



Public Health



LAKE REGION DISTRICT HEALTH UNIT

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Ramsey County (701) 662-7035

Health Happenings

2019
3rd 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

SEPTEMBER IS NATIONAL PREPAREDNESS MONTH



We should all prepare ourselves, our families and communities for disasters and hazards, including pandemic flu, infectious disease, natural disasters and other emergencies. Disasters happen unexpectedly. Emergency situations may force you to evacuate your neighborhood or confine you to your home. A major disaster could leave many thousands of people homeless and without food, water or shelter. You may be without basic services such as gas, electricity or telephone for an unknown period of time.

By preparing and planning ahead of time, you can remain calm, safe and be ready to take care of yourself and your loved ones during a natural or manmade disaster. The likelihood that you and your family will survive a disaster or emergency depends on the tools and plans you have in place to make it on your own, at least for a period of time, no matter where you are when disaster strikes. Although our cities and counties are preparing diligently to provide assistance to its residents when emergencies strike, large disasters may completely overwhelm our first responders (fire, police, medical personnel and In-Home Support Service workers) with multiple public safety needs in which to respond. First responders will need to focus first on the areas which are the hardest hit and help the most severely endangered people and heaviest impacted areas. The 911 emergency system will most likely be overloaded and not everyone will be able to get through. Hospitals and other medical facilities may sustain major damage and not be able to accept and treat injured persons. Other types of medical support entities like assisted living, critical care and dialysis center may not be functional after a disaster. By creating plans ahead of a disaster, we are preparing ourselves in case First Responders are not able to come to our assistance immediately or even several days.

The time to start thinking about what to do in an emergency situation is before it happens. Take action now to make sure your family, neighborhood and community are ready for emergencies and disasters of all types:

- * Put together an emergency supply kit
- * Be prepared to help your neighbor
- * Make a family emergency plan
- * Work as a team to keep everyone safe

CALENDAR OF EVENTS

August:

- 1-31st Children’s Eye Health & Safety Month
- 1-31st National Breastfeeding Month
- 1-31st Immunization Awareness Month

September:

- 2nd Labor Day– Closed
- 8th Grandparent’s Day
- 28th World Rabies Day
- 15-21st Child Passenger Safety Week
- 1-30th Fruits & Veggies –More Matters Month
- 1-30th National Preparedness Month



October:

- 24th Car Seat Check @ Lake Chevy 3-6pm
- 6-12th National Fire Prevention Week
- 20-26th Lead Poisoning Prevention Week
- 1-31st Breast Cancer Awareness Month



**TOBACCO IS STILL
THE #1 CAUSE
OF PREVENTABLE DEATH**

DOES YOUR BACK-TO-SCHOOL CHECKLIST INCLUDE VACCINATION?

As a parent, making sure your children are vaccinated on time is an important step toward ensuring their long-term health. Vaccination also helps protect the health of classmates, friends, relatives and others in the community.

In addition to an annual flu vaccine, three vaccines are recommended specifically for preteens:

- HPV vaccine protects against HPV infections that can cause cancer later in life.
- Tdap is a booster shot to help protect preteens from whooping cough, tetanus and diphtheria.
- Meningococcal conjugate vaccine protects against meningitis and bloodstream infections.

These illnesses can be very serious, even fatal. If your teen hasn’t gotten one or more of these vaccines, make an appointment for them to get caught up today.



LIFE SAVING PARTNERSHIPS

Two Devils Lake Police Department officers performed their duties with a level of professionalism that has made their department and community proud. Naloxone (Narcan) Life Saving certificates were presented to Officer Greywater and Officer Holter. Chief Joe Knowski also wrote letters of commendation and presented them with commemorative tokens.



**DLPD Officer Devin Greywater,
Liz Bonney of LRDHU & Officer Nick Holter**

Through the North Dakota State Targeted Response to the Opioid Crisis, Lake Region District Health Unit was granted funds to increase the availability and utilization of Naloxone for overdose prevention. Prevention Coordinators, Liz Bonney and Kim Homan have distributed Naloxone to first responders throughout the Health Unit's four county area.

We are happy to share a program success:

Lake Region Ambulance received a 911 call for a 37 year old female who was unresponsive. At the time, Lake Region Ambulance had one crew in route to Grand Forks with an emergency patient transfer. Another crew was transporting the Life Flight crew from CHI St. Alexius Hospital to the airport. Ross Hunter was the only ambulance crew member available to respond to the 911 page. He requested police officer assistance.

When Ross arrived on scene, Officers Nick Holter and Devin Greywater were already on scene. The patient had been found completely unresponsive. With vivid signs of drug use, the officers administered Naloxone nasally. One officer retrieved the ambulance cot and they both helped move her to the ambulance quickly and safely. Officer Greywater drove the ambulance to the hospital while Ross continued to assess the patient. She began to regain consciousness while in route to CHI.

A LIFE HAS BEEN SAVED.



Viruses or Bacteria What's got you sick?

Antibiotics are only needed for treating certain infections caused by bacteria. Viral illnesses cannot be treated with antibiotics. When an antibiotic is not prescribed, ask your healthcare professional for tips on how to relieve symptoms and feel better.

Common Condition	Common Cause			Are Antibiotics Needed?
	Bacteria	Bacteria or Virus	Virus	
Strep throat	✓			Yes
Whooping cough	✓			Yes
Urinary tract infection	✓			Yes
Sinus infection		✓		Maybe
Middle ear infection		✓		Maybe
Bronchitis/chest cold (in otherwise healthy children and adults)*		✓		No*
Common cold/runny nose			✓	No
Sore throat (except strep)			✓	No
Flu			✓	No

*Studies show that in otherwise healthy children and adults, antibiotics for bronchitis will not help you feel better.



To learn more about antibiotic prescribing and use, visit www.cdc.gov/antibiotic-use.

SHRINERS TO THE RESCUE



The Shriners are men who are dedicated to brotherhood, compassion and service to others. Our ND Shriners are represented by Newton Lindseth, Rodger Haugen, Bruce Krabseth and Kevin Davidson. These men helped coordinate a visit from the Shriners Healthcare for Children-Twin Cities to Lake Region District Health Unit. The Twin Cities location is known for their orthopedic expertise.

20 children were screened with 8 receiving referrals. The Devils Lake event was so successful another visit is being planned for December.

<https://www.shrinershospitalsforchildren.org/minneapolis>