Keeping Up With...

Dodge County Public Health

Oct - Dec 2026

OCTOBER 2026

As we head into fall, there are plenty of simple things we can do to stay healthy and prepared for the months ahead. In this issue, you'll find information about measles prevention, our upcoming Flu-Free Fridays, preparing your home for winter, lung cancer and radon awareness, and making the most of your WIC benefits.

This issue is also a little different for me personally. This will be my final message as the Public Health Officer for Dodge County Public Health. After nearly four years with the department, I'll be moving on to a new opportunity, but I'm incredibly grateful for the time I've spent serving the residents of Dodge County.

I'm especially proud of the work our team has done alongside our community partners and the many residents who care about making Dodge County a healthier place to live. I've enjoyed getting to know so many people throughout the county and seeing firsthand the difference that public health can make in our communities.

Thank you for your support, partnership, and trust over the past several years. I wish Dodge County and the entire Public Health team nothing but the best in the years ahead.

Have a safe, healthy, and enjoyable 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 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
Rebecca Ziebell	Public Health Nurse

Women, Infants, & Children (WIC) Program:

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



Join our team! We currently are hiring for Public Health Officer and WIC Director. Apply by scanning the QR codes!

Public Health Officer:

WIC Director:

FIND US ON FACEBOOK
@DODGECOUNTYPUBLICHEALTH

DODGE COUNTY PUBLIC HEALTH
199 COUNTY RD DF, JUNEAU, WI 53039 • 920-386-3670

Communicable Disease Highlight

Oct - Dec 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... **Measles**

Measles is a contagious disease caused by the measles virus. It begins with symptoms such as fever, runny nose, cough, red eyes, and a sore throat. This is followed by a rash that spreads across the body. Measles can lead to complications such as ear infections and diarrhea. In severe cases, it may cause lung infections (pneumonia) or brain swelling (encephalitis), which can sometimes be life-threatening.

How Measles Spreads:

- Measles is a virus that can easily spread from person to person.
- The virus is one of the most easily spread diseases. It travels through the air on droplets of saliva. It is spread by a sick person coughing or sneezing.
- Measles virus can stay in the air for up to two hours after a sick person has been in the room.
- Infected people can spread measles to others four days before through four days after the rash appears.

Prevent Measles:

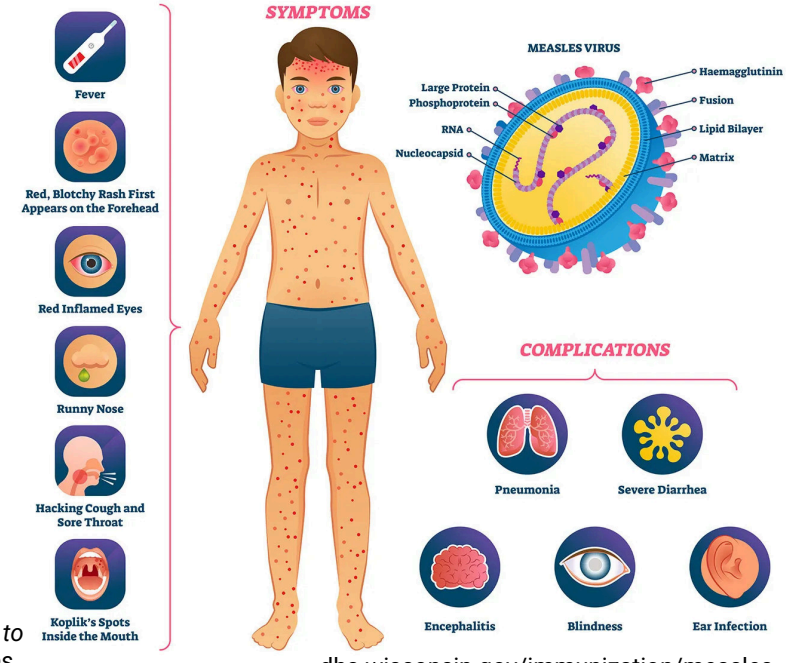
The best way to avoid getting sick from measles is to get vaccinated!

- The MMR vaccine protects against measles, mumps, and rubella.
- Two doses of MMR are needed for full protection. The first dose should be given at 12 through 15 months of age, and the second dose at 4 through 6 years of age.
- Children 12 months through 12 years of age may get the MMRV combination vaccine, which also protects against varicella (chickenpox).

Teens and adults should also be up to date on their vaccinations. Be sure to talk with your health care provider about being vaccinated against measles.

Measles Symptoms:

- Runny nose
- High fever (may be greater than 104°F)
- Tiredness
- Cough
- Red, watery eyes, or conjunctivitis (pink eye)
- A red rash with raised bumps that starts at the hairline and moves to the arms and legs three to five days after symptoms begin



dhs.wisconsin.gov/immunization/measles

Community Health

Oct - Dec 2026

Flu-Free Fridays: Free FluMist Clinics

Dodge County Public Health will be offering free FluMist vaccinations every Friday in October for school-age children up to 18 years.

FluMist is a nasal spray flu vaccine that helps protect against influenza.



Needle-free & pain free



Designed for kids



Fast & easy

- Free seasonal influenza vaccine for school-age children up to 18 years
- Free to those with or without insurance
- No appointments needed. Available on a first-come, first-serve basis
- A parent or legal guardian must accompany anyone under the age of 18 to sign permission

Every Friday in October

8:30AM - 4:00PM

Dodge County Public Health
199 County Rd DF, Juneau, WI

Not available Fridays? We also will have after hours clinics on:

- **Thursday, 10/29 from 3pm-7pm**
- **Tuesday, 11/10 from 3pm-7pm**
- **Saturday, 11/14 from 8am-11am**

Upcoming Events!

- **October 1:** Senior Expo: 9am-1pm at the Waupun Community Center
- **October 8:** Healthy Brains Presentation: 1pm-2pm at The Watermark in Beaver Dam
- **October 19:** Blood Drive: 10am-3pm at Dodge County Human Services
- **October 22:** Family Movie Night: 5:30pm at The Watermark in Beaver Dam
- **October 28: Health Hub:** 11:30am-1pm at The Watermark in Beaver Dam
- **November 6:** Family Movie Night: 6pm at Renewal Unlimited in Beaver Dam
- **November 13:** Family Movie Night: 6pm at The TAG Center in Mayville

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

Emergency Preparedness

Oct - Dec 2026

Prepare Your Home for Winter:
Prevent Moisture, Mold & Other Hazards

A well-prepared home can help protect both your health and your property during the winter months. Use these simple tips to reduce the risk of moisture, mold, frozen pipes, carbon monoxide, and other winter-related hazards.



Seal & Insulate Your Home

Check around doors and windows for drafts and replace worn weather stripping or caulk gaps as needed. Proper insulation and air sealing can help keep warm air inside, lower energy bills, and reduce condensation and moisture that can contribute to mold growth.

Tip: Pay special attention to areas around windows, doors, and other openings where cold air may enter.



Clean Gutters & Downspouts

Before winter arrives, clear leaves and debris from gutters and downspouts so water can drain properly. Keeping them clear can help prevent ice dams, roof damage, and water from entering your home - problems that can lead to moisture damage and mold.

Tip: Make sure downspouts direct water away from your home's foundation.

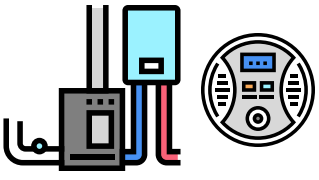


Protect Outdoor Faucets & Pipes

Disconnect garden hoses and make sure outdoor faucets and hose spigots are properly turned off and winterized. Taking these steps can help prevent water from freezing inside the pipes and causing them to burst.

Tip: If your home has interior shut-off valves for outdoor faucets, close them before freezing temperatures arrive.

https://www.epa.gov/mold



Maintain Your Furnace & Prevent Carbon Monoxide

Have your furnace and heating system inspected and professionally serviced before the heating system begins. Regular maintenance can help identify problems early and ensure your system is operating safely. Be sure your home also has working carbon monoxide alarms.

Tip: Never ignore symptoms such as headache, dizziness, nausea, or confusion when a heating system is running. Get outside to fresh air and seek help if you suspect carbon monoxide.

Public Health Nursing

Oct - Dec 2026

Lung Cancer Awareness Month

November is Lung Cancer Awareness Month, a time to raise awareness about lung cancer and the importance of prevention and early detection. Lung cancer can affect anyone, but knowing your risk factors can help you take steps to protect your health.



Know Your Risk

Smoking is the leading risk factor for lung cancer, but it isn't the only one. Other risk factors include:

- Secondhand smoke exposure
- Radon exposure
- Asbestos and other workplace substance exposure
- Personal or family history of lung cancer
- Radiation therapy to the chest



Test for Radon

You can't see it. You can't smell it. You can't taste it.
Radon is a naturally occurring radioactive gas that can build up inside homes. Longterm exposure to high levels of radon can increase your risk of lung cancer.



Did you know?
Radon is the **second-leading** cause of lung cancer in the U.S. after smoking.
DCPH offers free radon test kits!



Know the Signs

Talk with your healthcare provider if you experience:

- **Persistent cough & coughing up blood**
- **Shortness of breath & wheezing**
- **Chest pain**



Screening Can Save Lives

Lung cancer screening uses a low-dose CT scan to look for lung cancer before symptoms appear. Screening is recommended only for adults who are at high risk of getting lung cancer based on their smoking history and age.



It's never too late to quit!

Quitting smoking lowers your risk of lung cancer and other serious health conditions. If you smoke, talk with your healthcare provider about tools and resources that can help you quit.

www.cdc.gov/lung-cancer/

Women, Infants, & Children (WIC)

Oct - Dec 2026

Farmers Market Vouchers Expire 10/31!



Don't let your benefits go to waste! Please remember that all WIC Farmers' Market Nutrition Program (FMNP) vouchers expire on October 31, 2026. Be sure to visit a participating local farmer or market before the end of the month to stock up on fresh, locally grown fruits, vegetables, and herbs.

Make your fall harvest last! Stretch your fruits and veggies with these simple storage tips so your WIC benefits go further:

- **Carrots:** Remove greens and keep in a sealed container in the fridge.
- **Apples**: Store in the fridge in a perforated bag.
- **Squash**: Summer squash stays fresh 3–5 days in the fridge. Winter squash? Keep in a cool, dry spot for up to a month.



FARMERS MARKET VEGGIE STACK RECIPE

Ingredients:

- 1 tbsp olive oil
- 1 medium onion, diced
- 1 cup white mushrooms, diced
- 2 cloves minced garlic
- 1 medium zucchini, sliced thin
- 1 medium yellow squash, sliced thin
- 1-2 sweet potatoes, sliced thin
- 1 cup shredded parmesan cheese
- 1 tbsp fresh chopped parsley (or 1 tsp dried Italian seasoning)
- Salt and pepper



Directions:

1. Preheat oven to 400 degrees.
2. In a skillet over medium heat, sauté the onion, mushrooms, and garlic in the olive oil for 5 minutes or until the mushrooms cook down and the onion is transparent.
3. Thinly slice the remaining vegetables. A slicer or mandolin makes it easy to make even, thin slices.
4. Spray an 8 x 8 casserole dish with cooking spray. Spread the mushroom mixture in the bottom of the dish. Alternate the vegetables as you create horizontal stacks in the casserole dish. Top with salt and pepper as desired.
5. Bake, covered with aluminum foil, for 30 minutes.
6. Remove the cover and top with shredded parmesan cheese and chopped or dried herbs.
7. Bake uncovered for an additional 15 minutes until cheese is melted.



COZY FALL DRINKS



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WORD LIST



ALMOND
APPLE CIDER
BUTTERSCOTCH
CARAMEL MOCHA
CHAI
GINGERBREAD
HAZELNUT
CHAMOMILE
CINNAMON
CRANBERRY
EARL GREY
GINGER
HOT CHOCOLATE
MAPLE MACCHIATO
MATCHA
MATE
OOLONG
PEPPERMINT
PUMPKIN SPICE
SPICED PEAR

Homemade
GIFTS MADE EASY