET ME NOT
GARDEN
GRASS
HONEYBEE
HYACINTH
INSECTS
IRIS
LADYBUG
LILY
MAGNOLIA
NEST
PRIMROSE
RAIN
ROSE
SEASON
SNOWDROP
SPRING
SUNSHINE
SWEET PEA
TULIP
WHEELBARROW

Homemade GIFTS MADE EASY