

# THE HEALTH PULSE

**Stay informed, feel the pulse of our community, and live healthier - together.**

Your go-to source for timely local health updates, prevention tips, and community resources from Oneida County Health Department.

Stronger Health Together

March 2026

[oneidacountypublichealth.org](http://oneidacountypublichealth.org)

## Together, We Make Our Community a Better Place

Welcome to the Oneida County Health Department Quarterly Newsletter!

We are pleased to introduce this new quarterly newsletter as a way to **stay connected with the residents of Oneida County**.

Our department remains committed to protecting, promoting, and improving the health and well-being of our community through transparent and consistent communication.



Each quarter, we will share updates on programs and initiatives, highlight community partnerships, showcase available services, and provide seasonal health education and prevention tips. This newsletter is designed to keep you informed about the ongoing work happening across our department and the resources available to support you and your family.

While urgent health alerts and time-sensitive information will continue to be shared through our website and social media channels, this quarterly publication offers a broader look at the efforts underway to build a **healthier Oneida County**.

We look forward to connecting with you and working together to strengthen the health of our community.



### UPCOMING EVENTS

- **Water test kit sale** at OCHD: March 9-13, 2026
- April is **STI Awareness Month!**
- **FREE** car seat checks at Minocqua Fire Department on Thursday, April 23, 2026 from 1:00pm to 4:00pm
- **Rec Rodeo** at the YMCA: May 8, 2026 1:00pm to 4:00pm

### WHAT IS WIC?

You want to keep your family healthy and strong. The Women, Infants and Children Nutrition Program helps you do just that! We're here for you, with:

 **NUTRITION EDUCATION**

 **BREASTFEEDING SUPPORT**

 **CARE BEYOND WIC**

 **HEALTHY FOODS, LIKE:**



The WIC program (Women, Infants, and Children) provides nutrition support, education, and resources to low-income pregnant and postpartum people, infants, and young children up to age five. WIC helps families access healthy foods, offers breastfeeding support, and connects participants to health care and community services to promote growth and development.

### ARE YOU ELIGIBLE?

You may qualify for WIC if:

- You live in Wisconsin
- You're pregnant, breastfeeding or have had a baby in the past six months
- You have an infant, or children under 5
- You may automatically qualify if a member of your family receives BadgerCare Plus, FoodShare, or W-2 benefits
- You meet the income guidelines, found at [dhs.wisconsin.gov/wic/income-guidelines.htm](https://dhs.wisconsin.gov/wic/income-guidelines.htm)

Dads, guardians or foster parents may apply for WIC for their children.

Office Hours – M-F 8:00 AM-4:30 PM - Questions? Contact us at: [715-369-6109](tel:715-369-6109)

## Maternal and Child Health (MCH)

The Wisconsin MCH Program **supports the health and well-being of mothers, children, and families**, strengthening future generations and addressing public health challenges.



With grant funds, OCHD **donated** hygiene supplies to **middle and high schools** to support youth mental well-being.



OCHD will once again be partnering with Rhinelander PIE (Partners in Education) and participating in the **Rec Rodeo at the YMCA** in May to provide 3rd graders with **free bike helmets and fun outdoor activities!**

## CAR SEATS



# SPRING CLEANING



Is your car ready for some spring cleaning? Need to freshen up your child's car seat? Be sure to check the car seat manual for the proper cleaning instructions—it's the best way to ensure you're doing it right!



To book an appointment with one of our certified car seat technicians call [715-369-6111!](tel:715-369-6111)

 *Always be aware of any recalls on your car seat or vehicles!*  
**Click here for recalls.**

# Strengthening Families Program





Improve Your Family Relationship

## Strengthen Your Family in Just 10 Weeks!

### PROGRAM INCLUDES

- ✓ Childcare (6 weeks+)
- ✓ Family Dinner
- ✓ Weekly Incentives

Parents and youth (ages 7–17) can join a fun, interactive class to build stronger family connections. Through group discussions, activities, and projects, families will learn to improve relationships, boost positive parenting skills, reduce conflict, manage stress and anger, and increase overall resilience.

-  **Start Date:** March 23rd, 2026
-  **Class Dates:** Every Monday for 10 weeks
-  **Time:** 5:30PM to 7:30PM
-  **Location:** YMCA of the Northwoods, 2003 E Winnebago St., Rhinelander, WI 54501



Register by March 13th, 2026!

To Register:  
Call Cami Charbarneau @  
[715-369-6111](tel:715-369-6111) or scan the  
QR code!



# CredibleMind

Explore what CredibleMind has to offer!  
Access **FREE Mental Health Support and Resources** designed to help you jump-start your well-being journey.

Evaluate your mental health



Elevate your physical health



Grow healthy relationships



Manage life changes



Practice personal growth



Advance your workplace well-being



# MENTAL Health MATTERS

Get Started!

## The Oneida County Substance Use Coalition's Youth Substance Use Prevention Team

**Y**outh  
**S**ubstance  
**U**se  
**P**revention

**What is YSUP?** The Youth Substance Use Prevention Team (YSUP) focuses on alcohol, marijuana/THC, and nicotine prevention for adolescents in Oneida County.



**Why is Prevention Important?** Essential brain development occurs during adolescence. Youth who do not use alcohol, THC, or nicotine during this time are much less likely to develop a substance use disorder later in life.

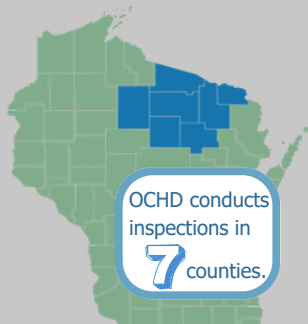
Our Youth Substance Use Prevention Team is on a **mission to create healthier communities** — but we need your help to decide where to focus next for our **nicotine prevention**. Whether it's youth education, cessation support, policy advocacy, or community outreach, your voice matters in shaping our next steps.



Please take a few minutes to complete our **short survey** and let us know what issues matter most to you. Your feedback will directly influence our priorities for the coming year. It only **takes 5 minutes**, and every response makes a difference!

### Wisconsin Wins

Wisconsin WINS conducts compliance checks to ensure retailers are not selling tobacco and nicotine products to minors. The program also provides education and support to help retailers understand and follow the law.



Compliance check inspections are conducted from **July 1<sup>st</sup> to June 30<sup>th</sup>** each year, with the majority occurring in the summer months.

2024-2025:

**91%**  
No Sale Rate

**DO YOU KNOW A 16 OR 17 YEAR OLD THAT WANTS TO HELP WITH COMPLIANCE CHECK INSPECTIONS?**



Paper applications available.  
Email Mo @ [mgross@oneidacountywi.gov](mailto:mgross@oneidacountywi.gov)

# Turning Youth Voices into Meaningful Action

Rhinelanders FACT Students Lead the Way in Tobacco Prevention

The **FACT Group** at James Williams Middle School, supported by the **Northwoods Tobacco Free Coalition**, empowers students to lead on health decisions. Through leadership opportunities, they develop advocacy and communication skills, serve as peer educators, and promote tobacco-free lifestyles in their school and community.

In January, FACT members put their learning into action by planning and hosting a school bake sale paired with a Valentine's-themed tobacco prevention campaign. Their message—**"There is nothing sweet about tobacco. This Valentine's Day, say yes to yourself and your health. Pledge to live tobacco-free!"**—sparked conversations and encouraged healthy choices.



# We Care Cards: Connecting Our Community to Recovery Support



The Oneida County **We Care Cards** connect individuals affected by substance use to support, linking them directly to the **Peer Recovery Support Services Team** for recovery and wellness.

**Peer Recovery Coaches** are individuals with lived experience who provide encouragement, advocacy, and guidance while helping people and their families connect to local resources and set recovery goals. Peer Recovery Coach services are **free and confidential**.

Community members are encouraged to reach out to the **Peer Support Service Team** at **715-362-1467** (confidential voicemail checked daily; calls returned within 24 hours, Monday–Friday).

**During a crisis**, call the **Oneida County 24-hour Crisis Line** at **1-888-299-1188** or **988**, or dial **2-1-1** (or text your ZIP code to **898211**) to find local resources.

**Recovery is possible—and support is just a call away.**





# Infectious Disease: Measles

**Measles** is a **highly contagious viral disease** that causes fever, rash, cough, and red eyes. It can lead to **serious complications** like pneumonia, deafness, and brain inflammation.

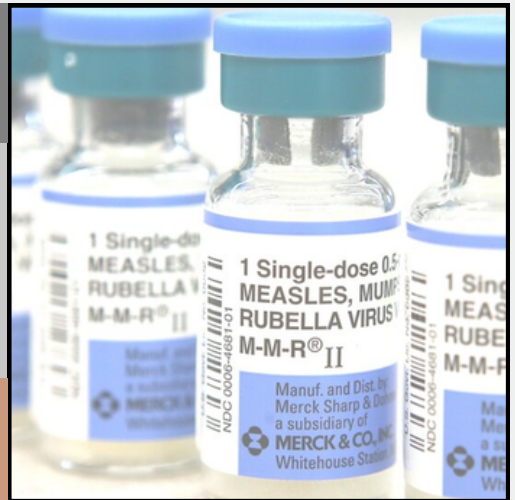


As of February 24, 2026, **two cases of measles** have been **confirmed** in **Wisconsin in 2026**. One in Dane County and one in Waukesha County. One of those cases was hospitalized.

## Immunizations: Measles

**Measles** is one of several infectious diseases that can be prevented with vaccines. Vaccinations are a **safe and effective** way to protect yourself and those around you. They work by strengthening your immune system to fight off serious illnesses. Staying **up to date on vaccines** helps keep communities healthy.

**Two doses** of measles vaccine are **97% effective** at preventing measles. **One dose is 93% effective** at preventing measles.



## Planning Ahead

Planning to travel for spring break? With measles **outbreaks occurring both abroad and in the U.S.**, now is a good time to check your vaccination records. The measles vaccine typically **takes about two weeks** to provide protection after the shot.

Tips Before and After Travel:

- Check the Wisconsin Immunization Registry to see if you've had the recommended doses of measles.
- Many US states and numerous countries around the world are experiencing a measles outbreak. **Always review travel notices** and get recommended vaccines before traveling internationally.
- **Monitor your health** when you return

# Wisconsin Well Woman Program (WWWP)

The Wisconsin Well Woman Program helps women get **free breast and cervical cancer screenings**, such as mammograms, Pap tests, and other follow-up tests.

The **Wisconsin Well Woman Program (WWWP)** provides comprehensive health services to:  
**Women aged 40-64** in Wisconsin or **35-39 with breast or cervical symptoms.**

Uninsured, underinsured, or face high co-pays  
Meet income requirements.

By offering essential screenings and preventive care, the program helps:

For more information, contact:  
Venette Tess @  
[715-369-6119](tel:715-369-6119) or [vtess@oneidacountywi.gov](mailto:vtess@oneidacountywi.gov)



Detect early



Treat sooner



Improve health outcomes

# Reproductive Health Clinic

The Oneida County Reproductive Health Program, funded by grants and program-generated revenue, offers **comprehensive family planning and preventive health services to individuals of reproductive age.** We believe everyone deserves access to accurate information and compassionate, patient centered care. Services include birth control counseling, STI screening, pregnancy testing, annual wellness exams, and other essential care.

**April is STI Awareness Month**  
Many sexually transmitted infections (STIs) can have no symptoms, which means you could have one and not know it. To know your STI status, practice regular testing - especially if you have had a new partner or unprotected sex.



STI testing available: Chlamydia, Gonorrhea, Trichomoniasis, Mycoplasma genitalium, Syphilis, Hepatitis C, and Human Immunodeficiency Virus (HIV)

\*Chlamydia and gonorrhea testing can be done in-clinic and results are ready in about 30 minutes

**How to contact us:** [715-369-6116](tel:715-369-6116) or [RHC@oneidacountywi.gov](mailto:RHC@oneidacountywi.gov)

# Environmental Health

## When to connect with EH:

- If you want to rent short term, you need a license. If you have a license, check with us for changes to the state lodging code.
- If you plan to buy or open a restaurant, you need to be inspected and talk with a Registered Sanitarian for what you need to know, have and do!
- If you want to sell food at the farmer’s market, contact us!
- If you see something unsanitary at a restaurant, let us know!
- If you have well water questions about sampling, call us!
- If you are curious about beach testing. If you want to know which beaches are tested, and if it is safe to swim, look at our website starting late May through Labor Day.



## National Ground Water Awareness Week March 8-14, 2026

**Are you a private well owner? It's time to test your water.**



### Annual Water Testing Recommended

- Test for **Bacteria & Nitrate** annually
- Test for **Arsenic** if present in previous results

### Discounted Water Test Kits!

- **Bacteria: \$22 (Save \$5)**
- **Nitrate: \$30**
- **Arsenic: \$35**
- **Bacteria & Nitrate: \$52 (Save \$5)**
- **All 3 Tests: \$72 (Save \$10)**

\*water test kits are available year round



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