

LAKE REGION DISTRICT HEALTH UNIT

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

Ramsey County (701) 662-7035



Public Health

Health Happenings

Spring 2022

Quarterly 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

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Website: www.LRDHU.com

ROUTINE CHILDHOOD IMMUNIZATION RATES DECLINED STATEWIDE

Routine childhood immunization rates, including those for measles, polio, and meningitis, declined during the COVID-19 pandemic. Ensuring children are up-to-date on routine, wellness immunizations is the best way to keep children healthy and stop the spread of potentially serious illnesses in our childcares, schools and community children who are not immunized are not only at risk of becoming ill from a variety of diseases, but are also able to transmit diseases to others, including those who may not be able to be vaccinated due to various medical conditions or age.



MMR (measles, mumps and rubella) vaccination rates amongst ND infants ages 19–35 months decreased more than 6%, from 84.7% in December 2019 to 78.3% in December 2022. Measles is a very contagious disease that can cause serious complications. Prior to measles vaccine being available in 1963, between 400 and 500 people died and 48,000 were hospitalized each year due to measles.

Meningococcal (meningitis) vaccination rates amongst ND teens ages 13–17 decreased more than 5%, from 91.9% in December 2019 to 86.10% in December 2021. Although rare, ten to 15 out of 100 people with meningococcal meningitis will die and up to 1 in 5 survivors will have long-term complications, including loss of limbs or deafness.

Kindergarten-entry MMR vaccination rates decreased from 94.75% during the 2019-2020 school year to 92.36% during the 2021-2022 school year. ND state law requires children attending childcare and students in grades kindergarten through 12 to meet a minimum number of required immunizations prior to enrollment.

Check with your health care provider or local public health to find out which vaccines your child needs. Cost should not be a barrier to getting children immunized. Children who are American Indian, on Medicaid, uninsured or whose insurance does not cover vaccines can receive vaccine at no cost through the Vaccines for Children Program (VFC).

Adults are also recommended to receive vaccines to protect against illnesses like whooping cough, tetanus, pneumonia, and shingles. ND adults are also encouraged to ask a trusted health care provider if they are due for routine, wellness vaccines.

Calendar Of Events

May:

- 5th World Hand Hygiene Day
- 8th Happy Mother's Day
- 27th Heat Safety Awareness Day
- 30th Memorial Day—CLOSED
- 31st World No Tobacco Day
- 6-12th National Nurses Week
- 23-27th Healthy & Safe Swimming Week
- 1-31st Teen Pregnancy Prevention Month



June:

- 19th Father's Day
- 19-25th Lightning Safety Awareness Week
- 1-30th National Men's Health Month

July:

- 4th Independence Day—CLOSED
- 27th Car Seat Check- Lake Chevy 3-6 pm



May 6th-12th is National Nurses Week Honoring our Nurses' Excellence





**Lake Region
District Health Unit**



**owes our
COMMUNITY PARTNERS
a HUGE THANK YOU
for all of your support during
the past 2 years of COVID.**

- LEEVERS - Doug Highland
- Radioworks - Eric Arndt
- LRSC Student Nurses, Staff & Faculty
- Devils Lake Journal
- Roger Gunderson/Randy Johnson
- Devils Lake Public Schools - Matt Bokke
- Altru Nurses
- Spirit Lake Health Nurses
- City of Devils Lake
- Ramsey County
- Ramsey County Highway Department
- Devils Lake Chamber of Commerce
- ND National Guard
- LR Ambulance
- Ramsey County Emergency Manager,
Chris Jaeger
- Cavalier County Nurses & Staff
- Bremer Bank
- DL Police Department
- DL Fire Department
- Ramsey County Sheriff's Department
- ND Highway Patrol
- Sherry Adams-NDDoH
- LRDHU Staff
- LRDHU Board of Health
- Lake Region Public Library
- Lake Region Corporation
- Devil's Lake Doughnuts
- Ramsey Bank
- Charras & Tequila
- Lake Chevrolet Buick GMC
- City Plaza
- Cenex East
- ND Department of Health
- ND Emergency & Response
- CHI St. Alexius Health-Lab Courier Services
- Couriers, Terri Gunderson & Elizabeth Sposato
- Crossroads Coffee & Espresso
- Benson County Farmers Press
- New Rockford Transcript
- Route 281 Sheyenne
- City of New Rockford
- Members of Eddy County COVID Coalition
- Heart of America Corrections
& Treatment Center
- Heart Of America Medical Center
- Thrifty White Pharmacy
- Pierce County Tribune
- Pierce County Emergency Manager
- Rugby Public Schools
- Village Arts for use of their building for testing
- Everyone that shared our news on Facebook!



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 and their contributions to LRDHU's success!

- *Char Rardon—25 Years**
Health Tracks & Immunization Data Specialist
Insurance Submission
- *Jill Yantes—3 Years**
Family Planning Director
Ramsey County Public Health Nurse
Health Tracks Nurse
- *Jocelyn Lundon—10 Years**
WIC Certifier
Licensed Nutritionist



**iHealth®
COVID-19
Antigen Rapid Test**

**Self-Test
At Home
Results In
15 Mins**

2 TESTS

FDA
Emergency Use
Authorization

FREE At-Home COVID Test Kits are available at all 4 LRDHU Public Health Offices.

Providing people with easy access to tests that help determine if they're positive or negative will help make reunions feel safer. Like having a thermometer on hand to check your temperature, having a COVID-19 self-test in your medicine cabinet is a simple way to get quick results of your health status.

On Mar 29, 2022, the FDA granted a three-month shelf-life extension for the iHealth COVID-19 Antigen Rapid Test, which extended the shelf-life of all iHealth tests with expiration dates on or before 2022-09-29 (YYYY-MM-DD) from 6 months to 9 months. For example, if the expiration date printed on your box says 2022-05-21 (YYYY-MM-DD), the updated expiration date is 2022-08-21. We will continue to apply to FDA for shelf-life extensions every three months based on our stability studies, and the new shelf-lives for our tests will apply to tests already produced as well as future production.

New expiration dates can also be found at:
<https://ihealthlabs.com/pages/news>