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LRDHU EMPLOYEES HONORED FOR LONGEVITY

LRDHU shares its appreciation for milestone achievements. Loyal and dedicated employees are the foundation to any successful company.

Public Health gives THANKS for these 3 outstanding employees and their contributions to LRDHU’s success throughout the years!

Left: **Wendy Frelich—3 years**

Middle: **Mindy Cavanaugh—10 years**

Right: **Sheri Bertsch—15 years**



UPCOMING: CALENDAR OF EVENTS



MAY

- 5/1-5/31 High Blood Pressure Awareness
- 5/1-5/31 Lyme Disease Awareness
- 5/1-5/31 Mental Health Awareness
- 5/6-5/12 National Nurses Week
- 5/11-5/17 National Women’s Health Week
- 5/26 Memorial Day—Offices Closed**
- 5/31 World No Tobacco Day

JUNE

- 6/2-6/8 Men’s Health Week
- 6/8-6/14 ND Quit Week
- 6/1-6/30 National Safety Month

JULY

- 7/1-7/31 UV Safety Month
- 7/4 Independence Day—Offices Closed**
- 7/24 Car seat check-up at Lake Chevy

LRDHU CELEBRATES 75 YEARS

This year marks a remarkable milestone—75 years of dedicated service by the Lake Region District Health Unit. Since its founding in 1950, our public health has been at the forefront of preventing disease, promoting & protecting the health of our community.

What began as a small team, consisting of 2 programs: nursing & sanitation (environmental health); has evolved into a more comprehensive organization of 15 programs with 16 Staff.

From controlling outbreaks of polio and tuberculosis in the 1950s, to leading vaccination campaigns, advancing

maternal and child health, and responding to the opioid epidemic and the Covid-19 pandemic— public health’s journey is one of perseverance, progress, and dedication. At the heart of this 75-year journey are the dedicated professionals—past and present—who have committed their careers to the health of others. As we look to the future, the public health unit remains committed to addressing the most pressing health challenges of our time ensuring that every person has the opportunity to live a healthy life.



Public Health
Prevent. Promote. Protect.

Lake Region District Health Unit
75TH ANNIVERSARY

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

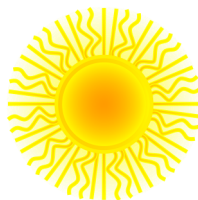
Eddy County Office
24 8th St N
New Rockford, ND 58356
(701)947-5311

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

PREVENT CHILD DEATHS IN HOT CARS

A child left in a hot car or who gets into an unlocked vehicle unnoticed—can die of heat stroke very quickly. Dozens of US children lose their lives this way each year. But these tragedies can be prevented. Here is what parents need to know about the danger of hot cars, and steps they can take to help keep their children safe.

- Heat stroke is the leading cause of non-crash, vehicle-related deaths in children under 15. Heat stroke happens when the body is not able to cool itself quickly enough.
- A child's body heats up 3-5x faster than an adult's.
- When left in a hot car, a child's major organs begin to shut down when their temperature reaches 104°F
- A child can die when their temperature reaches 107°F
- Cars heat up quickly! In just 10 minutes, a car can heat up 20°F
- Cracking a window and/or A/C does little to keep it cool once the car is turned off.
- Heat stroke can happen when the outside temperature is as low as 57°F



HEALTHY SWIMMING BEHAVIORS

Swimming is a very popular summer pastime, but when swimmers who are ill swim in recreational water, there is an increased risk of passing along that illness to fellow swimmers, called Recreational Water Illnesses (RWIs). RWIs are caused by germs spread by breathing in mist, swallowing, or having contact with contaminated recreational water.

Although chlorine/disinfectants are an effective way to kill germs found in recreational water, they do not work instantly, especially on *Cryptosporidium*, taking up to 13 hours.

Each of us needs to do our part to help keep us and others healthy in the waters we share. Here are a few steps to keep our recreational waters healthy:

- Stay out of the water if you have diarrhea
- Shower before you get in the water
- Don't pee or poop in the water
- Don't swallow the water
- Take kids on bathroom breaks
- Check diapers & change them in the bathroom
- Drink plenty of fluids
- Report any diarrheal or vomiting events to the facility

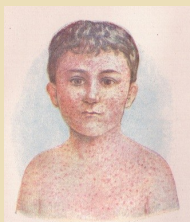
To ensure sanitation and safety standards are maintained, LRDHU Environmental Health conducts annual pool inspections of all public and semi-public pools in the health unit.



MEASLES OUTBREAK: CAN WE STOP IT?

At the time of printing there has been 700 confirmed cases of Measles in the US for the year of 2025 & three deaths. It's important to educate what we know on Measles and how to curb the spread.

- Measles is highly contagious. It is estimated that 9 out of 10 nonimmune people exposed will become infected. Measles will linger in the air for 2 hours after a person with Measles has walked in that room.
- Early detection can be complicated by the fact that the first symptoms mimic that of a common cold: fever, cough, runny nose. It isn't until a few days later when the person develops a skin rash does it obviously point to it being Measles.
- Complications of Measles include: Encephalitis, pneumonia, eye inflammation, poor pregnancy outcomes, and it can even be fatal.
- Vaccination is highly effective: 2 doses of MMR provides 97% protection.
- The vaccine is safe. A suggestion that measles or other vaccines cause autism has been debunked. However, this often-repeated misinformation has contributed to significant vaccine hesitancy and falling rates of vaccination.



STUDENTS ATTEND YOUTH SUMMIT

Substance Abuse Coordinator, Cindy Schmidt, accompanied students from Central Middle School who recently attended the Youth Summit. This is an annual event for North Dakota youth for middle and high schools who are passionate about making positive impacts in their school, community, and state to prevent the next generation from a lifelong addiction to nicotine. The students had presentations that were judged as part of their activities that day.

"This event is a great way to engage student advocacy in local schools," said Schmidt. Once back at school, these students planned an event for Take Down Tobacco Day for their classmates and will have Andrew Horn, Tobacco Free North Dakota, speaking with the Central Middle School students. One of the students who attended the summit was inspired to create an anti-nicotine ad (pictured), which LRDHU used as part of their monthly promotion materials. Schmidt said, "we love to see students being proactive in modeling and promoting healthy choices to their peers."

