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YOUTH SUBSTANCE USE PREVENTION SURVEY

LRDHU conducted a six week long survey to the four counties asking about underage drinking behaviors in our area. Approximately 340 people participated in this survey.

The results showed that youth are most often obtaining their alcohol from sneaking it from home or having older friends buy it for them. Parties at a friend’s house or unsupervised locations such as shops is where youth are most likely to drink alcohol.

Survey participants believed that parental role modeling is the #1 prevention strategy that will help reduce youth alcohol use. Parents Lead suggests parents control the availability of alcohol in the household, serve as role models for alcohol use, influence family norms on alcohol use, and set alcohol-related household expectations.

LRDHU will aim to bring down the use of underage drinking with strategies such as:

- Using ID scanners in alcohol establishments to filter out fake IDs
- Increase public awareness on the consequences of providing alcohol to underage individuals
- Raise awareness in youth and parents on the dangers of underage drinking
- Sponsoring alternate activities such as After Prom Parties
- Hosting Responsible Beverage Server Training 4x a year
- Coalition meetings with area partners
- Social media and billboard ads

Parents or guardians may find more information on reducing youth access to alcohol by visiting parentlead.org.

Calendar Of Events



May

- 1st-31st High Blood Pressure Awareness
- 1st-31st Lyme Disease Awareness
- 1st-31st Mental Health Awareness
- 6th-12th National Nurses Week
- 12th-18th Women’s Health Week
- 27th **Memorial Day—Offices Closed**
- 31st World No Tobacco Day

June

- 1st-30th Men’s Health Month
- 1st-30th National Safety Month

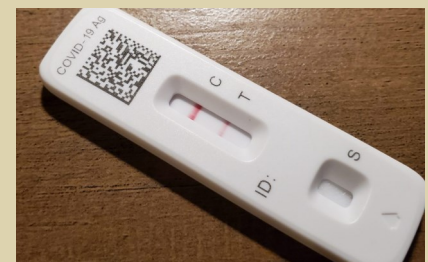
July

- 1st-31st UV Safety Month
- 4th **Independence Day—Offices Closed**
- 25th Car seat check-up—Lake Chevy 3-6pm

FREE COVID TEST PROGRAM ENDS

Over the last two years, LRDHU has been able to provide thousands of free at-home rapid Covid-19 tests to the public. Unfortunately, the tests we had access to have all expired and therefore the program has come to an end.

The public seeking rapid at-home Covid-19 tests are encouraged to purchase the tests at big box stores or at pharmacies.



Ramsey County Office
524 4th Ave NE Unit 9
Devils Lake, ND 58301
(701)662-7040

Benson County Office
PO Box 86; 330 C Ave
Minnewaukan, ND 58351
(701)473-5444

Eddy County Office
24 8th St N
New Rockford, ND 58356
(701)947-5311

Pierce County Office
240 SE 2nd St Ste 1
Rugby, ND 58368
(701)776-6783

MEASLES. SHOULD WE BE CONCERNED?

Measles is making a comeback with several outbreaks throughout the United States. Approximately 16,000 individuals in North Dakota are not immunized against Measles (MMR vaccine).

Measles can be dangerous, especially for babies and young children. 20% of individuals who get measles will end up being hospitalized. Those who are infected might even develop brain swelling or sadly even die, even with the best care.

Staff at LRDHU along with the ND Health & Human Services are preparing how to respond to Measles infections should it happen in North Dakota.

Individuals can receive safe and long-lasting protection against measles by getting a measles-mumps-rubella (MMR) vaccine, which are administered at 12 months and 4 years old. Call your local public health office to check your immunization history or to schedule an appointment.



LYME DISEASE AWARENESS MONTH

May is Lyme Disease Awareness Month. Lyme disease is caused by a bacteria that is carried by the deer tick. While the deer tick isn't common to be found in North Dakota, there is still some in the state with documented cases of Lyme Disease.

Ticks are found in wooded, shrubby, or grassy areas. The risk of infection is greater in the spring, summer, and fall but can occur any time there is above freezing temperatures. Ticks need to be removed before 24 hours after attachment before they will start infecting the person with the bacteria.

People who get Lyme Disease report symptoms of a bull's eye skin rash, fatigue, chills and fever, headache, muscle and joint pain, and swollen lymph nodes.

Tips on Tick Bite Prevention:

- Use insect repellents containing DEET
- Wear clothing treated with .5% permethrin
- Shower as soon as possible after being outdoors
- Check for ticks daily
- Put clothes in dryer for ten minutes to kill ticks.

EMERGENCY PREPAREDNESS

PARTICIPATES IN EXERCISE

North Dakota Dept of Health & Human Services conducted a multi-jurisdictional exercise at the end of February. The exercise's focus was on training Disaster Mortuary Operational Response Teams (DMORT), which is a team working quickly and accurately to identify victims and reunite victim's personal belongings to their loved ones in a dignified, respectful manner.

The local Emergency Preparedness team focused on the wrap-around services to be able to support teams that are onsite of a disaster. This includes setting up tents, assisting with setting up electrical systems, setting up and operating food equipment to provide meals onsite for the workers, and much more.

At this training, the Medical Reserve Corps, a group of volunteers, were asked to participate as well. One of our local public health nurses attended, working in the First Aid station.

VISION ZERO AWARD

Danette Schmid, Eddy County Public Health Nurse, was awarded North Dakota's VISION ZERO Child Passenger Safety Technician Award for her work with car seat installation and check-ups in Eddy County and surrounding communities. Congratulations Danette!

LRDHU has Child Passenger Safety Technicians in all four counties. To find out dates and times you can call one of the four offices, watch for events on our Facebook page, or look at our event calendar at lrdhu.com.

