



Public Health
Prevent. Promote. Protect.

Lake Region District Health Unit

LAKE REGION DISTRICT HEALTH UNIT (LRDHU)

524 4th Avenue NE Unit 9, Devils Lake, ND 58301-2490

Ramsey County (701) 662-7040



Health Happenings

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

Eddy County * 24 8th Street N * New Rockford 58356 (701) 947-5311

Pierce County * 240 SE 2nd Street * Rugby 58368 (701) 776-6783

Newsletter 3rd Edition 2021

"Like" us on Facebook: Lake Region District Health Unit

Website: LRDHU.com

AWARD PRESENTATION RECOGNIZED ANNETTE GROVES, RN-DON

164th Regiment RTI

Annette Groves, RN, DON of Lake Region District Health Unit (LRDHU) has been recognized for making Camp Grafton a better and safer place to train Soldiers that arrive from across the United States.

Major Chance Schaffner, OIC, and CSM Cory Everson, Commandant, both from the 164th Regiment Regional Training Institute had the pleasure of awarding civilian, Annette Groves, the North Dakota State Meritorious Service Medal on Monday, June 21, 2021.

Annette received this award in front of her Administrator, Mr. Allen McKay, and 18 other staff of the four-county area that Lake Region District Health supports. Due to her selfless efforts, she inadvertently increased unit readiness and mission capabilities of the Soldiers and units across the nation, not only with flu and routine adult vaccination clinics at the RTI for the past three years, but also with COVID-19 testing during this challenging pandemic. Her willingness to support the RTI became a vital part of their re-opening strategy allowing Soldiers to keep training in North Dakota and return home to their units technically and tactically proficient. Her efforts directly impacted the 164th RTI being the only Training Institute out of 54 others to re-open at full student load capacity. This was on top of her demanding COVID-19 testing & vaccination clinics with the NDNG COVID Team. She also carried on with her normally scheduled Flu Clinics along with the many other public health duties for Ramsey County. Her dedication to the instructors and staff at the 164th Regiment Regional Training Institute, Camp Grafton, and the North Dakota Army National Guard has been ongoing and tremendously appreciated.



Upcoming: Calendar Of Events

August:

- 1-31st National Breast Feeding Month
- 1-31st Immunization Awareness Month
- 1-31st Children's Eye Health & Safety Month

September:

- 1-30th Fruits & Veggie Month
- 1-30th National Preparedness Month
- 1-30th Ovarian Cancer Awareness Month
- 6th Labor Day; LRDHU Offices Closed
- 12th Grandparents Day
- 28th World Rabies Day



October:

- 1-31st Breast Cancer Awareness Month
- 3- 9th National Fire Prevention Week
- 23- 31st Red Ribbon Week

Call your local Public Health Office to inquire about COVID-19

Walk-In Devils Lake
COVID-19
Vaccine Clinic
THURSDAYS
9 a.m. - 4 p.m.
Ramsey County Courthouse
Floor #2
701-662-7040

Benefits of Getting a COVID-19 Vaccine:

- COVID-19 vaccines are effective.
- COVID-19 vaccines were developed using science that has been around for decades.
- COVID-19 vaccines are not experimental. They went through all the required stages of clinical trials. Extensive testing and monitoring have shown that these vaccines are safe and effective.
- COVID-19 vaccines have received and continue to undergo the most intensive safety monitoring in U.S. history.
- Once you are fully vaccinated, you can start doing more.
- COVID-19 vaccination is a safer way to help build Protection.
- Gain immunity after COVID-19 vaccination
- None of the COVID-19 vaccines can make you sick.



2021

Disasters Don't Wait.
MAKE YOUR PLAN TODAY.

SEPTEMBER IS NATIONAL PREPAREDNESS MONTH

September is to remind us how important it is to prepare for disasters. The COVID-19 pandemic highlights the need for us to be ready for the impact disasters of all types can have on our lives. NOW is the time to prepare. Visit www.ready.gov for guidance on how to be ready, what supplies you should have and more.

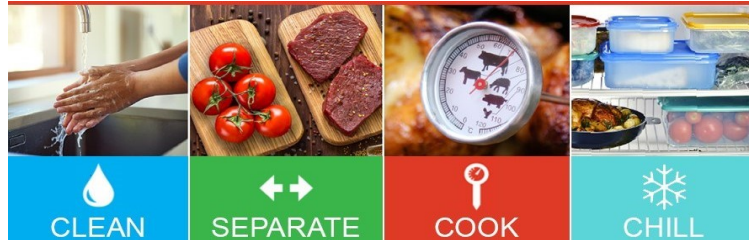
Our nation must be ready for disasters on a national, community and family level.

AUGUST IS NATIONAL IMMUNIZATION AWARENESS MONTH

This annual observance highlights the importance of getting recommended vaccines throughout your life. You have the power to protect yourself and your family against serious diseases like whooping cough, cancers caused by HPV, and pneumonia through on-time vaccination.

**AUGUST
NATIONAL
IMMUNIZATION
AWARENESS
MONTH**

COVID-19 disrupted both in-person learning and routine well-child visits for many children over the last year. As a result, too many children have fallen behind on receiving recommended vaccines. We all want our kids to be back in school safely, and that means getting caught up on vaccines that were missed over the last year. CDC's public sector vaccine ordering data show a 14% drop in 2020-2021 compared to 2019, and measles vaccine is down by more than 20%. Kids need to get caught up now so that they are protected as they go back to in person learning. Catch-up vaccination will require efforts from healthcare systems, health care providers, schools and families.



CLEAN

SEPARATE

COOK

CHILL

FOOD SAFETY TIPS TO PREVENT FOODBORNE ILLNESS

Proper food handling and preparation can help prevent foodborne illness. Each year one out of six Americans get sick from contaminated foods or beverages, according to Centers for Disease Control and Prevention (CDC) estimates.

Key food safety recommendations include:

- Wash hands and surfaces often.
- Keep fresh produce separate from raw meat, poultry, seafood and eggs. Use separate cutting boards and plates.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Scrub firm produce with a clean produce brush.
- Keep cold food cold. Place cold food in a cooler with ice or frozen gel packs. Cold food should be stored at 40 °F or below to prevent bacterial growth.
- Do not reuse platters or utensils. Using the same platter or utensils that previously held raw meat, poultry, or seafood allows bacteria from the raw food's juices to spread to the cooked food. Serve your food with a clean platter and utensils.
- Use a food thermometer to ensure food is thoroughly cooked to a safe internal temperature. Cook ground meats, including hamburger, to 160 °F. Steaks, roasts, and chops should be cooked to 145 °F with a three-minute rest time. Cook poultry to 165 °F.
- Keep "ready" food hot, at or above 140 °F. For example, grilled food can be kept hot until served by moving it to the side of the grill rack or by using a warming tray.
- Once you have served food, it should not sit out for longer than two hours, or one hour if the outdoor temperature is above 90 °F. If food is left out longer, throw it away.
- Leftovers should be reheated to 165 °F. Throw out leftovers when they expire.

To learn more about food safety, visit www.foodsafety.gov.

QUESTIONS? Call Shelley Aabrekke, RN-Child Passenger Technician at 473-5444

FREE CAR SEAT CHECKS



Tuesday, July 27	Towner County Public Health Cando	9 a.m. - 4 p.m.
Thursday, July 29	Lake Chevy Devils Lake	3 p.m. - 6 p.m.
Wednesday, August 4	Little Gosslings Daycare Devils Lake	4 p.m. - 6 p.m.
Thursday, August 5	Pierce County Public Health Rugby	10 a.m. - 3 p.m.
Tuesday, August 10	First Lutheran Church Harvey	9 a.m. - 4 p.m.



Public Health
Prevent. Promote. Protect.
Lake Region District Health Unit

If possible, please bring the car seat, manufacturer's instructions, vehicle owner's manual and the child using the car seat.

Child seats are checked for recalls, proper installation & right fit. Learn how to make your kiddos safer when you travel.

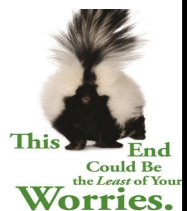


WIC expanded the vegetable and fruit voucher to \$35/month per participant for the months of July, August and September. Increased access to vegetables and fruits is a critical step toward ensuring that children have access to vital nutrients, curbing childhood obesity rates while strengthening our local farm economies.

If you are already enrolled in WIC, ask your nutritionist for ideas on how to shop for and prepare fruits and veggies. Not enrolled in WIC but would like to learn more? Give Sheri, Lori or Jocelyn a call at 662-7043.

WORLD RABIES DAY-SEPTEMBER 28th

The rabies virus is transmitted through saliva or brain/nervous system tissue. You can only get rabies by coming in contact with these specific bodily excretions and tissues.



It's important to remember that rabies is a medical urgency. Decisions should not be delayed.

Wash any wounds immediately. One of the most effective ways to decrease the chance for infection is to wash the wound thoroughly with soap and water.

See your doctor for attention for any trauma due to an animal attack before considering the need for rabies vaccination. Your doctor, possibly in consultation with your state or local health department, will recommend the need for a rabies vaccination.