

# Quarterly News You Can Use

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**Public Health**  
MADISON & DANE COUNTY

*Healthy people. Healthy places.*





**WE ARE YOUR HEALTH  
DEPARTMENT**



Community Health



Environmental Health

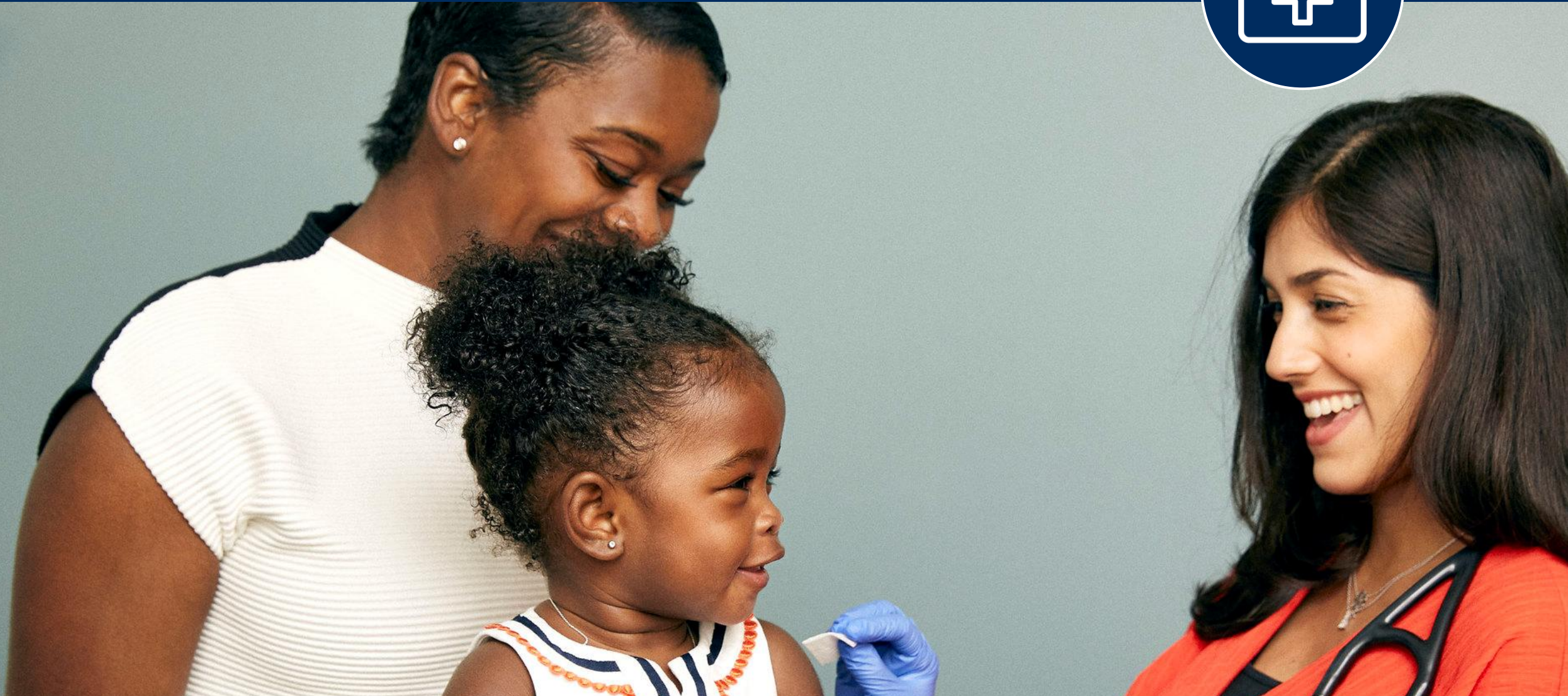


Community Initiatives



Operations

# Community Health



# Environmental Health



# Community Initiatives



# Operations



# Our Core Values



Health is a  
Human Right

Science

Health and  
Racial Equity

Relationships

Stewardship

**So, what brings me here tonight?**



# NEWS YOU CAN USE

## Spring News You Can Use: A Resource for Dane County Towns & Municipalities

Hello from your local health department! Below you'll find a link to this quarter's [News You Can Use](#). The link will open a Microsoft Word document so you can copy and paste content as you'd like. Please let us know if you have any trouble accessing.

With spring weather being unpredictable and [measles in Dane County](#), we wanted to send this quarter's issue as soon as possible! This quarter includes information on: COVID boosters, measles vaccination, severe weather and power outages, and falls prevention and safe salting.

[Download News You Can Use](#)

As a reminder, *News You Can Use* is a brief, curated package of public health information that is ready to use and tailored for towns and municipalities. It includes a few drafted social media posts and a blurb or two that can be inserted into your newsletters, hung up on a bulletin board, or shared however you see fit. You can use as much or as little of it as is helpful; this is simply a tool to help you easily share public health messages to help keep folks safe and healthy.

If you have any questions or comments, [please let us know](#). If you'd like to opt out of getting these emails in the future, just let us know and we'll remove you from the list.

Thanks for being a public health partner!  
Public Health Communications Team  
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## Severe Weather & Power Outages

### Blurb for newsletter

With the widespread weather-related power outages occurring in the south earlier this year, this is a good time to review your power outage plans. Below are some practical actions you can take to protect yourself and your family from power outage disruptions.

**Stock up on water and nonperishable foods:** Nonperishable foods include canned beans and protein bars. You should have plenty of water on hand too—about one gallon of water per person per day.

**Keep your phone charged:** Whether it's connecting to emergency services or family, checking the status of the power outage, or using the flashlight feature, your phone may be a key device to have on hand during a power outage.

**Use power strips with surge protection:** After power restoration, electricity can surge and cause appliance damage or even fires. To prevent this, use power strips with surge protectors—they help the electrical surge from reaching your appliances. If you don't have a surge protector, unplug appliances when the power goes out.

**Plan for medical needs:** For refrigerated medication, only open your refrigerator when necessary to keep it cold inside for as long as possible. For medical devices, consider having a backup power source like a generator. If that isn't possible, then review the device manual and find out how long, if at all, your device will work without electricity and how to make it last longer. Consider registering your medical device with MG&E: [tinyurl.com/MGEregisterdevice](https://tinyurl.com/MGEregisterdevice). This may help inform or prioritize power restoration in areas where many customers rely on medical devices.

### Social media post

Do you have a plan for when the power goes out? Follow these four things to make sure you are ready:

- Stock up on water and nonperishable foods
- Keep your phone charged
- User power strips with surge protection
- Plan for medical needs, including refrigerated meds & medical devices needing electricity

Read more in Public Health Madison & Dane County's blog: <https://tinyurl.com/njzf883u>

### Image for newsletter and/or social media post



# Pre-written Newsletter Blurb

## Falls Prevention & Safe Salting

### Blurb for newsletter

Falls can happen any time, but slipping and falling is especially risky during icy conditions this time of year. Clearing snow and using salt and sand is critical for preventing dangerous falls, but keep in mind that more salt doesn't mean safer steps. Once you put salt down, it doesn't go away. That means it can change the composition of soil, slow plant growth, and weaken building materials like concrete, stone, and bricks.

When snow and ice hit, follow these tips:

- **Take safe steps:** The Mayo Clinic reminds us to wear lightweight boots with good traction. Take your time, use handrails and assistive devices, and take small steps like a penguin.
- **Clear snow promptly.** If you're unable to shovel, try hiring a snow removal company or neighbor.
- **Use the right amount of salt.** You only need a coffee mug of salt to treat an entire 20-foot driveway, or 10 sidewalk squares. Scatter only what you need, ensuring there is space between the grains. We love this video that shows you how: <https://tinyurl.com/safesalting>

Visit [wisaltwise.com](http://wisaltwise.com) for more tips on salting and [safercommunity.net/falls-prevention/](http://safercommunity.net/falls-prevention/) for more resources on falls prevention.

# Pre-packaged Social Media Post(s)

## Social media post

- **Post 1:** We all want to avoid slipping and falling on slick sidewalks this winter, but more salt doesn't mean safer steps. Help protect our freshwater resources, soil, plants, and infrastructure by becoming Salt Wise! Here's how: <https://tinyurl.com/safesalting>
- **Post 2:** When snow and ice hit, follow these tips:
  1. **Take safe steps:** The Mayo Clinic reminds us to wear lightweight boots with good traction. Take your time, use handrails and assistive devices, and take small steps like a penguin.
  2. **Clear snow promptly.** If you're unable to shovel, try hiring a snow removal company or neighbor.
  3. **Use the right amount of salt.** You only need a coffee mug of salt to treat an entire 20-foot driveway, or 10 sidewalk squares. Scatter only what you need, ensuring there is space between the grains. We love this video that shows you how: <https://tinyurl.com/safesalting>

Images for newsletter and/or social media post

### Prevent Falls During This Icy Season



#### Take safe steps

Wear lightweight boots with good traction. Take your time, use handrails and assistive devices, and take small steps like a penguin.



#### Clear snow promptly

If you're unable to shovel, try hiring a snow removal company or neighbor.



#### Use the right amount of salt

You only need a coffee mug of salt to treat an entire 20-foot driveway, or 10 sidewalk squares.

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# Possible Future Topics

- Heat safety
- Mosquito/tick prevention
- Beach & water quality
- Seasonal illness updates & prevention
- Flooding & severe weather preparedness
- Air quality





## CONTACT ME

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