



**Public Health**  
Prevent. Promote. Protect.

Lake Region District Health Unit

## LAKE REGION DISTRICT HEALTH UNIT (LRDHU)

524 4<sup>th</sup> Avenue NE Unit 9, Devils Lake, ND 58301-2490

Ramsey County (701) 662-7035



# Health Happenings

Fall 2018

Quarterly Newsletter

Benson County \* PO Box 86 \* 330 C Avenue \* Minnewaukan 58351 (701) 473-5444

Eddy County \* 24 8<sup>th</sup> Street N \* New Rockford 58356 (701) 947-5311

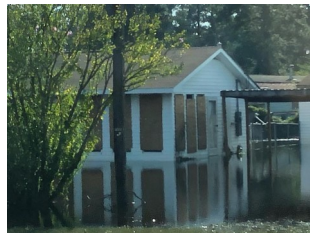
Pierce County \* 240 SE 2<sup>nd</sup> Street \* Rugby 58368 (701) 776-6783

“Like” us on Facebook: Lake Region District Health Unit

Website: [www.LRDHU.com](http://www.LRDHU.com)

### Regional Emergency Preparedness Response (EPR)

EPR Staff, Kim Homan, Brooke Kirkeide and Shannon Riggle attended pre-deployment processing in Minot on Tuesday, September 18<sup>th</sup>. The day consisted of paperwork, fit testing and assignment of equipment and supplies needed by the 28 North Dakota medical professionals who were flying to Raleigh, NC in the wake of Hurricane Florence. The Minot group was made up of Emergency Medical Technicians, Paramedics and Registered Nurses. This group joined similar groups from Grand Forks, Fargo and Bismarck and were scheduled to assist as needed in shelters in and around the Raleigh area.



Danette Schmid RN



LRDHU sent one of our own! Danette Schmid, Eddy County Public Health Nurse, was excited for her assignment to help and stepped up to provide much needed nursing services throughout the devastated region.

Teams experienced what she described as a “navigational nightmare” including flooded roadways due to the three feet of water along with downed trees and power lines. The Red Cross Shelter which Schmid was assigned to was a challenging, 80-person shelter where there had to be a nurse on duty, so the teams divided up to allow for 24-hour nursing services.

### Upcoming: Calendar Of Events

#### November:

- 4<sup>th</sup> Daylight Savings Time Ends
- 11<sup>th</sup> **VETERAN’S DAY—Closed the 12th**
- 15<sup>th</sup> Great American Smoke Out
- 22-23<sup>rd</sup> Happy Thanksgiving-Closed
- 1-30<sup>th</sup> American Diabetes Month
- 1-30<sup>th</sup> Lung Cancer Awareness Month

#### December:

- 1<sup>st</sup> World Aids Day
- 2-8<sup>th</sup> National Hand Washing Awareness Week
- 2-8<sup>th</sup> National Influenza Vaccination Week
- 24<sup>th</sup>-25<sup>th</sup> **MERRY CHRISTMAS—Closed**
- 1-31<sup>st</sup> Safe Toys & Gift Month



#### January:

- 1<sup>st</sup> **HAPPY NEW YEAR!! Closed**
- 15<sup>th</sup> **Martin Luther King Jr. Day—Closed**
- 24<sup>th</sup> Car Seat Check @ Lake Chevy 3-6pm
- 1-31<sup>st</sup> Cervical Health Awareness Month
- 1-31<sup>st</sup> National Radon Action Month

### TICK - TICK TIME TO CHANGE THE BATTERIES !



Even if Daylight Savings Time passed you by, everyone knows there's one more crucial task that should also be completed with every anniversary of turning the clocks: changing the batteries in smoke detectors, carbon monoxide detectors and other safety monitors in your home. But don't stop there. Offer to change and check batteries in devices for elderly family members or neighbors, too.

Working smoke alarms cut the risk of dying in a home fire nearly in half. The reason almost 71 percent of those smoke alarms failed to operate was because they had missing, disconnected or dead batteries. Can you think of a better use of that hour you gained?

## 3 Very Important Reasons for Adults to be up-to-date with Vaccinations:

1. You May Be at Risk for Serious Disease
2. You Can Protect Yourself and Your Loved Ones from Disease
3. You Can't Afford to Get Sick



Are you up to date?

Call your local Public Health office to check & schedule.



# HPV VACCINE IS CANCER PREVENTION

Human papillomavirus (HPV) vaccine protects against cancers caused by HPV. There are more than 40 types of the HPV infection. HPV is a common virus that infects teens and adults. About 14 million people, including teens, become infected with HPV each year. HPV infection can cause cancers in both women and men.

## HPV VACCINE FOR PRETEENS & TEENS

All girls and boys who are 11 or 12 years old should get the recommended vaccine series. For HPV vaccine to be most effective, the series should be given prior to exposure to HPV. There is no reason to wait to vaccinate until teens reach puberty or start having sex.

Teens who did not get vaccinated when they were younger should get it now. HPV vaccine is recommended for young women through age 26, and young men through age 21. Ask your health care provider for more information.



be a quitter. it's never too late

THURSDAY, NOVEMBER 15<sup>TH</sup>, 2018



## TOBACCO & SUBSTANCE ABUSE PREVENTION

Liz Bonney and Kim Homan, Tobacco & Substance Abuse Prevention Coordinators attended Recovery Reinvented on September 5<sup>th</sup>. The daylong event featured state and national addiction and recovery experts who focused on reinventing recovery through advocacy, community resources implementation and the elimination of stigma of the chronic brain disease of addiction.



Governor Doug Burgum and First Lady Kathryn Helgaas Burgum recognize that alcohol and drug use is still the No. 1 social problem in North Dakota with ramifications for the workplace, schools, communities and families.

Half of all arrests in our state are alcohol or drug related and 75 percent of those in our prisons have an addiction. Addiction has an impact on all North Dakotans. Addiction is treatable and there is hope for recovery. Now is the time to act. It's never too late and it's never too early. Help start the healing and reinvent recovery. Recovery is in our future.

This was an inspiring day of people connecting to share their hopes and ideas for North Dakota, with alcohol and drug use as the number one social issue.

Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. Start with day one. Let the **Great American Smokeout** event on **November 15<sup>th</sup>** be your day to start your journey toward a smoke-free life. You'll be joining thousands of smokers across the country in taking an important step toward a healthier life and reducing your cancer risk. Plus, Lake Region District Health Unit can help you access the resources and support you need to quit. Just call 662-7022

# Lake Region Family Planning

524 4th Ave. NE - Unit 9  
Ramsey County Courthouse  
701-662-7046

- HEALTH, ABSTINENCE & COERCION EDUCATION
- METHODS OF CONTRACEPTION
- EMERGENCY CONTRACEPTION
- PREGNANCY TESTING
- BLOOD PRESSURE
- MALE & FEMALE SERVICES
- STD TESTING & TREATMENT, HIV & HEP C TESTING
- HEMOGLOBIN & URINALYSIS
- BREAST, CERVICAL SCREENINGS & PAP SMEARS (Over 21)



You will not be refused services \* The cost of services is based on your income & household size \* Insurance & MA accepted \* Title X Funded Program

# Alcohol: Temporary Fun With Permanent Consequences

PARENTS LEAD.ORG