

HALES CORNERS HEALTH DEPARTMENT NEWSLETTER

SPRING 2020 NEWSLETTER



NEW TOBACCO LAW



UNDER 21=NO TOBACCO

The US Food and Drug Administration has officially raised the minimum age to buy tobacco products like cigarettes, electronic cigarettes, and vaping products that contain nicotine from 18 to 21. Why is this important?

- 94 percent of adult smokers had their first cigarette before turning 21.
- Increasing the age of sale would greatly reduce the number of high school students who could purchase tobacco products.
- Increasing the sales age for tobacco products to 21 will help counter the tobacco industry's efforts to target their marketing toward young people.

More information available at

<https://bit.ly/2uqLHgR>

CAR SEATS

Each year, thousands of young children are killed or injured in car crashes. Proper use of car seats helps keep children safe. Children should remain rear-facing until at least 2 years of age or when they have reached the height and weight limit of the seat. Visit Safekidswi.org to learn how to pick the right seat for your child!

The Health Department offers car seat checks with a Certified Child Passenger Safety Technician. Call us at 414-529-6155 to schedule an appointment.

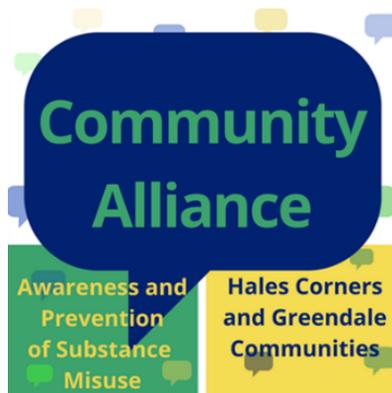


WELLNESS EVENT

SAVE THE DATE!

3rd Annual Community Wellness Event at Greendale High school!

Community Alliance Coalition presents:
"Emerging Trends: Vaping, Marijuana & Your Family"
April 16th, 2020 5:30pm-8:00pm
For more information visit us on Facebook: Community Alliance: Hales Corners and Greendale Communities



BREAK THE STIGMA

The stigma of mental health causes people to feel ashamed for something that is out of their control. Worst of all, stigma prevents people from seeking the help they need. Steps to cope with stigma include:

- Get treatment. Don't let the fear of being labeled with a mental illness prevent you from seeking help.
- Don't equate yourself with your illness. You are not an illness. So instead of saying "I'm bipolar," say "I have bipolar disorder."
- Don't isolate yours. Your family, friends, or your community can offer you support if they know about your mental illness
- Join a support group. Some local and national groups offer local programs and internet resources that help reduce stigma.

Visit <https://bit.ly/2tMzlQ4> for free mental health services in Milwaukee.

National Suicide Prevention Hotline 1-800-273-8255

FALLS PREVENTION

Falls affect us all—whether personally or someone we love or care about. Every second of every day an older adult falls. But the good news is that falls are not a normal part of aging and can be prevented. The Stepping On program is a workshop designed specifically for people age 60 or older and have fallen and/or have a fear of falling. Participants can expect to leave with more strength, better balance, and a feeling of confidence and independence.

Stepping On gives participants strategies for avoiding falls including balance and strength exercises, home safety check suggestions, medication review, and more. Call the Greendale Health Department at 414-423-2110 to register.

Visit <https://www.cdc.gov/steady/patient.html> for more information on preventing falls.

Stepping On



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April 15-May 27
12:30pm-2:30pm

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Public Health
Prevent. Promote. Protect.
Hales Corners
Health Department

*Working to Safeguard and Enhance the Health of Children,
Adults, Families, and the Community*