



2026

QUARTER 1

# Newsletter

WELLS COUNTY DISTRICT HEALTH UNIT



## IN THE SCHOOLS!



Our Unit Administrator, Caitlyn, and Nurse Larissa have been busy in each of our county's schools!

Students have been educated on oral hygiene, growth and development changes, and completed vision screenings.

Prevention Coordinator, Jordan, is halfway through Keepin it REAL - an alcohol, tobacco and other drugs prevention curriculum with HHS 7<sup>th</sup> graders.

## FOREVER FIT

Forever Fit is a resistance training and low impact cardio program for adults 65 and older. The cost of the eight week program is \$50 and materials are supplied for each 2x/week session.

*Stay tuned for more class offerings!*

Our new Forever Fit program launched February 2026 in Harvey and Hurdsfield. Each class boasts a full roster and is an adaptation of our prior program: Fit and Strong.



## BREASTFEEDING SUPPORT

Reminder that nurses at Wells County District Health Unit can play a key role in providing lactation support by assisting with weighed feeds, position and latch assessments and connect breastfeeding moms with Certified Lactation Counselors. Breast pumps may be available to those underinsured.

*All breastfeeding support services are free of charge!*

# Tips and Tricks

## SLEEP.

If sleep directly impacts your biometrics, what's a guy or gal to do? Luckily, according to *Total Wellness Health*, there are small changes you can implement that aim to improve your sleep.

- **Keep a consistent sleep schedule.** Going to bed and waking up at the same time, even on weekends, helps anchor the body's internal clock.
- **Wind down before bed.** Dimming lights and reducing screen use in the hour before sleep helps the brain shift into rest mode.
- **Watch caffeine timing.** Caffeine has a half-life of about five to six hours, meaning an afternoon coffee can still affect sleep quality at midnight.
- **Cool the room.** Core body temperature drops during sleep. A cooler sleep environment (around 65–68°F) supports this natural process.
- **Treat sleep as a priority, not a luxury.** Choose to protect your sleep like you protect your time, because everything about how you think, feel, and function depends on it.

**DYK: poor sleep raises blood pressure, disrupts blood sugar regulation, drives up cholesterol, and increases inflammation?**

### Winter mood-boosters

- \* Get outside when you can
- \* Stick to consistent sleep routines
- \* Move your body (even a little)
- \* Stay connected



Read the full biometrics + sleep article [here!](#)

Measles is spread person-to-person when an infected person coughs or sneezes. This virus is extremely contagious because particles are very small and stay in the air for up to two hours after a contagious person has been in an area. Because it is airborne, it can spread between rooms of a building via the air duct system. When a person with no immunity through immunization or prior infection is exposed to measles virus, the probability of contracting disease is very high – over 90% for a single encounter. A single person with measles spreads disease to an average of 18 other people if those people are not immune due to immunization or prior infection.

Symptoms typically appear within 7-12 days of exposure but may appear up to 21 days after exposure. Symptoms almost always first include a fever, followed by a characteristic flat, blotchy rash that starts on the face and neck and progresses down the body. Most people with measles will also develop flu-like symptoms, including a cough, runny nose, and pink or watery eyes. People with measles may also develop tiny white spots inside their mouth called “Koplik spots.”

**MORE MEASLES INFO [HERE!](#)**

Call us to schedule your MMR vaccination today!