



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) 662-7035



Health Happenings

Fall 2020

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

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

Website: www.LRDHU.com

eWIC IS HERE!

The Lake Region WIC Program is excited to announce that eWIC is here! Starting October 1st, WIC has been providing families with an eWIC card in place of paper checks. The eWIC card can be used to purchase WIC-approved foods and will make shopping easier and more convenient—buy what you want when you need it! Approximately 100 families have received their eWIC card already. Clients, WIC staff, and stores are very excited to start using the eWIC card.

To learn more and see if you are eligible for WIC:
<https://www.health.nd.gov/prevention/wic>



Upcoming: Calendar Of Events

November:

- 1st Daylight Savings Time Ends
- 11th **VETERAN'S DAY—Closed**
- 19th Great American Smoke Out
- 26-27th Happy Thanksgiving-Closed
- 1-30th American Diabetes Month
- 1-30th Lung Cancer Awareness Month

December:

- 1st World Aids Day
- 1-7th National Hand Washing Awareness Week
- 6-12th National Influenza Vaccination Week
- 24th-25th **MERRY CHRISTMAS—Close @ Noon 24th**
- 1-31st Safe Toys & Gift Month



January:

- 1st **HAPPY NEW YEAR!! Closed**
- 18th **Martin Luther King Jr. Day—Closed**
- 1-31st Cervical Health Awareness Month
- 1-31st National Radon Action Month

Even as an epidemic drives us apart,
we heal by coming together.

A heartfelt THANK-YOU to our community partners for their support & contributions as we strive to slow the toll of COVID-19.



LEEVERS Foods
ND National Guard
Crossroads Coffee
Bremer Bank
Ambulance Services
Lake Region State College

Heart of America Medical Center
Heart of America Corrections Center
Radioworks—Eric Arndt
Area Newspapers
County Emergency Management



Let's All Work As A "Team" To End Underage Drinking



PARENTS LEAD.ORG



Public Health
Prevent. Promote. Protect.
Lake Region District Health Unit



Lake Region Family Planning

524 4th Ave. NE - Unit 9
 Ramsey County Courthouse
 701-662-7046

- HEALTH, ABSTINENCE & COERCION EDUCATION
- MALE & FEMALE SERVICES
- METHODS OF CONTRACEPTION
- STD TESTING & TREATMENT, HIV & HEP C TESTING
- EMERGENCY CONTRACEPTION
- HEMOGLOBIN & URINALYSIS
- PREGNANCY TESTING
- BREAST, CERVICAL SCREENINGS & PAP SMEARS (Over 23)
- BLOOD PRESSURE



You will not be refused services * The cost of services is based on your income & household size * Insurance & MA accepted * Title X Funded Program

WASH YOUR HANDS



WEAR A MASK



KEEP YOUR DISTANCE



Pool Inspection Training for EHP



Candace Berg, Environmental Health Practitioner (EHP) finished 16 continuing education credits to earn Certified Pool & Spa Operator (CPO) credentials.

Code enforcement through inspections of public aquatic facilities is an important tool in preventing recreational water-associated illness and injury. An inspection of a public aquatic facility is an assessment of whether its operation and maintenance meet the standards set in the jurisdiction's public health code.

During inspections, environmental health practitioners can serve as illness-and-injury-prevention advisors to pool operators. Immediate closures and violations offer an opportunity to educate operators about how to properly operate and maintain aquatic facilities and why these measures are necessary to prevent repeated violations of given operation or maintenance standards in public aquatic facility codes. By closing venues that pose a serious public health threat and by identifying violations to be corrected, environmental health practitioners play a vital role in minimizing risk for illness and injury at public aquatic facilities.

You're not alone.

JOIN OTHER MEMBERS IN YOUR COMMUNITY WHO ARE NAVIGATING THE COVID-19 PANDEMIC

Project Renew is partnered with Lutheran Social Services of North Dakota to provide free virtual group counseling sessions to anyone in the state of North Dakota who has been impacted in any way by the COVID-19 pandemic.

Go to <https://bit.ly/2FqmpW4> for more information on each session and to sign up!

GRIEF AND LOSS DURING COVID-19

Losing a loved one is always difficult, but COVID-19 has made grieving much more complicated.

Mondays at 6:30pm CST

BABY, LET'S TALK

Parenting is hard in general. But becoming a parent in the middle of a pandemic is unprecedentedly hard.

Tuesdays at 1:00pm CST

HIGH RISK, HIGH ANXIETY

"High Risk, High Anxiety" is a weekly support group for high-risk individuals as they navigate life during COVID-19.

Thursdays at 6:30pm CST

EDUCATOR SUPPORT GROUPS

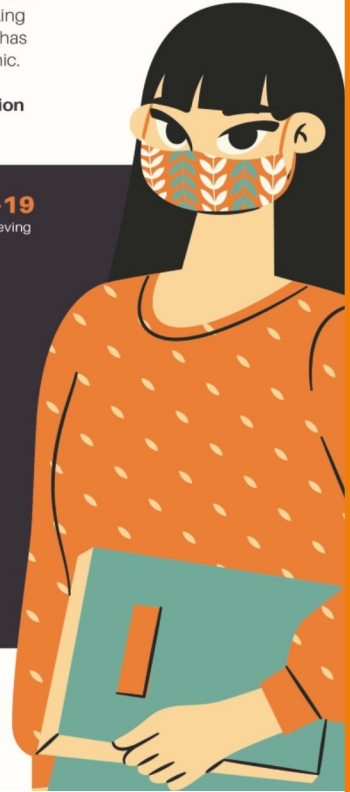
It's not the school year you thought it would be. Let's talk about it.

Mondays at 4:00pm CST starting on November 2, 2020

Visit projectrenew.nd.gov for additional COVID-19 resources.

PROJECT
renew

A North Dakota Behavioral Health Initiative



SMOKING OR VAPING

MAKES IT HARDER FOR THE BODY TO FIGHT OFF RESPIRATORY INFECTIONS SUCH AS COVID-19 AND THE FLU.

Influenza (also called the flu) and COVID-19 are contagious viruses that can cause mild to severe illness, and at times can lead to death.

Experts are just beginning to understand COVID-19 and the health implications of smoking and e-cigarette use (vaping).

COVID-19 patients who smoke are at **higher risk** for severe disease or death from COVID-19.

People with **cardiovascular disease, cancer, respiratory disease and diabetes** who use tobacco or vaping products are at higher risk for developing severe illness with COVID-19.

QUIT TOBACCO TO IMPROVE YOUR HEALTH

A Tobacco Treatment Specialist can help you create your quit plan—how to avoid triggers and manage cravings. **You don't have to do it alone.**

Lori Stevenson and Liz Bonney at LRDHU are Tobacco Treatment Specialists (TTS) making a difference in our community's health.

They can help individuals quit smoking, chewing, or vaping by making treatment of tobacco use and dependence a routine part of care. Call 662-7022 for assistance.

NDQuits



Tobacco Free North Dakota

Public Health
Prevent. Promote. Protect.
Lake Region District Health Dept.

