



HEALTH DEPARTMENT HERALD



The first three months of 2026 have gone by quickly, bringing a steady flow of public health updates and leadership changes in Washington, D.C. As one public health leader stated: “Keeping up with public health developments- both policy and health events- is like drinking from a firehose these days.” Shawano-Menominee Counties Health Department remains committed to trust, transparency, and accountability as we serve our community. We will continue to monitor, verify, and share public health information so individuals and stakeholders have what they need to stay safe and healthy.

Respiratory Illness Update

We really **are trying** to work ourselves out of respiratory season! But according to the Wisconsin Department of Health Services (DHS), while overall respiratory illness levels are moderate and decreasing in the state, Influenza B and RSV illnesses are still hanging around. Remember your respiratory hygiene and prevention practices!

Measles Update

Wisconsin has had 2 cases of measles in 2026. Both cases were imported into Wisconsin from out of state outbreaks, as some areas of the country are still experiencing measles spread within their communities. The two cases were not linked to each other, and there was no further spread in the community.

Remember: The MMR vaccine is available free at SMCHD for uninsured adults and VFC-eligible children.

Call 715-526-4808 to schedule an appointment.

Bird Flu Update

With the spring migration of waterfowl comes the increased risk of bird flu exposure to our wild and domestic bird populations. In response to this threat, DATCP suspended all poultry shows, exhibitions, swap meets, and movement of poultry to other events in many southern Wisconsin counties.

If you wish to report dead or sick WILD migratory birds, please contact the **DNR** at 1-608-267-0866

If you need to report dead or sick COMMERCIAL or BACKYARD poultry, please contact **DATCP** at: 1-608-224-4872



April-June
2026



Wisconsin has not detected bird flu in any dairy herds so far in 2026, and the milk continues to be tested. For more information please scan here:



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National Public Health Week

Join us in Celebrating National Public Health Week, April 6 - 12, 2026!

This year's theme is **Ready. Set. Action!** We encourage everyone to take some time to reflect on the public health initiatives that have helped to improve our daily lives, safeguard our families, expand our life spans, and strengthen our communities. It is also a chance to advocate for policies and practices that promote good health for all.



April is Defeat Diabetes Month

Started by the Defeat Diabetes Foundation, this event calls attention to the rising number of people affected by diabetes, with the goal to reduce the growing impact of this condition by promoting healthier lifestyle changes.

Diabetes is a serious life-threatening disease, and early identification of risk and symptoms is a critical step in prevention of not only the disease, but the serious complications that can come with poorly controlled diabetes.

According to the Mayo Clinic, common symptoms of diabetes can include:

- **Increased thirst**
- **Fatigue**
- **Frequent urination**
- **Blurred vision**
- **Increased hunger**
- **Slow-healing sores or frequent infections**
- **Weight loss**



Scan the QR code to complete a simple online diabetes screening test that can help assess your risk for having or developing diabetes. However...

IT IS NOT INTENDED TO REPLACE AN EXAMINATION BY YOUR PROVIDER!!

For more information on diabetes please visit the American Diabetes Association at: <https://diabetes.org/>



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May is Arthritis Awareness Month

Did you know that arthritis is the #1 cause of disability in the United States? Or that this condition affects nearly 60 million of our men, women and children? Or that there are more than 100 types of arthritis? The Arthritis Foundation works to share little known facts so that more people realize the serious impacts arthritis can have.

The foundation also acknowledges that people living with arthritis face unique barrier to health care.

To learn more about how you can be an advocate, please visit: <https://www.arthritis.org/advocate>



- About **1 in 4** adults have been diagnosed with some form of arthritis- that is nearly **60 million!**
- It is not an “old person’s” disease- more than 1/2 adults with arthritis are working age (**18-64**)
- It costs the U.S. economy over **\$300 billion** annually in medical bills, lost wages and associated expenses.
- There are over 100 arthritis related conditions
- Hundreds of thousands of youth live with some type of juvenile or pediatric arthritic condition

Arthritis Foundation, 2026

June is Men’s Health Month

OK guys! In June, we are putting the spotlight on you! Founded by the Men’s Health Network, Men’s Health Month is celebrated annually in June, with this year’s theme:

Partners in Care: Advancing Men’s Health Through Connection, Education, & Advocacy Across the Lifespan-- for Better Lifespans.

KEY FOCUS areas for 2026 include:

- **Prostate & Testicular Cancer Awareness**
- **Men’s Mental Health & Emotional Well-Being**
- **Preventive & Employer-Led Health Engagement**
- **Caregiving, Fatherhood & Family Health**

In June, Wear Blue Fridays remind us that men’s health matters to families, workplaces, and communities. With **Father’s Day** on **June 21**, this observance also recognizes fathers and father figures and their important role in family and community health. To celebrate Men’s Health Month, please scan this code:



Visit a Farmers Market in 2026 –Saturday Fun with a big impact!



Eating locally grown produce means fresh flavor, good nutrition, and support for local farmers. Shopping at farmers markets helps strengthen our community, preserve Wisconsin farmland, and reduce transportation-related emissions. Add some fun to your summer routine by filling your basket with seasonal, locally grown produce.

Need a suggestion? The Shawano Farmers Market runs Saturdays, June 20 through October 10, 2026, at Franklin Park on the 200 block of South Washington Street.

For more information, visit thefreshproject.org.



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Notable News

Well Water Testing - With funding from the WI Environmental Public Health Tracking grant, and additional support from the Shawano County Land Conservation Committee and the Farm Bureau, 150 well water tests were completed by homeowners in the eastern part of the county. A community presentation is scheduled on April 29th to provide general results and water quality education.

Our **Social Media campaign**, which highlighted the Public Health Foundational areas of Communicable Disease Control, Chronic Disease and Injury Prevention, Environmental Public Health and Maternal Child & Family Health wrapped up on Facebook. Next, we will be focusing on the final foundational area: **access to care**. Throughout this new campaign, we will be talking with our local partners to learn about how they work to ensure individuals and families can get the support they need to remain healthy and safe. Be sure to watch our Facebook page!

Health Officer Reflections

What do we mean by Community Health?

Community health refers to the overall well-being of people in a community, including physical, mental, and social health, as well as the conditions that affect daily life and health outcomes.

The **Community Health Assessment (CHA)** helps identify the most important health issues affecting our community through data collection and analysis. Completed every five years by local health departments, the CHA gives community members and partners a clearer understanding of local health needs and priorities. It also serves as the foundation for the Community Health Improvement Plan, which helps guide how resources are directed over the next three years to best meet community needs. Look out for a Community Meeting invite for May, where all are invited to review the CHA and to vote on CHIP priorities for our two counties.



Shawano-Menominee
Healthy Communities

-Nick Mau, Health Officer



Emergency Preparedness Tip

Since early spring weather in Wisconsin can put many at risk for flooding, it is important to be prepared. Flooding can develop slowly or quickly, can cause disruptions to power, transportation and even damage buildings. What is a **whole community approach** in emergency preparedness? According to FEMA, preparedness calls for the involvement of everyone-- not just the government-- in preparedness efforts. By working together, everyone can help keep a community safe from harm and keep it resilient when a natural disaster (like a flood) occurs. Learn more here:

www.ready.gov/flood



Other Community Events/Observances

April 5- Easter Sunday

April 6 to April 12- National Public Health Week

April 7- World Health Day

April 10- National Youth HIV and AIDS Awareness Day

April 25 (10am-2pm)- DRUG TAKE BACK DAY (watch for info)

April 29- Well Water Testing Presentation- Bonduel HS

May 4- World Asthma Day

May 6- May 12- National Nurses Week

May 10- MOTHER'S DAY

May 16- Armed Forces Day

June 7- National Cancer Survivors Day

June 8 to June 12- Community Health Improvement Week

June 11- June 17- National CNA Week

June 21- FATHER'S DAY

Public Health: Prevent, Promote, Protect

Our Mission: Promote and Protect the Health of Shawano-Menominee Counties residents by providing quality services, fostering partnerships, and advocating for systems change.

Our Vision: The Shawano-Menominee Counties Health Department will be an engaged leader in inclusive communities which support optimal health for all.

The SMCHD is always looking for feedback from partners to help improve communication and services. If you would like to provide any feedback, you can reach the SMCHD at:

715-526-4808 or Public.health@shawanocountywi.gov

Or find us on Facebook at: facebook.com/SMCHD

