



Public Health

LAKE REGION DISTRICT HEALTH UNIT

524 4th Avenue NE Unit 9, Devils Lake, ND 58301-2490
Ramsey County (701) 662-7035

FLU JAB



Health Happenings

2019

4th Quarter Newsletter

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

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

Website: www.LRDHU.com

STOP VAPING NOW!

The Centers for Disease Control and Prevention (CDC) released a health advisory on August 30, 2019 urging people to avoid e-cigarettes and other vaping devices. An outbreak of severe lung disease related to vaping has caused severe illness and death in many US states, including North Dakota and the numbers are continuing to climb.

The American Academy of Pediatrics joins the CDC to remind parents that e-cigarette use is never safe for youth, young adults, or pregnant and/or breastfeeding women.

JUUL (pronounced “jewel”) is a brand of e-cigarette. The devices are very popular, especially among young people. 70% of those who vape use JUUL.

Why should parents be concerned about JUULing?

***JUUL comes in flavors that appeal to kids.**

JUUL “juice” pods come in mango, cool mint, fruit medley plus over 10,000 other flavors. For many years, tobacco companies have used candy-like flavors to attract young people to smoke.

***JUUL is highly addictive.**

The concentration of nicotine in JUUL is more than twice the amount found in other e-cigarettes. Nicotine is the chemical that causes addiction.

***JUULing raises the risk of becoming a regular cigarette smoker.**

Research shows that young people who use e-cigarettes are more likely to begin using traditional tobacco cigarettes.

***JUUL use is common in schools and college campuses.**

Teachers report that students are using JUULs in classrooms, hallways, and school restrooms. They also share the devices with friends.



CALENDAR OF EVENTS

November:

3rd Daylight Savings Time Ends

11th **VETERAN'S DAY-Closed**

21st Great American Smoke Out

28-29th **HAPPY THANKSGIVING-Closed**

1-30th American Diabetes Month

1-30th Lung Cancer Awareness Month

Germ Farm



Scrub'em!

December:

1st World Aids Day

1-7th National Hand Washing Awareness Week

1-7th National Influenza Vaccination Week

24-25th **MERRY CHRISTMAS-Closing at Noon on 24th**

1-31st Safe Toys & Gift Month

January:

1st **HAPPY NEW YEAR!! Closed**

20th **MARTIN LUTHER KING JR. DAY-Closed**

23rd Car Seat Check @ Lake Chevy 3-6pm

1-31st Cervical Health Awareness Month

1-31st National Radon Action Month

MAKE A KIT, MAKE A PLAN, AND STAY INFORMED DURING EMERGENCIES

Recommended Items to Include in a Basic Emergency Supply Kit:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather radio
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- First aid kit
- Radio with tone alert and extra batteries
- Flashlight and extra batteries
- Candles, lighter and matches
- Whistle to signal for help
- Cell phone with charged backup batteries



Additional Items to Consider Adding to an Emergency Supply Kit:

- Prescription medications and glasses
- Infant formula and diapers - Feminine supplies and personal hygiene items
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- Sleeping bag or warm blanket for each person.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire Extinguisher
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil - Books, games, puzzles or other activities for children

Get the JAB Done!



Getting an annual flu vaccine is the first and best way to protect yourself and your family from the flu. Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school, as well as prevent flu-related hospitalizations. The more people who get vaccinated, the more people will be protected from the flu, including older people, very young children, pregnant women, and people with certain long-term health conditions who are more vulnerable to serious flu complications.

Although influenza viruses can surface year-round, activity typically increases in October and peaks between December and February. The time to prepare is now and the LRDHU nurses are here to JAB (I mean help!).

CONNECT WITH OTHERS AND SAVE LIVES



Jill Yantes, LRDHU RN and also a member of the Lake Region Suicide Prevention Coalition assisted with registrations at the Out of the Darkness Walk.

The Out of the Darkness Community Walk is a journey of remembrance, hope, support, and a walk that unites a community – a time to acknowledge the ways in which suicide and mental illness have affected our lives and our loved ones.



The Lake Region community walk is one of more than 425 Out of the Darkness Walks that took place nationwide this fall. Lake Region Suicide Prevention Coalition organized the Devils Lake annual event. The September 14th walk took place at Ruger Park. The coalition had set a goal of \$8,000.

A total of 22 teams consisting of 207 walkers raised over \$14,611 for suicide research and prevention programs. Out of the Darkness Walks are proof that when people work together, they can make big changes in our world. These walks raise awareness for a very important cause as they raise the resources needed to carry out their mission of saving lives and bringing hope to those affected by suicide.

The coalition will welcome donations thru the end of the year.
<https://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=6457>

GREAT ANNOUNCEMENT!

Lake Region Family Planning
Ramsey County Courthouse
524 4th Avenue NE Unit 9 Floor #2
Devils Lake, ND 58301
701-662-7046

**TO BETTER MEET THE NEEDS OF
OUR COMMUNITIES,
WE WILL NOW BE OPEN
40 HOURS PER WEEK!**

**Monday—Friday
8 am—Noon & 1:00 pm-5:00 pm
3 Monthly Exam Clinics, Which Includes 1 Evening**

**Services Include:
Women's Annual Exams—Pap, Pelvic and Breast
Contraceptive Services
HIV, Hep C, Screenings & Referrals
STD Screening & Treatment
Pregnancy Testing**

Serving all regardless of age, race, sex, religion or the ability to pay



**NATIONAL HANDWASHING AWARENESS WEEK
DECEMBER 1-7th, 2019**

Gerry the Germ says

Scrub your hands for at least 20 seconds.
Need a timer? Hum the "Happy Birthday" song
from the beginning to end twice.



Be the family that
underage drinking avoids.

Talk with your kids
early & often!



Public Health
Prevent. Promote. Protect.

Lake Region District Health Unit



PARENTS LEAD.ORG