



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

Quarterly Newsletter #3 2020

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

Website: LRDHU.com

IN MEMORIAM OF DEBORAH A. QUIRING, RN

A TRULY GREAT NURSE IS HARD TO FIND...
DIFFICULT TO PART WITH,
& IMPOSSIBLE TO FORGET.

Registered Nurse, **Deborah A. Quiring** lived a life full of Nursing & Giving.
Tuesday, July 14, 2020 was her last day on Earth and 1st day in Heaven.

Deb caringly served Lake Region District Health Unit clients for 18 years before retiring from public health in 2016. LRDHU coworkers want the community to remember her kindness and giving ways. Since one of her greatest passions was Relay for Life, we will be placing a bench and silver maple tree in a special location along the Relay for Life walking path at Roosevelt Park. This is in honor of a dedicated, compassionate nurse, volunteer, friend, and coworker.



DEDICATED TO DEB QUIRING, RN
YEARS OF SERVICE: 1998-2016

PROVIDED BY THE STAFF AT
LAKE REGION
DISTRICT HEALTH UNIT

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
- 7th Labor Day; LRDHU Offices Closed
- 13th Grandparents Day
- 28th World Rabies Day



October:

- 1-31st Breast Cancer Awareness Month
- 4-10th National Fire Prevention Week
- 23-31st Red Ribbon Week



Feeling Sick?

STAY HOME
when you are sick!

Breastfeeding builds mom's confidence.

Breastfeeding means less time spent making formula.

Feeding can occur anywhere, at any time, with no preparation necessary.

Pregnancy-related depression is the most common complication of pregnancy. Oxytocin released during breastfeeding may reduce the severity of mom's symptoms.

Healthy Mind

National Breastfeeding Month August 2020



LRDHU WIC
662-7043

Every drop makes a difference.

WIC For breastfeeding help and support, contact WIC. Find a clinic at SignupWIC.com

Breastfeeding saves lives.

Research shows if 90% of U.S. babies breastfed exclusively for six months, nearly 1,000 deaths each year could be prevented.

Breast milk is safe and available, even during emergencies, catastrophes, and pandemics.

Breastfeeding lowers healthcare costs because babies are sick less often and parents miss less work.

Healthy Community

HELP PREVENT THE SPREAD OF COVID-19

These are extraordinary times for public health. As the response to the COVID-19 pandemic continues to evolve, our roles at local public health are expanding rapidly.

We would like to share the best ways to prevent the spread of COVID-19 is to avoid being exposed to this virus:

- ◆ Clean your hands often, either with soap and water for 20 seconds or a hand sanitizer that contains at least 60% alcohol.
- ◆ Avoid close contact with people who are sick.
- ◆ Put distance between yourself and other people (at least 6 feet)
- ◆ Cover your mouth and nose with a cloth face cover when around others.
- ◆ Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- ◆ Clean and disinfect frequently touched objects and surfaces daily.
- ◆ CDC recommends that people wear cloth face coverings in public settings and when around people outside of their household, especially when other social distancing measures are difficult to maintain.
- ◆ Cloth face coverings help prevent people who have COVID-19 from spreading the virus to others.

DID YOU KNOW?

The deadline for your child to be up to date on school immunizations is October 1. Call your public health nurse to schedule before the rush.

One of the best ways to keep your children safe and healthy is to make sure they are up to date on recommended immunizations. Now is not the time for a measles, mumps, rubella etc. outbreak.

LRDHU is administering immunizations by appointment only. We are taking special precautions to protect patients and staff from COVID-19.

FREE NALOXONE (Narcan)

Millions of people use opioids. Taking opioids can lead to an elevated risk of overdosing. That's true whether you have a prescription, are using an opioid for the first time, or using an opioid for recreational purposes, resulting in misuse. In just a few simple steps, you can save a life.

Receive FREE Naloxone (Narcan) by watching the video of how to administer: <https://www.narcan.com/patients/how-to-use-narcan>, then call Kim at 662-7407.

FREE Naloxone

MOST OPIOID OVERDOSES HAPPEN AT HOME

Naloxone stops an overdose and saves lives.

Call: Kim Homan
Lake Region District Health Unit
State Opioid Response Grant
662-7407

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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.

BREAST CANCER SCREENINGS CAN SAVE LIVES

October is breast cancer awareness month. About one in eight North Dakota women will get breast cancer during their lifetime. For those who are diagnosed, early detection greatly increases the chances of survival.

When women discover breast cancer in its early stages, their five-year survival rate may increase to 98%. Without that early detection, the five-year survival rate may drop to 27% in later stages or if the cancer cells have spread to other parts of the body. Working with your health care provider, you can identify your risk factors along with how often you should be screened. Risk factors for breast cancer include:

- Being older than 50
- Having a family history of breast cancer
- Having a personal history of breast cancer
- Having radiation therapy to the chest or breasts (like for treatment of Hodgkin's lymphoma) before age 30
- Taking certain hormones for hormone replacement therapy
- Having dense breasts

You may not have symptoms in the early stages of breast cancer, so screenings are a critical way to take charge of your health. Healthy lifestyle practices such as limiting alcohol consumption, maintaining a healthy weight, staying physically active, and eating a balanced diet are steps all women can take to reduce the risk of developing breast or other cancers.

Women's Way provides a way to pay for mammograms for eligible North Dakotans. Find more information about screening for breast cancer, including options for financial assistance, by visiting Women's Way at www.ndhealth.gov/womensway. You do need to be enrolled in the Women's Way program before services are done.

For more information,
call our local
Women's Way representative:
Shelley Aabrekke, RN
at LRDHU-Benson County
701-473-5444

