

CHISAGO CONNECT

Connecting Your Community, While Protecting Your Health

NEWSLETTER



Public Health
Prevent. Promote. Protect.
Chisago County

THE MONTHLY NEWSLETTER OF CHISAGO COUNTY PUBLIC HEALTH

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For current updates on Coronavirus (COVID-19) please visit:
<https://www.health.state.mn.us/diseases/coronavirus/index.html>
<https://www.facebook.com/ChisagoCountyPublicHealth>

ESSENTIAL BUT UNDERVALUED

HOW CAN WORK WORTH SO MUCH BE WORTH SO LITTLE?

The rapid spread of COVID-19 is reminding us just how interconnected we all are. It's also shining a light on the ways that our public and community infrastructure have long been lacking—especially when it comes to child care. Child care is the long-neglected backbone of our economic and public health infrastructure. Our health and safety, and that of our communities, must come first. Yet, for the child care sector, this is like driving a tank over an already crumbling bridge—the already undervalued sector cannot withstand this pressure. Early childcare educators have always provided a critical service that allows other workers to do their jobs. But during this pandemic, they are being asked to serve children of other essential workers without the appropriate pay, health care, and personal protective equipment (PPE) or recognition that should come with risking their lives.

Back in March, Governor Walz urged childcare providers to stay open to continue to care for kids and their families. Thankfully, on July 7, Walz announced a plan to distribute \$56.6 million in CARES Act funding for child care providers. Chisago County Child Care Licensor, Lanay Miller says, "I have heard that child care providers are suffering financially because they have lost families. The latest round of grants (the 56 million) should be helpful. In Chisago County most providers are doing okay [remaining open] but I have had a couple [child care facilities] that lost all of their families and are staying licensed in hopes they'll get families back."

In addition, child care workers themselves are underpaid relative to the extraordinary role they play. The most important part of brain development happens during early childhood. In the first few years of life, more than 1 million new neural connections are formed every second. This period is crucial for emotional-social development and cognitive-linguistic abilities that form the basis for later success in a child's life.

Even in better times, the early care and education requires rights, raises, and respect, such as:

- Health Insurance and paid sick leave
- Living wages
- Safe work environments
- Recognition for their vital work

AUGUST

NATIONAL BREASTFEEDING MONTH

Breastfeeding can have a positive effect on both mothers and children. While roughly 75% of mothers start out breastfeeding (according to the CDC), that number falls dramatically as babies approach their first birthday.

Research has shown that being breastfed can lead to a healthier life for babies. The many health benefits include:

- Protection against many common infections
- Nutritionally balanced meals
- Better survival for the first year of life
- Causes less stomach upset, diarrhea, and constipation than formula
- Lessens the risk of SIDS
- Makes vaccines more effective ...and many more



WHY YOU'RE MASKING UP

- To protect others: When you wear a mask you protect others by preventing the spread of your own germs.
- Unknown COVID-19 status: You may have COVID-19 or have been exposed to the virus without showing symptoms.
- Protect the community: More people wearing masks results in better protection for everyone.

WHEN YOU'RE MASKING UP

- While in public, you must use a mask, scarf or other face covering. This includes indoor spaces and outdoor spaces when you are near others who are not in your immediate household.
- Those with breathing challenges or those under the age of two should not wear a mask.

PUBLIC HEALTH ACCREDITATION



Public Health Departments have a number of core plans that are the foundation to the programs and work that we do. One of those plans Chisago County Public Health has is a Workforce Development Plan.

A competent, capable public health workforce is essential for protecting and improving the health and wellness of the public and responding to major health threats. Continued investment in training and development of the workforce will create many successes for the Chisago County Public Health Division (CCPH). The purpose of this workforce development (WFD) plan is to outline the training and development of the CCPH staff to ensure a competent public health workforce.

NEWS AND ANNOUNCEMENTS

- "Minnesota's Safe Learning Plan" Allows School Districts to Decide How They Should Reopen in the Fall.
- School districts and charter schools will begin the school year in one of three models: in-person, distance learning, or a hybrid model
- Executive Order 20-81 requires Minnesotans to wear a face covering in indoor businesses and indoor public settings. . For more information about face coverings and the Executive Order, please see the [Frequently Asked Questions About the Requirement to Wear Face Coverings](#).
- On June 25, 2020, Gov. Tim Walz used executive powers to distribute \$841.5 million of CARES Act funds to counties, cities, and townships
- Median age of positive cases continues to drop and is now 36.0 years old
- Overall case fatality rate in Minnesota is 3.2%, but the death rates among different age groups vary widely with older adults faring much than younger people worse in outcomes.
- Health officials suspect new cases of severe lung injuries associated with vaping.

PUBLIC HEALTH RECOGNITION

Chief Dan Meyer started in law enforcement about 21 years ago when he was hired with the North Branch PD. Dan has been an active partner with public health for many years, and he has gladly been a part of any committee or group that we have asked him to participate in. He has continued to be of great value to public health work even through the COVID-19 pandemic. Dan is the type of individual that you can always rely on and that public health considers not only a community partner but a friend that we are always happy to see and work with. He goes above and beyond for his community, and it does not go unnoticed.

Describe yourself in three words: Empathetic, Respectful, and Trustworthy

Describe your job in one word: Challenging

Who inspires you: "My biggest inspiration in my life is my dad. He always taught me to work hard and to try to do my best in everything I do. Even today, he reminds me of those simple words of advice and I think that advice has helped me throughout the years."

What is the last Netflix show you watched: "Alone," it follows the self-documented struggles of 10 individuals who try to survive in the wilderness for as long as possible with limited supplies.

