



# Helping Hands for Families

## Fight the Bite!

As the temperature rises, so does the chance for tick bites. With tick bites comes Lyme disease. Lyme disease is an illness caused by a bacteria that is spread through the bite of an infected black-legged tick or deer tick. Ticks can be found in the woods, brush, or tall grass.



*Symptoms usually appear 3-30 days after being bitten by a tick. However, it can take weeks or months for symptoms to show.*



**HOW TO REMOVE A TICK**

Use tweezers to remove the tick. Grip the tick by its mouthparts, as close to the skin as possible. Pull straight up. Wash the area with soap and water.

### Signs and Symptoms of Lyme disease:

- \*Circular reddish rash
- \* Muscle/Joint pain
- \*Heart abnormalities
- \*Facial Weakness
- \*Meningitis (brain swelling)
- \* Stiff neck
- \* Fever
- \* Arthritis
- \* Headache

### How can it be prevented?

- \*Wear a long-sleeved shirt, long pants and high socks tucked into pants.
- \*Wear insect repellent with 20-30% DEET or 0.5% permethrin. **DO NOT USE DIRECTLY ON SKIN**
- \*Do tick checks on yourself and your children when coming in from outside. Remove ticks immediately.
- \*Take a shower after coming in from outside.
- \*Put clothing worn outside in dryer on high for at least 10 minutes to kill any ticks on clothes.



Marquette County Family Connections Coalition

Volume 13—Issue 2  
Summer 2018

Marquette County Health Department  
608-297-3135

Marquette Early Learning Center & Head Start  
608-296-2141 x 2114

Marquette County UW-Extension  
608-297-3141

Family Health WIC  
1-920-787-5514

Marquette County Human Services  
608-297-3124

Childcaring, Inc.  
1-800-628-8534

Marquette County Economic Support  
608-297-3124

WorkSmart Employment & Training Services  
608-355-4806

Westfield School District Family/School Liaison & Guidance Program  
608-296-2141

Montello School District  
608-297-7617

### Mission

The Marquette County Family Connections Coalition (FCC) mission is to link families with community agencies through communication and collaboration.

## Graham Cracker Smackers

### Ingredients

- \* 1 to 2 pieces of fruit (bananas, peaches, pears, or other soft fruit)
- \* 2 tablespoons peanut butter
- \* 4 graham crackers (broken into 8 squares)

### Instructions

1. Wash fruit. Cut into thin slices.
2. Spread peanut butter in a thin layer on each graham cracker square.
3. Top four of the squares with slices of fruit. Put another graham cracker square (with peanut butter facing inside) on top.



**Tip** This is a fun recipe for children to help make. They can break the graham crackers and spread the peanut butter.

Iowa State University Extension and Outreach Spend Smart Eat Smart

## 10 Ways You Can Help PREVENT CHILD ABUSE

1. Wear a **BLUE RIBBON** to spread the message that every child matters.
2. **VOLUNTEER** with community programs that support children and families.
3. **BE THERE** for kids—listen and empathize.
4. **KNOW THE SIGNS** of child abuse.
5. Remind parents that it's **OK TO GET HELP**.
6. Treat all children and parents with respect. **LOOK FOR THE GOOD** in everyone.
7. Always **STOP AND COOL DOWN** before disciplining a child.
8. **SET A POSITIVE EXAMPLE**—never use violence or putdowns.
9. **REACH OUT** to a parent who appears overwhelmed.
10. You can make a difference—**TAKE ACTION RIGHT AWAY** if a child has been abused.



Marquette County Community Response Program

## COMING THIS SUMMER MONTELLO LIBRARY STORY TRAIL



**TAKE A WALK AND READ A BOOK. CHANGES EVERY MONTH. WIN PRIZES AND HAVE FUN. ON SUNSET DRIVE IN MONTELLO. LOOK FOR IT THIS SUMMER!!!**



**CHECK OUT WHAT IS HAPPENING IN YOUR NEIGHBORHOOD LIBRARY THIS SUMMER!!!**

- \*Montello Public Library
- \*Ethel Everhard Memorial Library—Westfield
- \*Packwaukee Public Library
- \*Oxford Public Library
- \*Endeavor Public Library
- \*Neshkoro Public Library

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**FREE CAR SEAT CHECKS!!!!**  
**Marquette County Health Department has a certified car seat technician who can help make sure your car seat is installed properly!!!**

**Call the Health Department at 608-297-3135 to schedule an appointment!**



**Mobile Food Pantry at Care & Share Food Bank of Marquette County**  
**N2973 Hwy. 22 Montello, WI 53949**  
**Wed. May 23, 2018 4 p.m. - 6 p.m.**  
**Wed. July 25, 2018 10 a.m. - 12 noon**  
**Wed. Sept 26, 2018 4 p.m. - 6 p.m.**

Enjoy the summer and take advantage of the wonderful family events in our own county! Check out the Marquette County website for the latest events!

<http://www.travelmarquettecounty.com/>

Or call 608-297-1000