

## Washburn County Health Department

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## Washburn County Health Department Resources

### Community Access Point

Provides application assistance for temporary and continuous enrollment in the following ForwardHealth Programs:

- **BadgerCare** for:
  - Children
  - Pregnant Women
  - Parents and Caregivers
  - Family Planning ONLY Services (FPOS)
- **Food Share**
- **Child Care**

**Children and Pregnant Women with private insurance may also be eligible for BadgerCare+.**

### WIC: Women, Infants & Children Program

The WIC Program provides health and nutrition risk assessment, education, counseling and nutritious foods to pregnant, breastfeeding and post-partum women; infants and children to age 5 who meet the program income guidelines.

WIC income eligibility is based on 185% of the US Poverty Guidelines, this is the same gross income (before taxes) as the free and reduced school lunch program.

In addition, participants of the following programs may be eligible for WIC: FoodShare, Medicaid, BadgerCare+, WI Works (W2) and TANF. Many working families qualify.

The benefits (funds) for WIC approved foods are loaded onto an eWIC card for use at participating stores and farmers markets statewide.

### ABC's of Safe Sleep

To reduce your baby's risk of sleep related injury and/or death, **all** care givers should know the following:

- **Alone**: Do Not Sleep With Your Baby.  
Keep your baby's sleep area close to, but separate from where you and others sleep
- **Back**: **Always place baby On Their Back to sleep** for naps and at night.  
The back sleep position is the safest and every sleep time counts.  
The "Back Sleeping Campaign" began in 1994.  
Since then, the Sudden Infant Death (SIDS) rate **decreased more than 50%**.
- **CRIB**: Never place a baby to sleep on pillows, quilts, sheepskin or other soft surfaces. Place your baby on a firm surface, such as a safety-approved crib mattress covered with a fitted crib sheet. Keep Soft Objects, Toys and Loose Bedding out of Your Baby's Sleep Area.
- **SMOKE-FREE**: Do Not Allow Smoking Around Your Baby.

**Do NOT** over dress Your Baby for Sleep, keep the temperature comfortable.

## Healthy Birth Spacing

Healthy birth spacing is the amount of time in between the delivery of one baby to the delivery of the next. Using birth control helps women plan their pregnancies by controlling the spacing.

Being pregnant takes a toll on a woman's body and depletes important nutrients such as iron and folic acid. Research shows that children born closer together are more likely to be premature, small for gestational age and are at increased risk for Spina Bifida. There are safe birth control methods for all women including those who are breastfeeding.

To assist you with your Healthy Birth Spacing goal, discuss your birth control options with your health care provider or a Public Health Nurse at Washburn County Health Department.

## Immunizations

We provide recommended vaccinations for children 0-18 years of age who meet any of the following: Have no health insurance, have health insurance that does not cover all recommended vaccinations, have or are eligible for Medicaid/BadgerCare+, or are American Indian or Alaskan Native.

Limited vaccinations are also available for adults who are uninsured or whose insurance does not cover requested vaccinations. Adults with Medicaid/BadgerCare+ must get vaccinated by their medical provider.

## Family Planning/Reproductive Health Services

We provide education and counseling, assessment, screening, and case management services to men and women of child bearing age.

### **Services include:**

- Pregnancy risk assessment, counseling, testing and referral.
- Contraceptive education, counseling, supplies and procedures including referrals for Implants, IUD and male and female sterilization procedures.
- Family Planning Only Services BadgerCare+ Program (FPOS); Temporary and Continuous Care Enrollment and Re-enrollment.
- BadgerCare+ for Pregnant Women; Temporary and Continuous Care Enrollment
- Sexually Transmitted Infection risk assessment, counseling and education, limited testing and treatment, with referrals as needed.
- Off-site clinical exams, testing, treatment and consultations as needed.

## Get-Yourself-Tested Program

We provide Sexually Transmitted Disease/Infection education, limited testing and treatment, and prevention supplies to Wisconsin residents who are not eligible for FPOS or BadgerCare+.

## Code Red

Program enrollment information that allows you to get Emergency Alerts on your phone. You can sign up @ [www.co.washburn.wi.us](http://www.co.washburn.wi.us).

**For additional information, questions, or to schedule an appointment,  
Call Washburn County Health Department at 715-635-4400.**