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EMPLOYEES HONORED SERVICE AWARDS

LRDHU is proud to recognize service awards for six loyal and dedicated employees who are the foundation to our successful organization. These individuals have contributed to LRDHU’s success throughout the years! Combined their experience comes in just under 100 years!

- Sheri Hatten—30 years
- Shelley Aabrekke—25 years
- Candace Berg—20 years
- Lori Lippert—15 years
- Jill Yantes—5 years
- Lexi Nelson—3 years



R to L; Sheri Hatten, Candace Berg, Lori Lippert, Jill Yantes, Lexi Nelson, & Shelley Aabrekke

Calendar Of Events



February

- 1st-29th American Heart Month
- 19th President’s Day; LRDHU Offices Closed

March

- 29th Good Friday; LRDHU Offices Closed
- 1st-31st Colorectal Cancer Awareness Month
- 1st-31st National Nutrition Month
- 17th-23rd National Poison Prevention Week

April

- 1st-30th Alcohol Awareness Month
- 1st-7th National Public Health Week
- 22nd Earth Day

NARCAN DISTRIBUTION SITE

Narcan, is a medication designed to rapidly reverse opioid overdose. Narcan is given by intranasal spray and can be administered by a layperson, however, it is a temporary treatment and it is critical to obtain medical treatment as soon as possible after use.

On average, two North Dakotans

die week week from an unintentional drug overdose.

LRDHU has Narcan available for distribution, without a prescription, to those who are 18 years and older. Additionally, Narcan training is available upon request through LRDHU by contacting Lori Steven at 662-7046 or by email l Stevenson@nd.gov.



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

CHILD SEAT CHECK-UPS FOR 2023

In the Lake Region area, 132 children are riding safer following participation in car safety seat checkups in 2023. Of the 132 restraints checked, only 29 were used correctly. Out of those 103 seats with errors, the most common mistakes were:

- Harness was too loose. *The harness is designed to fit snugly on the child's body.*
- The tether was not used on forward-facing seats. *A tether keeps the child's head from moving so far forward in a crash.*

Parents can be on the lookout for 2024 car seat dates on LRDHU's website, Irdhu.com, or their Facebook page or by calling one of the four LRDHU offices.

Next check-up will be April 25th at Lake Chevrolet GMC from 3:00-6:00 p.m.



Pictured: Wendy Frelich & Shelley Aabrekke

CELEBRATING NATIONAL PUBLIC HEALTH WEEK

Protecting, Connecting and Thriving: We Are All Public Health is 2024's National Public Health Week theme which is celebrated April 1st-7th.

Public health is more than just health care. It's the steps we take to make sure our neighborhoods and environment are free from pollution. It's making sure our food and water are safe to eat and drink. It's also the relationships we foster in our communities. We're all interconnected. When we all come together to support public health, all of us — individuals, families, communities and the public health field — can achieve the goals of public health.

We hope that you join us in this mission, as it takes working together to make our health district, the state of North Dakota, and beyond, the healthiest.



NATIONAL PUBLIC HEALTH WEEK

AN INITIATIVE OF THE AMERICAN PUBLIC HEALTH ASSOCIATION

SEVERE WEATHER SAFETY

April is Severe Weather Safety month. Do you ever get confused about all those weather alerts and you aren't sure what they mean and what you should be doing? You're not alone!

Advisory and Statement -

Be aware! A hazard is expected to occur in your area or nearby, but its impact is not expected to be life-threatening.

Watch-

Be prepared! A hazard may possibly occur in your area or nearby.

Warning-

Take action! A hazard is expected to occur or is already occurring in your area or nearby, and its impact may be serious.



“THIS IS A TEST”

Officials sometimes send test or practice messages. Consider using this as reminder to check your emergency plan and supplies.

THE LRDHU WEBSITE GETS A NEW LOOK!

LRDHU recently has updated their website! You can still find pages for all twelve programs available at LRDHU but now it included each staff member who works in that program along with a hyperlinked email address for that individual. A new feature is an event calendar where you can find clinic dates, closures, and more. Also included are pages to find Board of Health members, Board of Health minutes, job announcements, and newsletters. Check it out at Irdhu.com

CHANGE IN ENVIRONMENTAL HEALTH SERVICES

As of January 1, 2024 LRDHU Environmental Health Services will no longer be licensing or inspecting the following facilities:

- School Food & Facilities
- Childcare Food & Facilities
- Tanning Establishments

School & Childcare Food facilities and Tanning establishment licenses & inspections will be taken over by North Dakota Health & Human Services: Food & Lodging Division. These facilities can contact them at 701-328-1291 or 1-800-472-2927.