

**ROCK COUNTY BOARD OF HEALTH**  
**WEDNESDAY, DECEMBER 7, 2011 – 6:00 P.M.**  
**HEALTH DEPARTMENT – 3328 N. U.S. HIGHWAY 51**  
**JANESVILLE, WI 53545**  
**(ACROSS FROM SPORTSMAN'S PARK)**

**AGENDA**

1. Call to Order
2. Adopt Agenda
3. Approval of Minutes – November 2, 2011
4. Citizen Participation
5. Unfinished Business
6. New Business
  - A. Administrative Division
    - (1) Approval of Bills/Transfer of Funds
    - (2) Health Department Report
  - B. Environmental Health
    - (1) Request for Holding Tank Variance – Kirk & Susan Douglas
    - (2) Update on Restaurant Inspections
  - C. Public Health Nursing
    - (1) Immunization Outreach Strategies
7. Communications and Announcements
8. Adjournment

If you are unable to attend the Board of Health meeting, **please** contact the Public Health Department (757-5442) or Ms. Kraft at (608) 884-4761. Thank you.

**ROCK COUNTY HEALTH DEPARTMENT**  
**LIST OF BILLS FOR 12/7/11 BOARD OF HEALTH MEETING**

<u>Account Number</u>	<u>Vendor Name</u>	<u>Item(s) Description</u>	<u>\$ Amount</u>
31-3008-0000-63110	Vericor LLC	2 vaccine transporters & traceable thermometers	1,003.00
62119	Beloit Memorial Hospital	prenatal classes for client	25.00
	Mercy Hospital	prenatal classes for client	35.00
62503	Belem Gonzalez	interpreter services 11/17-11/18/11	170.00
	Rene Bue	interpreter services 10/21-11/10/11	217.20
	Belem Gonzalez	interpreter services 10/12-10/25/11	460.00
	Belem Gonzalez	interpreter services 10/26-11/4/11	530.00
	Belem Gonzalez	interpreter services 11/7-11/16/11	500.00
63100	Daniels Sentry	refreshments for Color Me Healthy presentations at Milton day cares 10/25/11	12.59
	Karen Cain	reimburse for WALHDAB evening meal	20.00
	Taylor Technologies	pool testing reagents	85.81
63200	Tim Banwell	reimburse for renewal of RS license	107.00
	Janis Baumann	reimburse for renewal of RS license	107.00
	Adam Elmer	reimburse for renewal of RS license	107.00
	Roger Eychaner	reimburse for renewal of RS license	107.00
	Jackie Phillips	reimburse for renewal of RS license	107.00
	Mark Seymour	reimburse for renewal of RS license	107.00
	Matthew Wesson	reimburse for renewal of RS license	107.00
	Rick Wietersen	reimburse for renewal of RS license	107.00
	Peter Zakarias	reimburse for RS exam fees	290.00
64000	Lab Safety Supply	1 box safety lancets	24.91
	Welders Supply	carbon dioxide refill 10/18/11	45.32
	School Health	2 digital floor scales	105.00
	Medline	2 cases medium exam gloves & 1 case large exam gloves	162.38
	Pinnacle Pharmacy	tuberculin	209.44
	McKesson	2 cases sharps disposal containers	276.58
	Storage Systems	medical chart supplies	928.56
	McKesson	spot bandaids, safety glide needles, rubbing alcohol, cotton balls, hand sanitizer, etc.	936.59
	Marshall Medical	7 cases vanishpoint syringes	1,849.15
	GlaxoSmithKline	adult hep-A vaccine, adult hep-B vaccine, adult Twinrix vaccine	7,532.00

<u>Account Number</u>	<u>Vendor Name</u>	<u>Item(s) Description</u>	<u>Amount</u>
64010	Culligan	November deionizer rent	35.00
64200	Wheaton Franciscan Mercy EMS Training Center Anne Weirich	conference registration 11/16/11 CPR class fees for 6 public health nurses 6/8/11 – 9/21/11 reimburse portion of seminar fee 11/16/11	125.00 270.00 44.00
64203	Pathways Awareness	5 pregnancy DVDs	59.90
64900	Lab Safety Supply	12 fiberboard drums, 30 gal., for Rx roundup	454.92

Account Number	Name	Yearly Prct Appropriation Spent	YTD Expenditure	Encumb Amount	Unencumb Balance	Inv/Enc Amount	Total
3130080000-63110	ADMIN.EXPENSE	49,625.00	7.2%	3,604.24	0.01	46,020.75	
	P1102762-PO# 12/01/11 -VN#051150					VERICOR MEDICAL SYSTEMS LLC	1,003.00
						CLOSING BALANCE	45,017.75
							1,003.00
	CONSORTIUM FUNDS		PROG-TOTAL-PO				1,003.00

I HAVE EXAMINED THE PRECEDING BILLS AND ENCUMBRANCES IN THE TOTAL AMOUNT OF \$1,003.00 INCURRED BY CONSORTIUM FUNDING. CLAIMS COVERING THE ITEMS ARE PROPER AND HAVE BEEN PREVIOUSLY FUNDED. THESE ITEMS ARE TO BE TREATED AS FOLLOWS

- A. BILLS AND ENCUMBRANCES OVER \$10,000 REFERRED TO THE COUNTY BOARD.
- B. BILLS UNDER \$10,000 TO BE PAID.
- C. ENCUMBRANCES UNDER \$10,000 TO BE PAID UPON ACCEPTANCE BY THE DEPARTMENT HEAD.

BOARD OF HEALTH

COMMITTEE APPROVES THE ABOVE. COM-APPROVAL \_\_\_\_\_

DEPT-HEAD

DEC 07 2011 DATE \_\_\_\_\_

CHAIR

Account Number	Name	Yearly Prcnt Appropriation Spent	YTD Expenditure	Encumb Amount	Unencumb Balance	Inv/Enc Amount	Total
313000000-62119	OTHER SERVICES	15,000.00 77.5%	11,100.02	529.21	3,370.77		
	P1101229-PO# 12/01/11 -VN#021628			MERCY HOSPITAL		35.00	
	P1101535-PO# 12/01/11 -VN#027256			BELOIT MEMORIAL HOSPITAL		25.00	
				CLOSING BALANCE	3,310.77		60.00
313000000-62503	INTERPRETER FEES	19,000.00 0.0%	15,248.10	-15,232.07	18,983.97		
	P1100364-PO# 12/01/11 -VN#039062			BUE, RENE		217.20	
	P1100367-PO# 12/01/11 -VN#017809			GONZALEZ, BELEM		1,660.00	
				CLOSING BALANCE	17,106.77		1,877.20
313000000-63100	OFC SUPP & EXP	8,400.00 82.4%	7,091.07	-163.53	1,472.46		
	12/01/11 -VN#011610			CAIN, KAREN		20.00	
	P1100366-PO# 12/01/11 -VN#041415			DANIELS SENTRY		12.59	
	P1103604-PO# 12/01/11 -VN#046997			TAYLOR TECHNOLOGIES INC		85.81	
				CLOSING BALANCE	1,354.06		118.40
313000000-63200	PUBL/SUBCR/DUES	5,000.00 58.1%	2,909.90	0.00	2,090.10		
	12/01/11 -VN#011095			BANWELL, TIMOTHY		107.00	
	12/01/11 -VN#027119			EYCHANER, ROGER		107.00	
	12/01/11 -VN#034908			WIETERSEN, RICK		107.00	
	12/01/11 -VN#038344			WESSON, MATTHEW		107.00	
	12/01/11 -VN#042555			BAUMANN, JANIS		107.00	
	12/01/11 -VN#043815			PHILLIPS, JACKIE		107.00	
	12/01/11 -VN#044721			SEYMOUR, MARK		107.00	
	12/01/11 -VN#046967			ELMER, ADAM		107.00	
	12/01/11 -VN#050215			ZAKARIAS, PETER		290.00	
				CLOSING BALANCE	944.10		1,146.00
313000000-64000	MEDICAL SUPPLIES	91,000.00 82.4%	76,836.78	-1,792.20	15,955.42		
	12/01/11 -VN#038065			PINNACLE PHARMACY		209.44	
	P1100365-PO# 12/01/11 -VN#017191			WELDERS SUPPLY CO BELOIT INC		45.32	
	P1100370-PO# 12/01/11 -VN#042626			MC KESSON MEDICAL SURGICAL COR		1,213.17	
	P1100373-PO# 12/01/11 -VN#013988			LAB SAFETY SUPPLY COMPANY		24.91	
	P1103478-PO# 12/01/11 -VN#020592			GLAXOSMITHKLINE PHARMACEUTICAL		7,532.00	
	P1103600-PO# 12/01/11 -VN#016466			STORAGE SYSTEMS MIDWEST INC		928.56	
	P1103605-PO# 12/01/11 -VN#034251			MARSHALL MEDICAL SYSTEMS AND E		1,849.15	
	P1103682-PO# 12/01/11 -VN#014513			MEDLINE INDUSTRIES INC		162.38	
	P1103744-PO# 12/01/11 -VN#019293			SCHOOL HEALTH CORPORATION		105.00	
				CLOSING BALANCE	3,885.49		12,069.93
313000000-64010	LAB SUPPLIES	6,500.00 105.3%	6,847.08	0.00	-347.08		
	P1100359-PO# 12/01/11 -VN#010140			CULLIGAN WATER CONDITIONING IN		35.00	
*** OVERDRAFT ***	<b>TRANSFER REQUIRED</b>			CLOSING BALANCE	-382.08		35.00
313000000-64200	TRAINING EXP	10,000.00 54.2%	5,424.07	0.00	4,575.93		

Account Number	Name	Yearly Prct Appropriation Spent	YTD Expenditure	Encumb Amount	Unencumb Balance	Inv/Enc Amount	Total
		12/01/11 -VN#045703		WEIRICH, ANNE		44.00	
	P1103659-PO#	12/01/11 -VN#046586		WHEATON FRANCISCAN HEALTHCARE		125.00	
	P1103820-PO#	12/01/11 -VN#048236		MERCY EMS TRAINING CENTER		270.00	
				CLOSING BALANCE	4,136.93		439.00
3130000000-64203	EDUC MAT & SUPPL	4,000.00 71.4%	2,857.93	0.00	1,142.07		
	P1103754-PO#	12/01/11 -VN#051517		PATHWAYS AWARENESS		59.90	
				CLOSING BALANCE	1,082.17		59.90
3130000000-64900	OTHER SUPPL/EXP	20,713.00 2.3%	1,776.79	-1,293.83	20,230.04		
	P1100373-PO#	12/01/11 -VN#013988		LAB SAFETY SUPPLY COMPANY		454.92	
				CLOSING BALANCE	19,775.12		454.92
	HEALTH DEPT.		PROG-TOTAL-PO			16,260.35	

I HAVE EXAMINED THE PRECEDING BILLS AND ENCUMBRANCES IN THE TOTAL AMOUNT OF \$16,260.35 INCURRED BY HEALTH DEPARTMENT. CLAIMS COVERING THE ITEMS ARE PROPER AND HAVE BEEN PREVIOUSLY FUNDED. THESE ITEMS ARE TO BE TREATED AS FOLLOWS

- A. BILLS AND ENCUMBRANCES OVER \$10,000 REFERRED TO THE COUNTY BOARD.
- B. BILLS UNDER \$10,000 TO BE PAID.
- C. ENCUMBRANCES UNDER \$10,000 TO BE PAID UPON ACCEPTANCE BY THE DEPARTMENT HEAD.

BOARD OF HEALTH COMMITTEE APPROVES THE ABOVE. COM-APPROVAL \_\_\_\_\_ DEPT-HEAD

DEC 07 2011 DATE \_\_\_\_\_ CHAIR

Account Number	Name	Yearly Prcnt Appropriation Spent	YTD Expenditure	Encumb Amount	Unencumb Balance	Inv/Enc Amount	Total
3130000000-62119 ENC	OTHER SERVICES R1200130-PO# 01/01/12 -VN#014957	19,901.00 0.0%	0.00	0.00	19,901.00	10,200.00	
					CLOSING BALANCE	9,701.00	10,200.00
3130000000-63101 ENC	POSTAGE R1200126-PO# 01/01/12 -VN#016851	12,000.00 0.0%	0.00	0.00	12,000.00	3,000.00	
					CLOSING BALANCE	9,000.00	3,000.00
3130000000-64000 ENC	MEDICAL SUPPLIES R1200128-PO# 01/01/12 -VN#042550	80,000.00 0.0%	0.00	0.00	80,000.00	9,995.00	
					CLOSING BALANCE	70,005.00	9,995.00
	HEALTH DEPT.		PROG-TOTAL-PO				23,195.00

I HAVE EXAMINED THE PRECEDING BILLS AND ENCUMBRANCES IN THE TOTAL AMOUNT OF \$23,195.00 INCURRED BY HEALTH DEPARTMENT. CLAIMS COVERING THE ITEMS ARE PROPER AND HAVE BEEN PREVIOUSLY FUNDED. THESE ITEMS ARE TO BE TREATED AS FOLLOWS

- A. BILLS AND ENCUMBRANCES OVER \$10,000 REFERRED TO THE COUNTY BOARD.
- B. BILLS UNDER \$10,000 TO BE PAID.
- C. ENCUMBRANCES UNDER \$10,000 TO BE PAID UPON ACCEPTANCE BY THE DEPARTMENT HEAD.

BOARD OF HEALTH COMMITTEE APPROVES THE ABOVE. COM-APPROVAL \_\_\_\_\_ DEPT-HEAD

**DEC 07 2011** DATE \_\_\_\_\_ CHAIR



DIVISION OF PUBLIC HEALTH

1 WEST WILSON STREET  
P O BOX 2859  
MADISON, WI 53701-2859

Scott K. Walker  
Governor

Dennis G. Smith  
Secretary

State of Wisconsin

Department of Health Services

808-266-1251  
FAX: 808-287-2832  
TTY: 888-701-1258  
dhs.wisconsin.gov

November 22, 2011

RECEIVED

NOV 28 2011

ROCK COUNTY HEALTH DEPT.

Laurie Fischer  
Executive Director  
Dairy Business Association  
4039 Ponce De Leon Boulevard  
Oneida, Wisconsin 54155

RE: Review of Rock Prairie Dairy Rapid Health Impact Assessment Report

Dear Ms. Fischer and Coalition Members:

In your June 9, 2011 letter you requested that the department conduct a review of the Rock Prairie Dairy Health Impact Assessment (HIA). Staff from our Bureau of Environmental and Occupational Health have reviewed the document and our review comments are included in this letter. Overall we found that the County's report focused on the key issues and provided reasonable corresponding recommendations to improve the proposed project. We are sharing this response with Rock County in the hope that it is included as part of the record related to Rock Prairie Dairy HIA and is made available to the public along with other facets of the HIA.

Because the concept of a HIA is relatively new to Wisconsin I will provide background on the tool and its intended use. An HIA is a process used to better understand the health implications of a proposed policy or project. Recommendations can then be made to increase the health benefit and reduce the health impacts of a proposal. The process is intended to bring together public input, available data and research, and to form the basis of conclusions and recommendations. By identifying health issues and opportunities for addressing them early in the process, an HIA has the potential to increase community support, and reduce the need for costly corrections in the future. It should be noted that an HIA does not serve a regulatory function in the livestock facility siting process. We agree that it is important to emphasize the Rock Prairie Dairy must first and foremost meet regulatory requirements. Viewed in this context, the HIA's conclusions and recommendations are advisory only.

The Department of Health Services provided a mini-grant to Rock County, along with training and technical support on the HIA process. This enabled the county to work with the developer and the community to address community concerns about the proposal. The Rock Prairie Dairy HIA report is intended to be a resource for various stakeholders.



In the draft Rock Prairie Dairy HIA Report, the Rock County Health Department identified relevant issues such as air quality, odor, ground water, surface water, property value and economic impact, traffic, noise, visual, and insects. Because of available scientific evidence and community concern, the Rock County Health Department prioritized the first four issues (air quality, odor, ground water and surface water) to address in the HIA report. The use of a citizen survey is a legitimate tool to identify issues of public concern. The 37 percent response rate is acceptable for the limited purposes used in the study, although it would have been helpful to discuss county's confidence in response rate.

The activities documented in the HIA report reflect their stated goal to understand the community concerns related to the Dairy as well as to summarize peer-reviewed scientific literature on the topic. As with any assessment, inclusion of specific articles or studies represents the best judgment of the authors of the study, and also is a function of the nature and scope of the study. Based on our review, it is clear that the study's use of sources meets basic thresholds for appropriateness. There are several peer-reviewed reports in the literature from both the agricultural science and public health communities that address the environmental and public health effects of manure waste from CAFOs. The 27 references cited in the HIA report begin to cover the breadth of that literature, but understandably do not provide an in-depth review of each of the identified areas of concern. Having the benefit of hindsight, we are in a position to clarify that those studies and the concerns raised in the HIA report, are among possible concerns that have been associated with other but not all Concentrated Animal Feeding Operations (CAFOs). The issues raised are not certain to result from this particular development and it is possible that the report could have made that more clear.

The findings of the report were:

1. The size of the Rock Prairie Dairy (RPD) operation and the predicted amount of manure generated creates a potential for hazardous gas and particulate emissions.
2. The drifting of unpleasant odors from manure related activities is a major concern of the surrounding community.
3. Accidental spills, leaks from pipes and storage lagoons and over application or misapplication of manure could lead to contamination of ground and surface water resources.
4. The annual addition of an estimated 9,500 dairy-associated trucks onto a two-lane heavily traveled state highway may impact traffic volume, safety and increase road maintenance needs.
5. The size of the animal operation creates conditions that favor the breeding of flies and mosquitoes that have the potential to transmit diseases to humans.
6. The construction and operation of a 5,200 animal dairy will impact aesthetics of the area and contribute to the noise burden.
7. RPD could potentially have positive and negative economic impacts.
8. Monitoring is essential in order to ensure operational procedures and mitigation strategies are effective and the public's and CAFO staff's health is protected.

Based on the findings, the report recommended:

1. Implement a private well monitoring program for concerned citizens living near the facility or manure application sites.
2. Develop a notification system to alert the surrounding community of manure spreading activities (e.g. email list, mass phone call, website, signage). This information will be helpful to citizens planning outdoor activities.
3. Increase surface water monitoring program for potentially impacted waterways.
4. Develop a public friendly complaint tracking and collection system. Coordinate with local agencies that may receive complaints.
5. Enhance communication and foster good relationships with the surrounding community (e.g. open house, tours, field trips for area schools).
6. Develop an emission monitoring system onsite and offsite after operations begin.
7. Provide health checks and a wellness program for workers.
8. Install signage on Highway 14 warning traffic of frequent stops by trucks.
9. Institute appropriate insect control.
10. Install vegetative buffers to help decrease aesthetic, noise, odor and emission impacts around the facility and manure application fields.

Considering the scientific literature that was reviewed as part of this project, the findings and recommendations appear to be a reasonable list of suggestions to minimize potential negative health impacts on future employees of the Rock Prairie Dairy and the surrounding community. However, it is also important to identify the actual conditions at the site, not only those generically identified as applicable to all CAFOs, and tailor future recommendations to address these "real life" conditions. Due to the HIA's lack of regulatory impact, the dairy operator may choose to implement all or none of the stated recommendations.

Again, benefiting from hindsight since the release of the report, it should be clarified that many of the regulatory requirements that a properly permitted facility would have to follow, also attempt to address the same concerns (e.g. groundwater/surface water runoff and ambient air quality).

The report does not dwell on the positive or negative economic impacts of the development including the jobs that could be created. It is important to acknowledge that employment status is a very strong indicator of health status. However, the rationale for limiting the scope of an HIA to the top concerns raised is understandable, in light of the survey responses, and literature review.

As with any publicly available document, there is an opportunity for individuals or groups to use these HIA findings outside the intended context. The Rock Prairie Dairy HIA set out to conduct an objective assessment of the potential impacts of concentrated animal feeding operations on health and to suggest methods of reducing the potential for negative impacts. They have been successful in that regard, though there were clearly limits to how comprehensive the analysis could be. Similarly, this letter does not provide an in depth review of the issues.

There is a great deal more to discuss on this topic statewide than I would attempt to fit into this letter. I suggest that you contact me at (608) 264-9880 when it is convenient for you to continue that discussion.

Sincerely,



Chuck Warzecha, M.S., R.S., Director  
Bureau of Environmental and Occupational Health

cc: Nick George, President Midwest Food Processors Association  
Mike Wehler, Executive Vice President Wisconsin Pork Association  
Ferron Haven, President/CEO Wisconsin Agribusiness Council  
Paul Zimmerman, Executive Director of Governmental Relations Wisconsin Farm Bureau  
John Umhoefer, Executive Director Wisconsin Cheese Makers Association  
Terry Quam, Legislative Chair Wisconsin Cattlemen's Association  
Robert Karls, Executive Director Wisconsin Soybean Association  
Pat Stronger, President Wisconsin Poultry and Egg Improvement Association  
Bob Oleson, Executive Director Wisconsin Corn Growers Association  
William L. Oemichen, President and CEO Cooperative Network  
Senator Dale Shultz, Chair, Senate Agriculture Committee  
Representative Lee Nerison, Chair, Assembly Agriculture Committee  
Secretary Ben Brancel, DATCP  
Secretary Cathy Stepp, DNR  
Jason Culotta, Governor's Office  
Timothy Banwell, Environmental Health Director, Rock County Health Department  
Karen Cain, Health Officer, Rock County Health Department



DIVISION OF PUBLIC HEALTH

1 WEST WILSON STREET  
P O BOX 2659  
MADISON WI 53701-2659

Scott K. Walker  
Governor

Dennis G. Smith  
Secretary

State of Wisconsin

Department of Health Services

608-266-1251  
FAX: 608-287-2832  
TTY: 888-701-1253  
dhs.wisconsin.gov

November 22, 2011

RECEIVED

NOV 28 2011

ROCK COUNTY HEALTH DEPT.

Laurie Fischer  
Executive Director  
Dairy Business Association  
4039 Ponce De Leon Boulevard  
Oneida, Wisconsin 54155

RE: Review of Rock Prairie Dairy Rapid Health Impact Assessment Report

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Because the concept of a HIA is relatively new to Wisconsin I will provide background on the tool and its intended use. An HIA is a process used to better understand the health implications of a proposed policy or project. Recommendations can then be made to increase the health benefit and reduce the health impacts of a proposal. The process is intended to bring together public input, available data and research, and to form the basis of conclusions and recommendations. By identifying health issues and opportunities for addressing them early in the process, an HIA has the potential to increase community support, and reduce the need for costly corrections in the future. It should be noted that an HIA does not serve a regulatory function in the livestock facility siting process. We agree that it is important to emphasize the Rock Prairie Dairy must first and foremost meet regulatory requirements. Viewed in this context, the HIA's conclusions and recommendations are advisory only.

The Department of Health Services provided a mini-grant to Rock County, along with training and technical support on the HIA process. This enabled the county to work with the developer and the community to address community concerns about the proposal. The Rock Prairie Dairy HIA report is intended to be a resource for various stakeholders.

# ROCK COUNTY HEALTH DEPARTMENT

## North Office

P.O. Box 1143  
Janesville, WI 53547-1143  
608-757-5440  
608-758-8423 (fax)  
www.co.rock.wi.us



## South Office

61 Eclipse Center  
Beloit, WI 53511  
608-364-2010  
608-364-2011 (fax)

## **“Healthful Hints” Monthly Health News Column**

### *Health Myths Exposed!*

Do you remember hearing your mom or dad tell you not to go outside in the cold with wet hair because it will make you sick? Or not to swim for 30 minutes after eating? In this column, I’m going to explore some of the most common health myths we still hear today. What might surprise you the most about these myths, however, is that they aren’t just urban legends. There are actually some pieces of truth in them!

**Myth #1: If you go out in the cold with wet hair, you’ll catch a cold.** The truth is that, while you’ll *feel* cold because you have a head of wet hair, you are no more at risk of catching a cold at this time than when you go outside with dry hair! Simply put, feeling cold does not affect your immune system. However, while you won’t get sick directly from having wet hair outside, you want to make sure you’re taking the proper precautions during the coldest winter months, and that includes drying your hair before walking out the door and donning the appropriate winter clothing.

**Myth #2: You lose most of your body heat through your head.** I’m sad to report that your head is no more special than any of your other body parts. What I mean is your head does not lose heat any faster or in any more quantity than your other body parts. Scientists estimate that about 10% of your body heat is lost through your head, roughly the same as would be lost by your hands, for example. It’s as important for you to wear a hat as it is to wear gloves and a jacket to keep yourself warm during the cold winter months.

**Myth #3: Cracking your knuckles will cause arthritis.** Though the sound can be quite gross to some, including myself, there is no evidence to suggest that cracking your knuckles will somehow cause arthritis. This doesn’t mean you should continue to crack your fingers. Though it will not lead to arthritis, constant cracking can in fact injure the ligaments that support those joints, leading to some mild, temporary pain. In the most severe cases, it could weaken your grip by loosening the tendons that attach muscle to bone.

**Myth #4: Abiding by the “Five Second Rule” means food is safe to eat.** Picking up food quickly does not mean you should eat it! Scientists found that when food comes into contact with the floor, it picks up a lot of germs, even if it’s only for a few seconds. When dropped on carpet, food doesn’t pick up as many germs. It does, however, pick up carpet fuzz. Gross!

## ROCK COUNTY HEALTH DEPARTMENT

### North Office

P.O. Box 1143  
Janesville, WI 53547-1143  
608-757-5440  
608-758-8423 (fax)  
www.co.rock.wi.us



### South Office

61 Eclipse Center  
Beloit, WI 53511  
608-364-2010  
608-364-2011 (fax)

**Myth #5: You shouldn't swim for an hour after eating.** This one is half true and half false. When you eat, your body uses more energy to digest the food in your stomach. While you might have less energy to swim laps quickly, swimming after eating shouldn't stop you from being able to play or tread water. Be careful, however, because both swimming and digestion require work from your heart, and that may make you more susceptible to heart problems by performing them at the same time.

**Myth #6: Warm milk will help you fall asleep.** Milk does contain small amounts of tryptophan (the same amino acid in turkey that makes you tired), but you would have to drink gallons of it before you would feel tired enough to fall asleep. Child psychologists say that if your child likes to have warm milk to fall asleep, continue this habit. It can have a placebo effect to get you and/or your child's body and mind to go from daytime to nighttime. Sweet dreams!

Laura Fadrowski is the Health Educator for the Rock County Health Department. If you would like to ask Laura a health-related question to be answered in a future column, e-mail her at [fadrowsk@co.rock.wi.us](mailto:fadrowsk@co.rock.wi.us). The Rock County Health Department reserves the right not to answer any questions deemed unsuitable.