Keeping Up With...

Dodge County Public Health

July - Sept 2026

JULY 2026

Summer is one of the busiest times of the year, and it's a great reminder that staying healthy often starts with simple everyday choices. Whether you're spending time outdoors, firing up the grill, traveling with family, or enjoying local events, there are plenty of opportunities to have fun while keeping safety in mind.

In this issue, you'll find tips on preventing heat-related illnesses, protecting your skin from the sun, practicing safe food handling at summer cookouts, and reducing your risk of E. coli infection. We've also included information about upcoming community events and WIC's Farmers Market Nutrition Program, which helps families enjoy fresh, locally grown produce throughout the summer.

I also want to take a moment to thank everyone who joined us for our 4th Annual Family Fest. We were thrilled to welcome a record 546 attendees this year. Seeing so many families connecting with local resources, community partners, and one another was a wonderful reminder of what makes Dodge County such a great place to live.

As always, our team is here to support the health of our community. I hope you find this newsletter helpful and wish you and your family a safe, healthy, and enjoyable summer.

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!

July - Sept 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



Communicable Disease Highlight

July- Sept 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.**

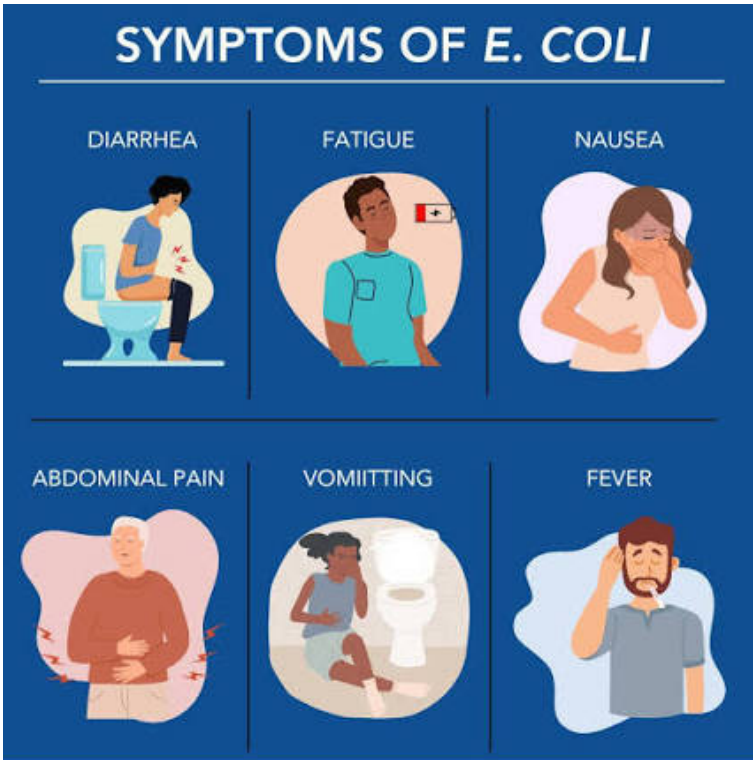
This quarter's highlighted Communicable Disease is... **Escherichia coli**

An Escherichia coli (E. coli) infection is a sickness you get from the E. coli bacteria. E. coli bacteria is found in many places like the intestines of people and animals. Most E. coli bacteria are harmless and are part of a healthy intestinal tract, but some can make people sick.

What are the causes of an E. coli infection?

You can become infected when you swallow even a small amount of E. coli bacteria. This can happen from:

- Improperly cooked beef
- Uncooked vegetables
- Untreated drinking water
- Unpasteurized milk and milk products
- Transmitted from person-to-person through the fecal-oral route



Who is at risk for an E. coli infection?

Some people are more likely to get infected. Groups of people who are at increased risk for E. coli infection include:

- Very young children
- The elderly
- People with compromised immune systems
- International travelers

How do you prevent an E. coli infection?

- Wash your hands thoroughly
- Refrigerate or freeze perishable foods within 2 hours of cooking
- Wash fresh fruits and vegetables before eating
- Thoroughly cooking meat, especially ground beef, can destroy E. coli bacteria
- Keep cold foods at or below 40°F. Keep hot food at or above 140°F.

www.cdc.gov/ecoli

Community Health

July - Sept 2026

Sunscreen and Your Skin: Understanding SPF

Sunscreen (often called SPF) is an essential part of protecting your skin from sun damage and reducing your risk of skin cancer. SPF stands for Sun Protection Factor. The SPF number indicates how well a sunscreen protects your skin from UVB rays—the type of ultraviolet radiation that causes sunburn and contributes to skin cancer. Here is a helpful breakdown:

How to choose the right SPF:

- Use at least SPF 30 for everyday use
- Choose SPF 50 or higher for outdoor activities, beach days, or prolonged sun exposure
- Look for broad-spectrum and water-resistant formulas

- SPF 15 filters about 93% of UVB rays
- SPF 30 filters about 97%
- SPF 50 filters around 98%
- SPF 100 filters about 99%

Important: No sunscreen blocks 100% of UV rays. The term sunblock is a misleading; there is no such thing!

www.fda.gov

Tips for effective sun protection

- **Apply generously:** Use about 30ml (a shot glass worth) to cover your entire body.
- **Apply 15 minutes before sun exposure:** This allows the sunscreen to have enough time to provide the maximum benefit
- **Don't forget all areas:** Remember to apply sunscreen to often-missed areas like ears, neck, lips, scalp and the tops of your feet.
- **Reapply often:** Sunscreen should be reapplied every two hours or after swimming, sweating, or towel-drying.
- **Combine with other sun protection methods:** Wear hats, sunglasses, and protective clothing, and seek shade when possible.

Upcoming Events!

- **July 30:** Summer Screenings Event: 10am-3pm at Noble Community Clinics in Beaver Dam
- **July 31:** Bridging Brighter Smiles Dental Check-Ups: 8:45am-2:30pm at Dodge County Public Health
- **August 4:** Car Seat Event: 10am-11:30am at Mayville Fire Department
- **August 6:** Child Development Day: 9am-12pm at the Parent Resource Center in Beaver Dam
- **August 13:** Growing Together, Food, Health & Community: 4pm-6:30pm at The Gathering Source in Juneau
- **August 19-23:** Dodge County Fair
- **August 20:** Blood Drive: 10am-3pm at Dodge County Human Services
- **August 26:** Health Hub: 11am-1pm at The Watermark in Beaver Dam
- **September 15:** Health Hub: 1pm-3pm at the Waupun Community Center
- **September 23:** Car Seat Event: 3pm-6pm at the Beaver Dam Fire Station

Call 920-386-3676 for more info on these events!

Emergency Preparedness

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Heat Related Illness

As we welcome the warm and sunny days of summer, it's important to recognize the potential health risks that come with the season's rising temperatures. Extreme heat can pose serious threats, especially to vulnerable populations such as the elderly, children, and those with pre-existing health conditions.

Understanding the Dangers of Heat:

Prolonged exposure to high temperatures can lead to several heat-related illnesses, including:

1. *Heat Exhaustion*: Symptoms include heavy sweating, weakness, cold, pale and clammy skin, fast, weak pulse, nausea or vomiting, and fainting. If you or someone else is experiencing these symptoms, move to a cooler place, drink water, and apply cool, wet cloths to the body.
2. *Heat Stroke:* This is a severe medical emergency. Symptoms include high body temperature (above 103°F), hot, red, dry, or damp skin, rapid and strong pulse, and possible unconsciousness. If heat stroke is suspected, call 911 immediately. Move the person to a cooler environment and try to lower their body temperature with cool cloths or a bath. Do not give fluids.
3. *Heat Cramps:* These are muscle spasms that typically occur in the legs or abdomen, often due to heavy exertion in the heat. Rest in a cool place and drink water or a sports drink. Stretch and gently massage the affected muscles.

Prevention Tips:

Preventing heat-related illnesses is crucial during the hot summer months. Here are some tips to stay safe:

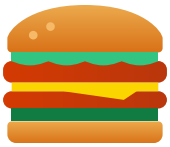
- Stay Hydrated: Drink plenty of fluids, especially water, even if you don’t feel thirsty. Avoid beverages containing alcohol or caffeine, as they can dehydrate you.
- Dress Appropriately: Wear lightweight, light-colored, and loose-fitting clothing.
- Limit Outdoor Activities: Schedule strenuous activities during the cooler parts of the day, such as early morning or late evening.
- Use Sunscreen: Protect your skin from sunburn, which can affect your body’s ability to cool down.
- Stay Cool Indoors: Spend time in air-conditioned places. If your home does not have air conditioning, consider visiting one of the cooling shelters on the next page.

Community Action:

- We encourage everyone to check on neighbors, friends, and family members, especially those who are elderly or have health conditions that make them more susceptible to heat-related illnesses. Share this information to raise awareness and help our community stay safe and healthy.

Public Health Nursing

July - Sept 2026



Backyard Cookout Safety



Backyard barbecues are a summer favorite—but no one wants a side of E. coli or Salmonella with their burger. Warm temperatures and raw meat can create the perfect environment for foodborne illness if we're not careful. Here are a few quick safety tips to keep your cookouts fun and food-safe:

1. Clean Hands & Surfaces

Always wash your hands before and after handling raw meat. Clean cutting boards, utensils, and countertops with hot, soapy water.

2. Keep It Cold

Keep raw meats in a cooler until you're ready to cook. Bacteria grow quickly at room temperature!

3. Don't Cross-Contaminate

Never use the same plate or utensils for raw and cooked foods. Designate separate tools for each.

4. Cook to Safe Temps



Use a food thermometer! Grilling "by color" isn't enough.

- Beef, Pork, Veal and Lamb Steaks, Chops and Roasts: 145°F
- Ground meats: 160°F
- All poultry: 165°F
- Fish & Shellfish: 145°F
- Leftovers & Casseroles: 165°F

https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling

5. Refrigerate Leftovers

Don't let cooked food sit out more than 1-2 hours (1 hour if it's above 90°F). Store leftovers in shallow containers for quick cooling.

By following a few easy rules, you can protect your guests from foodborne illness and focus on what really matters—great food, cold drinks, and good company.



Women, Infants, & Children (WIC)

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Farmers Market Nutrition Program

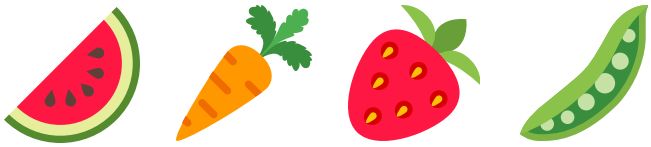


The Farmers Market Nutrition Program (FMNP) connects members of WIC (Special Supplemental Program for Women, Infants, and Children) with Wisconsin farmers.

WIC members get a check to spend at farmers markets. About 1,000 farmers are part of the program. To apply for WIC FMNP, call 920-386-3680.

Who can join WIC FMNP?
To join WIC FMNP, you must be WIC eligible and one of the following:

1. Pregnant
2. Postpartum (just had a baby)
3. A child at least 9 months old



What do WIC members get through FMNP?

1. Five $5.00 checks that total $25 for each growing season to buy fresh fruits, vegetables, and herbs grown in Wisconsin.
2. Education and tips for using fresh, local produce.
3. A list of farmers markets and farmstands where you can use your checks.

FAMILY FEST SUCCESS!



Wow—thank you, Dodge County!

We had an amazing turnout at our 4th annual Family Fest, with **546** attendees—our biggest crowd yet!
We're so grateful to everyone who came out to connect with local resources, enjoy activities, and spend time together as a community. Family Fest is all about bringing people together and showing how powerful public health can be when we work hand-in-hand. Thank you to all the families, vendors, and partners who helped make this event such a success. We loved seeing so many familiar faces and meeting new ones too. Already looking forward to next year!





SUMMER VACATION



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WORD LIST

ADVENTURE
BEACH
CAMPING
CRUISE
EXCURSION
EXPLORING
FISHING
FLIGHT
HIKING
HOTEL
ISLAND
JOURNEY
LAKE
MOUNTAIN
OCEAN
PARK
RELAX
RESORT
ROAD TRIP
SIGHTSEEING
SNORKELING
SOUVENIR
SUMMER
SWIMMING
THEME PARK
TOUR
TRAVEL
TRIP
VACATION
ZOO

Homemade GIFTS MADE EASY